

CHILD PROTECTION BULLETIN

**STATE CHILD
PROTECTION
SOCIETY, ASSAM**

MONTHLY BULLETIN OF ACTIVITIES CONCERNING CHILD PROTECTION IN ASSAM

EDITORIAL

This is very important that we try to create a child friendly environment for our children which will allow them to explore new ideas. Children can learn a lot from doing household chores. Doing chores can also help children learn about what they need to do to care for themselves, a home and a family. They learn skills they can use in their adult lives, like preparing meals, cleaning, organising and keeping a garden. Being involved in chores also gives children experience of relationship skills like communicating clearly, negotiating, cooperating and working as a team. Ensuring that there are times in your day for appreciating and enjoying your children's company is very important for building and maintaining positive relationships. Taking a little time for playing and having fun together helps everyone relax and encourages caring and cooperation. As children get older, you may find that having time to talk together is important for maintaining close relationships. Time to talk, and more importantly time to listen, helps children to feel understood and supports positive self-esteem. The most important part of promoting positive behaviour involves guiding children to recognise and use behaviours that are appropriate for the situations they encounter. Learning to manage feelings, help around the house, organise school work and cooperate with others are some examples of behaviours that primary school children gradually develop with guidance and support. By noticing and praising children's positive behaviour, adults can effectively guide children to use desired behaviours. This is especially important when children are learning to manage new situations or behaviours.

*Editorial Board,
State Child Protection Society, Assam*

CHILD FRIENDLY ENVIRONMENT

Creating child friendly environment is very much important for children. We should be happy with our surroundings for a healthy development. Physical environment is equally important for psychological development. If you are happy with the surroundings you will be satisfied. If you are not happy with your surroundings ultimately you will be sad and which will lead to depression. But it does not mean that to make it child friendly you have to fill the children home with costly materials. There has to be some innovative ways to make it more decorative and living. You can encourage your children for kitchen gardening, clean the surrounding which will create a sense of responsibility that maintaining hygiene is very important and gardening will them to understand that we should not pluck flowers. You can also stick some pictures of comic characters in the wall to make it more colourful and the painting of the house should be bright to make them feel more positive.

To make it more colourful you can keep some play materials outside the children home so that it can add some fun. You can also form a committee inside the children home where children can be the members. You can give them the responsibility like deciding the menu of lunch & dinner, to make sure whether everybody is in the reading table or net, who is getting late in the morning. Accordingly they can also give some kind of punishment like cleaning the room, giving water in garden etc. The members of the committee should be changed time to time. You are making your children more responsible by doing this and creating a sense of leadership.

Dealing with difficult child

Dealing with a difficult child can be one of the hardest things to handle in life. Whether it is your child or the child of a friend or relative, knowing how to deal with a difficult child can be very tricky. It's important to remember that during conflicts, emotions will be especially high. So you might consider making a plan to deal with issues before they even occur. There are many steps you can take to make dealing with a difficult child easier. What's one of the keys to avoiding constant fights with your child? Believe it or not, it's the same skill that will help you through any crisis situation—your ability to remain calm. When your child is upset, anxious or angry, keeping your cool is half the battle. It's a way for you to put out the fire by throwing water on the flames, rather than fan it by adding more fuel from your own emotional tank.

Change your perspective

If you can think differently, you will be less angry at your child. Our kids can make us annoyed, mad, and frustrated—sometimes on a daily basis. But remember that most of the time they are acting their age. Our annoyance is understandable but it isn't about them, it's about us. It is about our patience, tolerance (or lack of it), attitude and outlook. When your child swears at you, it's hard to keep this in perspective—your first thought is to feel angry, disappointed and blaming of his behavior. And, don't get me wrong, he should be made to face consequences. But in the back of your mind, remember—your child is doing this because he's a kid. Your job is to guide him by making sure he takes responsibility and makes amends.

Identify your feelings

If we acknowledge and accept our own feelings, we can start doing the work of soothing them, understanding them, changing them, processing them and releasing them. Our painful feelings will not spill onto others. It requires us to be mature enough to embrace the feelings that we keep trying to hide. It is our job as parents to identify our underlying feelings of fear, inadequacy or shame—or whatever feelings you keep hoping won't get triggered. When they do get triggered, notice how tempting it is to blame those that trigger them. Remember, our



Child friendly Environment - lots of space to run around and have fun.

kids trigger feelings already within us—they don't cause the feeling. It's our responsibility to work out our own feelings rather than to blame them on our kids.

