

JANUARY

Kiddie Prep School News

Parenting a Constant Crier

"My child cries all the time. About every little thing." You're starting to think you've tried everything. The timeouts. The calming exercises. The little bribes. Even just trying to ignore their wails, which seem to be their response to everything from a loose ponytail to a little spat with their brother. And once the crying starts, it often spirals towards full meltdown.

Many children can seem to be overly sensitive and emotional. This tends to be more common with girls, but boys may also cry and throw tantrums easily. To their parents, these children often seem unpredictable, like a volcano of emotions always ready to erupt.

If this describes your child, don't assume they are disturbed or defiant. It may just be the way they're wired or the stage they're in, and they'll grow out of it as they mature. Or, they may always be a child who cries easily, and that's OK, too. They'll learn how to understand this side of their personality and adapt to the world they live in. In the meantime, here are some things you can do to help manage the emotional storms:

Hold off on a response: It's pretty easy for parents, usually mothers, to drop what they're doing and immediately attend to a child who is crying. This is natural and expected, especially if you think your son or daughter may be hurt. But before dashing to a crying child's side, ask yourself: Am I responding to my child's needs or their behavior? While there are certain behaviors parents must respond to, we also have to be aware of how continually responding to certain behaviors can encourage a child to become manipulative. What you give more attention, you get more of.

Give them separation: When a child throws a fit, remove them from the room to spend some time alone. They need to have a place where they can have a meltdown, but where no one else has to listen and be frustrated. It's fine if they're able to move by themselves somewhere to cry. Eventually, your child will come to recognize that all this crying is a waste of time.

Avoid trying to reason with them: Young children often don't have the ability to talk through an upsetting situation, even if their language skills seem to be progressing fine. It's often best to steer away from serious character-building conversations with a child who responds to adversity with a trauma.

Don't read too much into the behavior: Sensitive, temper tantrum-throwing kids can certainly make life difficult for parents. It's too easy for parents to start blaming themselves for the tantrums. Don't read too much into this behavior, and don't take it as an indictment on your parenting. Your job, for now, is to understand that this is just how she is reacting to adversity during this stage of their life, and that you're there to help them not let the crying control their life. Over time, they will get better, more even-keeled and more emotionally stable.

Maintain clear boundaries and consequences: Children rarely do very well when their parents give irregular, wishy-washy responses. This is especially true for overly sensitive children. So be very clear and straightforward about the consequences for your child's tantrums. This helps them feel safer and will encourage wise, mature management of their emotions.

Done consistently, these five practices will gradually help a tantrum-prone child to calm down. Remember, behavior change in kids takes time. Often months, and maybe even years. Be patient and constant. Just because you don't see immediate change doesn't mean your technique isn't working. Keep it up.

January Devotional

"See, I am sending an angel ahead of you to guard you along the way and bring you to the place I have prepared." Exodus 23:30

I sometimes think New Year's Day comes at the wrong time of year. I'm usually facing a bunch of tasks left over from the old year, like taking down the Christmas tree and putting away all the decorations, writing thank-you notes and dealing with decisions about what to do with the stack of Christmas cards. Throw them away? Save the ones with pictures? Check the addresses? Then there's the thought of trying to catch up with all the work I put off during the holidays. I'm behind before the New Year even starts.

"Who can think about new beginnings or inspirational goals in the midst of old concerns?" I asked my husband as he came in the door after a quick trip to the office to complete a couple of year-end responsibilities.

"Let me show you a gift I just received," he said, pulling an attractively wrapped package out of his briefcase. He tore off the paper and lifted out a beautifully framed message, penned by a professional calligrapher. The message read:

Trust Me. I have everything under control.

Jesus

He set the frame down amidst the clutter on the kitchen counter so I could see that simple message as I went about my tasks. Slowly those words began to change my frame of mind. If I needed something to help me carry my old concerns into the New Year, I'd just found it...the determination to face each day's concerns, trusting in the words of this promise from the Source of all comfort and strength.

Father, each day in this new year, please help me remember that You are in control of everything.

by Carol Kuykendall

FOR I AM ABOUT TO DO SOMETHING

new.

See, I have already begun! Do you not see it?
I will make a pathway through the wilderness.
I will create rivers in the dry wasteland.

ISAIAH
43:19

Take Note!!!

- If you have not received a welcome email from KidReports—please contact Mrs. Carrie at chilty@gpnaz.org so she can make sure you get all updates and information from your Child's teacher with KidReports!!!
- Please be sure to have a change of clothes in your child's backpack for the winter season!
- January 1st: KPS closed New Year's Day
- March 15th: KPS closed for Conference

Prayer Requests

Have a prayer need? We'd love to be praying for you!

Stop by the office and share your prayer request with us or email Mrs. Carrie at chilty@gpnaz.org—let us know if you would also like us to share it in the Newsletter for others to be praying for as well.

"For where two or three have gathered together in My name, I am there in their midst." Matthew 18:20