



For the Children's Sake, Put Down that Phone

By: Patti Neighmond

It's not just kids who are overdoing screen time. Parents are often just as guilty of spending too much time checking smart phones and email-and the consequences for their children can be troubling.

Dr. Jenny Radesky is a pediatrician specializing in child development. When she worked at a clinic in a high tech savvy Seattle neighborhood, she started noticing how often parents ignored

their kids in favor of a mobile device. She remembers a mother placing her phone in the stroller between herself and the baby. "The baby was making faces and smiling at the mom," Radesky says, "and the mom wasn't picking up any of it; she was just watching a You Tube video."

Radesky was so concerned she decided to study the behavior. After relocating to Boston Medical Center, she and two other researchers spent one summer observing 55 different groups of par-

ents and young children eating at fast food restaurants. Many of the caregivers pulled out a mobile device right away, she says. "They looked at it, scrolled on it and typed for most of the meal, only putting it down intermittently."

This was not a scientific study, Radesky is quick to point out. It was more like anthropological observation, complete with detailed field notes. Forty of the 55 parents used a mobile device-
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Say No to "Time outs" and Yes to "Time ins"

By: Amy Huntley of The Idea Room

It goes by a million names. "time out", "go to your room", stand in the corner", sit in the time out chair", and the list goes on and on. What ever phrase you use to send your child away when they are misbehaving is what we are talking about.

About 30+ years ago, in an attempt to get parents to step away from spanking., "time out" was introduced. The goal was to have children sit in

time out, so that they weren't getting parental interaction and so they could take time to work through what they were getting upset about. It is now a common parenting practice that when children disobey, start to cause problems, and refuse to listen, that we send them away to be alone, in a time out. But, the next time you are ready to send your children to a time out, take a minute to think about a few things. Time outs aren't nearly as helpful as we think

they are. Nor do they strengthen our relationships with our kids or teach them long term skills that are helpful as adults. (Now, don't misunderstand, there are obviously times when distance and space is necessary, but here are a few things to think about, a new perspective.) First, when we send our kids to time out, we are sending a message that how they feel doesn't matter. We are telling them we don't care how they feel, we want them to shut-
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Early Learning Committee Newsletter

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- ☺ BabyFACE
- ☺ Tiwa Babies Home Visiting Program
- ☺ Taos Pueblo Department of Education
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- ☺ Taos Pueblo Fitness Program
- ☺ Oo oo nah Art Center
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Mother's Day Facts from around the World

1. There are approximately 84 million mothers in the United States.
2. There are more phone calls made on Mother's Day than on any other day of the year.
3. Mother's Day became a recognized holiday in 1914 in the United States.
4. There are approximately 2 billion mothers in the world, with four babies born each second.
5. The youngest mother in history is Lina Medina, who delivered a 6 1/2 pound baby boy by cesarean section in Lima, Peru in 1939 at the age of 5 years and 7 months.
6. The oldest women in history to give birth was Satyabhama Mahapasthra, a 65 year old retired teacher from India in April of 2003.
7. The highest officially recorded number of children born to one mother is 69. Valerie Vassilyev of Shuya, Russia gave birth to 16 sets of twins, 7 sets of triplets, and 4 sets of quadruplets.
8. In the vast majority of the worlds languages the word for "mother" begins with the letter M.

*Happy Mother's Day!
You are greatly
appreciated.*

*From the
Early Learning
Committee*



Parents and Time outs continued from

their feelings off and go away.

Second, sending kids to time out sends a message that you want your children to get away from you. (I know, sometimes we really do feel this way, but..) This message says, "I don't care about you, please leave." Our children need to feel love and when we send them away, the last thing they feel is love.

Lastly, time outs don't teach our children to deal with their problems. By sending them to be on their own, they don't get any help learning how to manage their feelings and emotions. By acting out, it shows they already don't know how to handle how they are feeling and the situation they are dealing with. Sending them to time out doesn't help them learn to manage anything.

This might sound silly, but let me suggest an alternative to a "time out". It is time for a "time in". What is a "time in"? A "time in" is gathering your child into your arms and giving them a big hug, instead of sending them away. When their behavior is horrible, when they start throwing a fit, or they hit, or they won't listen, instead of sending them to their rooms, go to them, get down on

their level, and gather them up in your lap and hold them. Just sit and hold them. As you wrap your arms around them, let them experience the feelings. Let them be angry or sad. And let them say what they want to say.

How are you going to hug a child that is causing so much trouble? Entertain a new perspective. Maybe they are throwing a fit or talking back, but think of it this way, instead of getting angry, think...my child must be really upset to be acting out this way, they must be hurting in some way. So instead of sending them away, realize that they are in some sort of distress and are just asking, in fact yelling, for help. Simply changing our perspective will make us want to keep our children near instead of sending them away.

Imposing a "time in" will show your child how much you love them. It teaches them you want to be connected and care about how they are feeling. It also gives you an opportunity to teach them how to deal with their emotions and feelings. Now, it might not work right away. You might try to hug or hold your child and they pull away, or yell "don't touch me".

That is okay. It will take time for your child to accept this new practice also. Don't quit. Stay close to your child, and express "you are having a hard time right now aren't you, that is okay, let me hold you and we can talk about it."

Remember that as you are working through a "time in" with your child, they will have a hard time expressing themselves for fear it might get them in trouble. Be open to their true thoughts and allow them to be honest. The more they push you away, the more they need you to stay close. Just continue to stay close as they will let you and ensure them that you won't leave them alone feeling this way.