Let go of worry and focus on what's good

Understand that worrying about your child is a negative act. Worrying also makes your child anxious because he comes to believe that there is something within him to be worried about. He becomes more nervous. Yet how do you not worry about a difficult kid who is making poor choices all the time? Our imagination runs wild with images of all the worst possible outcomes happening. But it's important to realize that the more you worry and have negative images floating around in your brain, the more a neural pathway is formed, making worry easier and easier. So you worry more, not less. Therefore, try to fill your imagination with positive outcomes, rather than negative ones. After all, you don't know the outcome anyway. Imagining things turning out positively will help you feel less stressed. When you are less stressed, your brain functions better, you feel better and you have more of a chance of guiding your child more effectively. Positive thinking can inadvertently cause a positive outcome. And finally, feeling anger (or any reactivity) is detrimental to warm, close interactions. Repeated negative interactions over time can destroy good relationships.

What is the best way to handle a "difficult" child....

- First, recognize that much of your child's behavior reflects his temperament.
- Establish a neutral or objective emotional climate in which to deal with your child. Try not to respond in an emotional and instinctive manner, which is unproductive.
- Don't take your child's behavior personally. Temperament is innate, and your child probably is not purposely trying to be difficult or irritating. Don't blame him or yourself.
- Try to prioritize the issues and problems surrounding your child. Some are more important and deserve greater attention. Others are not as relevant and can be either ignored or put "way down the list."
- Focus on the issues of the moment. Do not project into the future.
- Review your expectations of your child, your preferences and your values. Are they realistic and appropriate? When your youngster does something right, praise him and reinforce the specific behaviors that you like.
- Consider your own temperament and behavior, and how they might also be difficult. Think how you might need to adjust yourself a bit to encourage a better fit with your child.
- Anticipate impending high-risk situations, and try to avoid or minimize them. Accept the possibility that this may be a difficult day or circumstance, and be prepared to make the best of it.
- Find a way to get some relief for yourself and your child by scheduling some time apart.
- Seek professional help, when needed, from your pediatrician or another expert in child behavior.

The first step in a good behavior management plan is to identify target behaviors. These behaviors should be **specific** (so everyone is clear on what is expected), **observable**, and **measurable** (so everyone can agree whether or not the behavior happened).

An example of poorly defined behavior is "acting up," or "being good." A well-defined behavior would be running around the room (bad) or starting homework on time (good).

Antecedents, the good and the bad

Antecedents come in many forms. Some prop up bad behavior, others are helpful tools that help parents manage potentially problematic behaviors before they begin and bolster good behavior.

Antecedents to AVOID:

- ❖ Assuming expectations are understood: Don't assume kids know what is expected of them — spell it out! Demands change from situation to situation and when children are unsure of what they are supposed to be doing, they're more likely to misbehave.
- ❖ Calling things out from a distance: Be sure to tell children important instructions face-to-face. Things yelled from a distance are less likely to be remembered and understood.
- ❖ Transitioning without warning: Transitions can be hard for kids, especially in the middle of something they are enjoying. Having warning gives children the chance to find a good stopping place for an activity and makes the transition less fraught.
- ❖ Asking rapid-fire questions, or giving a series of instructions: Delivering a series of questions or instructions at children limits the likelihood that they will hear, answer questions, remember the tasks, and do what they've been instructed to do.

Antecedents to EMBRACE:

Here are some antecedents that can bolster good behavior:

- **Be aware of the situation:** Consider and manage environmental and emotional factors — hunger, fatigue, anxiety or distractions can all make it much more difficult for children to reign in their behavior.
- **Adjust the environment:** When it's homework time, for instance, remove distractions like video screens and toys, provide a snacks, establish an organized place for kids to work and make sure to schedule some breaks — attention isn't infinite.
- **Make expectations clear:** You'll get better cooperation if both you and your child are clear on what's expected. Sit down with him and present the information verbally. Even if he "should" know what is expected, clarifying expectations at the outset of a task helps head off misunderstandings down the line.
- **Provide countdowns for transitions:** Whenever possible, prepare children for an upcoming transition. Let them know when there are, say, 10 minutes remaining before they must come to dinner or start their homework. Then, remind them, when there are say, 2 minutes, left. Just as important as issuing the countdown is actually making the transition at the stated time.
- **Let kids have a choice:** As kids grow up, it's important they have a say in their own scheduling. Giving a structured choice — "Do you want to take a shower after dinner or before?" — can help them feel empowered and encourage them to become more self-regulating.

Creating effective consequences

Not all consequences are created equal. Some are an excellent way to create structure and help kids understand the difference between acceptable behaviors and unacceptable behaviors while others have the potential to do more harm than good. As a parent having a strong understanding of how to intelligently and consistently use consequences can make all the difference.

Consequences to AVOID

- ❖ **Giving negative attention:** Children value attention from the important adults in their life so much that any attention — positive or negative — is better than none. Negative attention, such as raising your voice or spanking — actually increases bad behavior over time. Also, responding to behaviors with criticism or yelling adversely affects children's self-esteem.

Build a positive living environment at home, it should be a place where the child wants to rush back to.

