

# THE FAMILY ZONE

## Great things are Happening!

*Featuring ... Ayden and Avery!*



### Upcoming Events

Sue will be at:

Mar. 26 - Father Kenneth Kearns School. Book Fair, Sherwood Park, AB

April 18 - Dayhome Providers Conference, Edm

April 25 - Literacy Day, Edmonton, AB

May 2 - Grant MacEwan Child Care Conference, Edmonton, AB

June 25 - Ontario Child & Youth Care Counsellors Conference, Toronto, ON

**NEW!**

Blog me!! Check it out at [www.thefamily-zone.blogspot.com](http://www.thefamily-zone.blogspot.com)

Raising Well Behaved Kids is definitely a book I would recommend to anyone raising children, be it single parent, teacher, caregiver, families, or pretty much anyone working with children or adolescence.

After reading this book many times for different stages of our children's lives just affirms that we are still on the right track.

Sue is so inspiring and motivated to help families keep doing what they are doing or tweaking what needs to be tweaked.

We have sure changed a few things that we were not doing before and we are getting great results.

Tip 18 :Learn to listen. It's amazing when you listen to your children instead of reacting what you will get out of it. It's very

rewarding when you hear your child say "Mom if it was not for you listening to me I don't know how I would have survived the day without you."

Tip 39: Never give up, how many times did we throw our hands up in the air saying "I GIVE UP". I bet you more than once, thanking Sue for the eye opener because if we had done so, who knows what we would be dealing with today.

This book is filled with great ideas and suggestions to keep you motivated and focused on raising well behaved kids it sure did for us.

Submitted by Brigitte, dayhome provider and mother of 2 wonderful boys, 8 and 6 years old.

### SUE'S PICKS - BOOKS AND WEBSITES

How to Be a Great Kid: 44 Tips to Make Your Parents Beam! by the Kruszewski Kids - a great book for kids and adults alike and very funny too. Only \$9! order through our website [www.stuff4families.com](http://www.stuff4families.com)

[www.coolmath4kids.com](http://www.coolmath4kids.com) - a fun way to learn your 'take-aways!' and lots more fun fun games on this site

[www.funology.com](http://www.funology.com) - US based; really great kid-friendly recipes, fun science experiments and much more

[www.stuff4families.com](http://www.stuff4families.com)

Would you like to receive these newsletters regularly? They come out every 2 months or thereabouts, to your email! To sign up, go to the website and the sign up box is right on the front page. We do not give away or sell your info.

**FOLLOW US ON ...****FACEBOOK!**

Thanks to Brigitte for getting this group started!

Check out The Family Zone group on Facebook and follow the growth of The Family Zone along the way...

Highlights from the Raising Well Behaved Kids book, parenting tips, sharing ideas and suggestions and much more....

**RECIPE TIME!**

This recipe is from a fantastic website: [www.theperfectpantry.com](http://www.theperfectpantry.com) Check it out for even more great recipes, tips and ideas!

**Winter Salad**

Improvise with any greens, fruit and cheese you have on hand. Serves 2, for lunch, with a bowl of soup.

3 cups mixed lettuces  
 1/2 tangerine, peeled and diced  
 Handful of blueberries or blackberries  
 1/4 cup crumbled feta cheese  
 2 Tbsp extra virgin olive oil  
 1 tsp balsamic vinegar  
 2 tsp tangerine juice (from the remaining half of the fruit)  
 1-2 drops of agave nectar, to taste  
 Pinch of fresh black pepper

Combine the lettuces, diced tangerine, berries and cheese in a serving bowl. In a small jar, combine remaining ingredients, and shake well to emulsify the dressing. Drizzle dressing over the salad, and serve.



This great lady is Les' mom, Vivien. I thought it would be really neat to have a special Grandma provides us with some tips she's discovered over the years. So, this space is devoted to Grandma Vivien's tips and her words of Wisdom.

A big **thank you** to you, Vivien for contributing!

**GRANDMA'S TIPS**

\* Baking soda on a soft, wet cloth cleans a ceramic stove top just as well as a commercial product. Rinse well and wipe dry.

\* To measure flour accurately when baking, spoon it lightly into a measuring cup and level the top with the back of a knife. No shaking or hitting the cup!

**PARENT EFFECTIVENESS TRAINING**

Be sure to watch this space for dates of upcoming Parent Effectiveness Training Courses that I will be teaching this October. Until then, this space will include some info and FAQs about the course. For more info about the course and for fantastic tips for anyone wanting to improve their communication skills, check out: [www.gordontraining.com](http://www.gordontraining.com)

**Q: For what ages of children is the Parent Effectiveness Training program recommended?**

A: As the Gordon Model is a set of communication skills (and not behaviour modification), the model works with children of all ages. Naturally, special considerations have to be made for pre-verbal children. Both the P.E.T. book and the F.E.T. DVD-based program cover methods for listening to children too young to talk, and ways of communicating your needs to children too young to understand words.