So...the next time you are ready to call for a time out, STOP, don't send them away. Instead, wrap your arms around your child, hold them close and give him/her a minute to regroup, feel loved and understood and start over. Let the love pour out over them and watch their behavior change. In fact, you will see much greater and more successful results by disciplining with "time ins" than "time outs". When it comes to discipline, love will always prevail.

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during the meal, and many, she says, were more absorbed in the device than in the kids.

Radesky says that's a big mistake, because face-to-face interactions are the primary way children learn. "They learn language, they learn about their own emotions, they learn how to regulate them," she says. "They learn by watching us how to have a conversation, how to read other people's facial expressions. And if that's not happening children are missing out on important development milestones."

And, perhaps not surprisingly when Radesky looked at patterns in what she and the other researchers observed, she found that kids with parents who were most absorbed in their devices were more likely to act out, in an effort to get their parents' attention. She re-

calls one group of three boys and their father: The father was on his cell phone and the boys were singing a song repetitively and acting silly. When the boys got too loud, the father looked up from his phone and shouted at them to stop. But that only made the boys sing louder and act sillier.

Psychologist Catherine Steiner-Adair said, the father's reaction to his three silly boys might be expected because "when you are texting or answering email, the part of your brain that is engaged is the 'to do' part, where there's also a sense of urgency to get the task accomplished, a sense of time pressure. So we're much more irritable when interrupted."

And when a parent focus on their digital world first-ahead of their children there can be deep emotional conse-

quences for the child, Steiner-Adair says. "We are behaving in ways that certainly tell children they don't matter, they're not interesting to us, they're not as compelling as anybody, anything, any ping that may interrupt our time with them, she says.

In research for her book, Steiner-Adair interviewed 1,00 children between the ages of 4 and 18, asking them about their parents' use of mobile devices. The language that came up over and over and over gain, she says, was "sad, mad, angry and lonely." One 4 year old called his dad's smart phone a "stupid phone." Others recalled joyfully throwing their parent's phone into the toilet, putting in the oven or hiding it. There was one little girl who said, "I fell like I'm just boring. I'm boring my dad because he will take any text, any call, anytime!"

Steiner-Adair says we don't know exactly how much these mini moments of disconnect between a parent and child affect the child in the long term. But based on the stories she hears, she suggests that parents think twice before picking up a mobile device when they're with their kids.

Mother's Day Craft Ideas for Toddlers



Materials needed:

Photograph of child (preferably an action shot), cardstock, scissors, laminating sheets, hole punch, glue, tassel or ribbon.

Directions:

Glue picture to card stock. Cut out picture. Laminate the photo. Punch hole in top, attach tassel or ribbon.



Cherry Blossom Tree

Materials needed:

Card stock, paint, paintbrush, paper plate, 20 oz bottle.

Directions:

Paint branch outline on cardstock. Pour paint on paper plate. Dip bottom of bottle into paint and then dap on branches.

MOTHERHOOD
IS A CHOICE YOU MAKE EVERYDAY
to put someone else's happiness and well-being
ahead of your own
♥ to teach the hard lessons
to do the right thing
even when you're not sure what the right thing is . . .
and to forgive yourself
over and over again
FOR DOING EVERYTHING WRONG

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Taos Pueblo's Early Learning Committee was formed under the Tiwa Babies Home Visiting Program in January of 2012. The goal of the committee was to have all the programs involved in early learning at Taos Pueblo come together once a month and discuss program updates, resources, etc, and have a monthly topic discussion on how our programs can work together to provide the best possible outcomes for children and families at Taos Pueblo. Meetings are usually held the third Friday of every month at 9:00am at the Health and Community Services Conference Room. The meetings are open to everyone and we encourage parents, grandparents, tribal leaders, and community members to attend. Our next meeting will be held May 16th, 2014 at 9:00am. Breakfast will be provided.



ANNOUNCEMENTS

Taos Pueblo Education and Training Division is now accepting for the CDL Program, which will take place over the course of 12 weekends, starting June 7, 2014, and for the Summer Youth Employment Program, for ages 14-21, limited spaces available. Credit Recovery (high school students only), register by May 14, 2014. They are also seeking 2014 graduates to honor at the Honor banquet. Please submit names to mchacon2taospueblo.com or call 575-758-5990.

Upcoming Events in May

Taos Pueblo Head Start/My 1st School

Mother's Day Luncheon

Friday, May 9, 2014

11:15-12:30pm

Parent Center Committee Mtg.

Tuesday, May 13, 2014

5:30-7:30pm

Professional Development Day

Friday, May 16, 2014

NO SCHOOL

Memorial Day

Monday, May 26, 2014

NO SCHOOL

Tiwa Babies

Music Class

Every Tuesday

My 1st School

10:00-10:45am

Tiwa Babies is still enrolling families!

If you are a pregnant mom or a family with children under the age of three, you qualify to be part of the Tiwa Babies Program. We offer family support and can help you get the resources your family may need. We provide various classes and fun activities! For more information please call 575-758-7824.

Healthy Kids Healthy Families

FREE MINI CONFERENCE

Taos Youth and Family Center

Friday, May 23rd, 2014

8:00am-4:30pm

Come join us and learn about:

*The Affordable Care Act

*Healthcare challenges for families who have children with disabilities

*New Mexico Centennial Care

*Patient and Family Center Care

To register please call

1-800-524-5176

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