- **Delayed consequences:** The most effective consequences are immediate. Every moment that passes after a behavior, your child is less likely to link her behavior to the consequence. It becomes punishing for the sake of punishing, and it's much less likely to actually change the behavior.
- **Disproportionate consequences:** Parents understandably get very frustrated. At times, they may be so frustrated that they overreact. A huge consequence can be demoralizing for children and they may give up even trying to behave.
- **Positive consequences:** When a child dawdles instead of putting on his shoes or picking up his blocks and, in frustration, you do it for him, you're increasing the likelihood that he will dawdle again next time.

EFFECTIVE consequences:

Consequences that are more effective begin with generous attention to the behaviors you want to encourage.

- **Positive attention for positive behaviors:** Giving your child positive reinforcement for being good helps maintain the ongoing good behavior. Positive attention enhances the quality of the relationship, improves self-esteem, and feels good for everyone involved. Positive attention to brave behavior can also help attenuate anxiety, and help kids become more receptive to instructions and limit-setting.
- **Ignoring actively:** This should be used ONLY with minor misbehaviors — NOT aggression and NOT very destructive behavior. Active ignoring involves the deliberate withdrawal of attention when a child starts to misbehave — as you ignore, you wait for positive behavior to resume. You want to give positive attention as soon as the desired behavior starts. By withholding your attention until you get positive behavior you

are teaching your child what behavior gets you to engage.

- **Reward menus:** Rewards are a tangible way to give children positive feedback for desired behaviors. A reward is something a child earns, an acknowledgement that she's doing something that's difficult for her. Rewards are most effective as motivators when the child can choose from a variety of things: extra time on the iPad, a special treat, etc. This offers the child agency and reduces the possibility of a reward losing its appeal over time. Rewards should be linked to specific behaviors and always delivered consistently.
- **Time outs:** Time outs are one of the most effective consequences parents can use but also one of the hardest to do correctly. Here's a quick guide to effective time out strategies.
- **Be clear:** Establish which behaviors will result in time outs. When a child exhibits that behavior, make sure the corresponding time out is relatively brief and immediately follows a negative behavior.
- **Be consistent:** Randomly administering time outs when you're feeling frustrated undermines the system and makes it harder for the child to connect behaviors with consequences.
- **Set rules and follow them:** During a time out, there should be no talking to the child until you are ending the time out. Time out should end only once the child has been calm and quiet briefly so they learn to associate the end of time out with this desired behavior.
- **Return to the task:** If time out was issued for not complying with a task, once it ends the child should be instructed to complete the original task. This way, kids won't begin to see time outs as an escape strategy.

By bringing practicing behavioral tools management at home, parents can make it a much more peaceful place to be.



Glimpse of 13th Knowledge Festival from 9th to 15th October 2017 organized by State Child Protection Society



Glimpse of One Day Training on Roles & Responsibility on Documentation on 13th October 2017 organized by State Child Protection Society

"Children learn to smile from their parents." - Shinichi Suzuki

**Status Report on the functioning of the Juvenile Justice Boards and Child Welfare Committees in Assam
for the month of September 2017**

Sl. No.	Districts	Juvenile Justice Boards			Child Welfare Committees		
		No. of cases instituted	No. of cases disposed	Total cases pending	No. of cases instituted	No. of cases disposed	Total cases pending
1	BAKSA	Cases are jointly dealt with Nalbari JJB			5	5	0
2	BONGAIGAON	0	0	10	9	9	22
3	BARPETA	10	5	135	3	9	189
4	CACHAR	2	2	24	8	7	11
5	CHIRANG	3	3	26	4	5	16
6	DARRANG	5	4	69	4	2	24
7	DHEMAJI	2	5	19	10	10	7
8	DHUBRI	1	0	112	5	4	8
9	DIBRUGARH	3	0	34	23	19	8
10	DIMA HASAO	1	0	12	0	1	7
11	GOALPARA	3	4	63	7	10	19
12	GOLAGHAT	3	1	14	7	7	12
13	HAILAKANDI	0	1	19	8	6	6
14	JORHAT	1	4	41	6	5	7
15	KAMRUP (M)	5	8	45	79	50	193
16	KAMRUP (R)	2	8	45	20	19	44
17	KARBI ANGLONG	1	0	55	1	4	2
18	KARIMGANJ	1	4	39	3	19	34
19	KOKRAJHAR	0	4	158	6	3	25
20	LAKHIMPUR	2	4	25	3	4	9
21	MORIGAON	1	5	23	3	6	12
22	NAGAON	9	1	173	25	28	23
23	NALBARI	0	2	23	7	6	80
24	SONITPUR	1	8	58	5	2	30
25	SIBSAGAR	0	6	22	14	20	23
26	TINSUKIA	4	2	44	13	8	59
27	UDALGURI	3	3	24	6	7	48
	Total	63	84	1312	284	275	918

For any feedback, write to :
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DSW, Government of Assam