

THE FAMILY ZONE

Great things are Happening!

Featuring ... Nancy and family!



Upcoming Events

Sue will be at:

Oct. 14 - OLPH School, presentation, Sh. Pk, AB

Oct. 17 - Lamont Public Library presentation

Nov. 5 - Home By Choice, presentation, Sh. Pk, AB

Nov.-mid Dec. - Parent Effectiveness Training scheduled classes. For dates and details go to www.stuff4families.com/aboutus.html

Blog Me

Check it out at

www.the-family-zone.blogspot.com

More blogs on the way!

The first thing that I noticed about Sue, and really appreciated, is that she is a "real" person. She is down to earth and very approachable. Sue speaks and writes about things that she has experienced. She doesn't profess to know everything or claim to be an expert. She is sharing her experiences as a mother and teacher and sharing what has worked for her. I have had the pleasure of meeting Sue personally as well as listening to her speak and have found her to be very inspirational. If she can raise well behaved kids, then so can I!!

I especially loved tip #18 from her book, "learn to listen". I tried this technique on a little guy that I look after. His behaviour was terrible when his mother dropped him off in the mornings. Not just sad, but tantrums and inconsolable

screaming. After listening to Sue share her experiences one evening, I decided to try "reflecting" this little guys feelings back at him. All I said was "wow, you are really upset that mommy has to go to work" My little friend stopped screaming, looked at me and said "I miss mommy". Then believe it or not, the tantrum stopped and he was able to get on with his morning. I had tried everything up until this point to help him in the mornings and nothing seemed to work. I guess all he needed was for someone to recognize that he was upset that mommy had to work. That's what I love about Sue's "tip" book. It gives you another perspective and sometimes just simplifies things. As a mother of 4 and a dayhome provider, I am always looking for ways to improve my interactions with the "little ones". If their day is easier and happier, then so is mine.

- Nancy N.

SUE'S PICKS - BOOKS

[A Nation of Wimps](#) The High Cost of Invasive Parenting by Hara Estroff Marano - a great book to make you really think about the results you want from raising your children. Although I don't agree with every opinion of hers, this is a very thought-provoking book and another reason to invest in your kids.

[The Not So Big House](#) A Blueprint for the Way We Really Live by Sarah Susanka - a wonderful book on how to make your house a home that suits your specific family needs with a focus on sustainable living

Are you Listening Without Empathy?

A real danger for parents who try to learn Active Listening solely from a book's printed page is their inability to hear the warmth and empathy that must accompany their efforts. Empathy means a quality of communication that conveys to the sender of a message that the listener is feeling with her, putting herself in the shoes of the sender, living, for a moment, inside the sender.

Everyone wants others to understand how she feels when she talks, not just what she is saying. Children, especially, are feeling people. Therefore, much of what they communicate is accompanied by feelings: joy, hate, disappointment, fear, love, worry, anger, pride, frustration, sadness, and so on. When they communicate with parents, they expect empathy with such feelings. When parents don't empathize, children naturally feel that the essential part of them at that moment--their feeling--is not being understood.

Probably, the most common mistake parents make when they first try out Active Listening is to feed back a response devoid of the feeling component of the child's message. *Here's an example:*

Little Carey, aged six, pleads with his father, who has been trying to encourage him to come into the water while the family is enjoying a day at the beach:

CAREY: I don't want to go in. It's too deep! And I'm afraid of the waves.

FATHER: The water is too deep for you.

CAREY: I'm scared! Please don't make me go in!

This father is completely missing the child's feelings, and his attempt at feedback shows it. Carey is not sending an intellectual evaluation of the depth of the water. He is sending an urgent plea to his father: "Don't make me come in because I'm scared stiff!" The father should have acknowledged this with, "You're scared and don't want me to force you into the water."



Some parents find out they are very uncomfortable with feelings--their own as well as their child's. It is as if they are compelled to ignore a child's feelings because they cannot tolerate her having them. Or they want quickly to push her feelings out of the picture, and therefore deliberately avoid acknowledging them. Some parents are so frightened of feelings that they actually fail to detect them in their child's messages.

So, please reflect and ask yourself, "Are you listening without empathy?"

**An excerpt from Dr. Thomas Gordon's, P.E.T., Parent Effectiveness Training book*

For more information on Thomas Gordon or the Parent Effectiveness Training model, go to: www.gordontraining.com

You can also call Sue at 780.490.1048 for more info.

RECIPE TIME! Zucchini coming out of your ears?? Try this great recipe which I revised from a friend's. YUM!

ZUCCHINI MUFFINS

1/2 cup white sugar	2 cups whole wheat flour	1 1/2 cups raisins
1/2 cup brown sugar	1 1/2 cups quick oats oatmeal	1 cup chopped nuts
1/2 cup oil	1/2 cup ground flax seed	1 - 1 1/2 cups chocolate chips
3/4 cup yogurt	1/2 tsp. baking powder	Beat together first 7 ingredients by hand. Then add the
6 eggs	4 tsp. baking soda	next 7 ingredients, mixing fairly well. Add remaining
4 cups grated zucchini	4 tsp. cinnamon	ingredients and combine well. Bake at 350F for about
4 tsp. vanilla	2 tsp. salt	22 minutes, until done. Makes LOTS. They freeze well.