

# Parents Share Newsletter

Dufferin Parent Support Network  
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Issue 1

## Streetproofing Your Kids

By Sonia McDonald

When I sat down to write an article on children's safety issues I was overwhelmed by the information out there. There are so many things to be "safe" about in this day and age. In the 50's "Don't talk to strangers" was the most popular way to tell your children to be safe. Today you might need a safety plan in order to deliver the safety information safely to you kids. Overwhelmed? In 2004, we need to teach our children about cyber safety, telephone safety, poisoning, how to stay away from mosquitoes, drug awareness, stranger dangers, bullies and the list goes on and on. While I was doing some research on-line to decide 'which' topic to cover, I came to a reali-

zation. *We need to teach our children the fundamentals of being safe and guide them to make positive choices in life.* All we need is the Be-Safe Basics:

- Know your name, telephone number and your parents full names
- In emergency situations of any kind, call 911
- Use the buddy system whenever possible, have a friend or a grown-up buddy
- Never talk to a stranger, or go anywhere with them, or eat anything given by them
- Always ask permission or tell a parent where you will be
- Never give out your personal information to

a stranger

- Get away from anyone or anything that makes you feel uncomfortable

- Always be honest with your parents and trust that you can tell them anything

If you look at all of the above, you can apply them to almost any safety situation. Try it, you will see. Teaching kids the fundamentals of being safe will keep the information short and to the point rather than a safety checklist for every type of situation. All of the Basics can be taught through *Play* with your kids. Being a good role model can't hurt either!

*Sonia McDonald is a Child and Youth Worker and offers counselling for youth. She can be reached by email at [soniamc@rogers.com](mailto:soniamc@rogers.com).*

### *"Help! My child just sits in front of the TV when he gets home from school"*

- Set clear boundaries on the amount and type of TV your children watch
- Consider moving the TV to a less central location in your home
- As a family, talk about the TV shows you watch. Discuss the effects of TV on what you buy, how you talk, and what you think.
- Model "responsible viewing" by limiting your own TV time.
- Encourage your children to read for pleasure, to take part in physical and creative activities and participate in youth programs that foster positive, real interaction with other young people.
- Turn off the TV at least one night a week and bring out some board games to play as a family.

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"Building Strong Families Together"

### HOT WEBSITES!

[www.cyberbullying.ca](http://www.cyberbullying.ca)  
[www.childfind.ca](http://www.childfind.ca)  
[www.parenthelpline.ca](http://www.parenthelpline.ca)  
[www.whatson.on.ca](http://www.whatson.on.ca)

Receive all of our upcoming newsletters by email! Sign up at [info@dpsn.info](mailto:info@dpsn.info) today!

### Did you know ...

DPSN is a charitable organization. Make a donation today and receive a receipt for income tax purposes!

### Upcoming Events:

Cosmic Kaos Laser Dance for 7 to 13 year olds held at Tony Rose Area

- Friday, March 12
- Friday, April 9
- Friday, May 7

7:00pm to 10:00pm

Admission \$10

Parents must come in to pick up children!

Volunteers are always needed — give us a call and come out to help!

Dufferin Parent Support Network provides a network of supports to parents of school-aged children in Dufferin County. These supports include parenting workshops and education, presentations, leadership training, information sharing, resources and referrals. Please contact us if we can help you! If you'd like to get more involved with DPSN you can: become a member; make a donation; join a committee or our board; become a speaker; sponsor an event....

We welcome comments and suggestions! If you have an idea for a story or topic you'd like to see addressed or a question you need answered, please contact us at 519-940-8678 or [info@dpsn.info](mailto:info@dpsn.info). We'll do our best to get it in the next newsletter!

We're on the web!  
[www.dpsn.info](http://www.dpsn.info)

## Upcoming DPSN Workshops

### **Healthy Stress & Anger Management**

Wednesday, March 24 to April 14, 2004

Discover your triggers and decrease your stress! Learn practical skills for overcoming obstacles to healthier communication and positive relationships.

### **Good Discipline, Good Kids**

Thursday, March 25, 2004,

Conflict skills and strategies designed to promote respect, cooperation and good communication.

### **How to Talk So Kids Will Listen**

Thursday, April 1 to May 6, 2004

\$40 (two books) refundable fee for materials due 1st evening

Learn how to develop positive relationships through effective communication with your children.

### **Raising Your Spirited Child**

Tuesday, April 20, 2004

Is your child more intense, sensitive, energetic, persistent or perceptive? We'll share guidelines for raising your spirited child, plus help you to understand them better, teach your to focus on their strengths and help you to develop a healthy relationship.

### **Parenting Teens (Step-Teen) Refresher**

1 session: Wednesday, April 21, 2004

\$20 refundable fee for materials due 1st evening

Join us for this one-week refresher course of our six-week Parenting Teens course (also known as Step-Teen: Systematic Training for Effective Parenting of Teens).

### **Making Relationships Work**

Tuesday, April 27, 2004 - Building a Health Relationship

Tuesday, May 4, 2004 - Recognizing an Unhealthy Relationship

Tuesday, May 11, 2004 - Healthy Boundaries & Assertiveness in Relationships

Tuesday, May 18, 2004 - Understanding Anger and How to Express It

Tuesday, May 25, 2004 - Conflict & Healthy Conflict Resolution

Tuesday, June 1, 2004 - Self Esteem & Relationships

All about making relationships work for men, women and couples. Attend just one or all of these sessions to learn more about making your relationship work.

### **Winning at Parenting**

3 sessions: Wednesday, April 28 to May 12, 2004

Practical advice, tips and solutions for all your parenting dilemmas.

### **Healthy Lunch & Snacks**

1 session: Wednesday, May 19, 2004

Learn the importance of healthy meals and get some suggestions for preparing healthy lunches and snacks your kids will eat!

### **Keeping Peace at Home**

1 Session: Wednesday, May 26, 2004

Get past the daily power struggles with your children by creating a family atmosphere that promotes harmony.

### **Kids Have Stress, Too!**

3 Sessions: Thursday, May 13 to 27, 2004

This workshop focuses on helping parents and caregivers to understand childhood stress and provides them with the tools to help kids deal with stress effectively.

To register for any of our workshops, contact us at 519-940-8678 or [info@dpsn.info](mailto:info@dpsn.info).