

NORLAND
LEARNING CENTER

"A PLACE TO LEARN
AND GROW"
588-9505/497-1299

How to Study for Spelling Words:

- *See the word.
- *Say the word.
- *Spell the word out loud.
- *Write the word.
- *Cover it up.
- *Test yourself by writing it again!

Remember:
We are closed on
November 25-28
and December
24-26, and Janu-
ary 1st.

We only close for
inclement
weather if the
local school dis-
trict is closed.

We do not close
for any other
district days off
such as, teacher
workshops,
teacher conven-
tions, etc.

Check out
www.norlandlearningcenter.org.

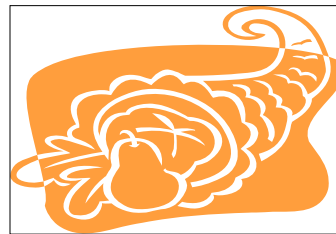
Norland Newsletter

NOVEMBER 2011

November Center News

Happy Thanksgiving to all of our families! The school year is already zooming by, and report card time is upon us. Many of you have, or will be conferencing with your child's teachers about their grades and/or performance so far in the school year. The important thing to remember is not to panic if things are not exactly where you would like them to be yet. Just keep encouraging your child to work

hard, study, and do their best. Be confident that they will improve and



Give thanks!

reach their goals with support from home, school, and the Center. Sometimes it just takes a

little time to adjust to a new grade and new expectations.

We'd be happy to conference with you to discuss goals and strategies here at the Center, if you would like. Just call and let us know when you would like to set one up. We are also available to meet with teachers and school counselors, if you desire. Remember that we endeavor to support our families in any way we possibly can, so don't hesitate to call!

Other News and Information

- Feel free to go to norlandlearningcenter.org and use the Paypal feature to pay your tuition.
- Remember to sign your child in OR out every time they have a session. Thanks!
- Please remember to send a make up slip with your child so we can honor the make up for that day. **As a reminder, we need 24 hours notice to be able to grant a make up session.**
- In order to avoid a late fee, please remember ALL statements are due on the **20th** of the month, thanks!
- Remember, our schedule is not the same as the school schedule. Please notice the dates on the right for closures!! **We'd like to recognize: Cody C.** for working hard on his math!!! **Michael H.** for using study skills! **Maxfield K.** for improving his writing!

END CHILDHOOD SWEARING *Stop bad language without lectures or harsh punishments*

by Jim Fay

There is a tried and true psychological principle that says, "Notice something you don't like about your child, show some emotion, and the problem is guaranteed to get worse." Childhood swearing is a good example.

Nowhere do we see this phenomenon more evident than when parents hear their little cherub utter one of the dreaded four-letter words. Many parents react with a variety of emotions ranging from shock, to out and out adult temper tantrums complete with threats. A normal child has to witness this parental display with utter fascination.

"Wow. Look at my folks now. I haven't generated this much household excitement in a long time. I know exactly how to push their buttons. Television can't compete with this!" Many people believe some severe punishment for swearing will put an end to it. However, punishment doesn't work because the parent's attention is the ultimate reward. Punishment added to parental exasperation is intoxicating for the average kid.

Here are some real-world techniques to end these word battles:

1. Focus on the location of the word instead of the badness of the word.

Talk with your kids about situations when these words are and are not acceptable. Consistently react to swearing with, "Is this the right place for that word? Thank you." Some effective parents say, "How sad. There's someone in your mirror who enjoys those words. Why don't you go to your room and have a talk with that person."

2. Use the Love and Logic® "Energy Drain" technique.

"Oh, listening to words like that drains my energy. Give me a little while to think of some ways you can put that energy back in me." Say these words with the all the appropriate body language of a person who is becoming exhausted. Later say, "I think if you did some of my housework it might restore some of that energy I lost listening to your swearing. Thanks."

This worked for one mom who told me about her 6-year-old son who brought home some bad language from school. She dramatically held her head, sat down, and said, "Energy Drain," each time he said one of those words. She was unable to do things for him until he had restored her energy by doing some of her chores. His swearing soon faded away.

One day as she was driving him to school another driver cut her off. Before she could catch herself, she blasted the other driver with a few choice four-letter words. The moment those words slipped out, she realized her son was in the back seat hearing every word. As she looked in the rearview mirror, she saw his hand go to his head and heard him say, "Energy Drain." She was shocked.

This wise mother stopped the car, looked at her wonderful son, and asked, "Do you think an ice-cream cone would put some energy back in you?" "Maybe," he sniffed. As they sat in the ice-cream shop he looked at his mom and, with the most drained expression, said, "Mom. You said three bad words. My energy was really drained. I think I'll feel better after two more ice cream cones."

Using a few Love and Logic parenting techniques not only helps us raise better kids, but also trains our kids to be better parents when they grow up.