



Jewish Family Services

Charlotte Jewish
FEDERATION
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— Compiled by JFS

How to Discipline Effectively

By Iris Madison, MSW

In my work with families at Jewish Family Services, one of the questions that frequently arises is that of "how to discipline effectively." When many parents hear the word discipline, they associate it with words like "threaten, hurt, humiliate, or punish." When I hear people say things like "My child needs more discipline with my hand or the paddle," I see that they do not understand the concept of "discipline."

The word "discipline" means "to teach" which is what parents are doing all the time (although they may not be aware of it). The main idea behind teaching child acceptable behaviors is very simple. When you, the parent, see a child behave in a way that is good, you reward the child for this. You give him/her a smile, hug, verbal praise, pat on the shoulder (not candy!) — something to indicate that you think your child is great!

Because this process is so simple, many parents "forget"

to do it. I can remember a situation when two parents came to my office with a four-year-old boy and his 11-year-old sister. The parents complained of behavioral problems that were occurring with their six-year-old (i.e. hitting her brother, refusing to comply with parental requests). During the hour-long session, I did not observe any disruptive/unacceptable behaviors. When I suggested to the parents that their children were playing cooperatively and relatively quietly and should be commended for it, the parents looked surprised. Apparently, they were so accustomed to focusing on the "negatives" that they forgot to see and praise the "positives."

This reminds me of the so-called "law of the soggy potato chip" that I once read about in an article about raising children. This law states: although a child naturally prefers a fresh, crisp potato chip to a soggy one, he/she will take the soggy one if that is all

that he/she can get! The reason for this is that a soggy potato chip is better than no potato chip at all. It's the same with children and behavior. A child typically wants and will respond favorably to positive attention. But if the only attention he/she receives is negative, the child will settle for it (because it is better than no attention at all). An example: two siblings play quietly and cooperatively and are ignored by their parents. When the siblings begin to fight, the parent(s) is right there in the middle fighting with them to stop fighting. What incredible logic!

There are several forms of effective discipline (or teaching). These are: positive reward system, modeling, contracting, environmental control, rapport building, time out, and communication skills. If you would like to know more about these choices, I will be happy to discuss these and other family matters with you, confidentially of course. You can reach me at JFS, 364-6594.

Fair Oaks Commons: An Eclectic Place

The beautiful new commons is the connecting link between the well-established Blumenthal Jewish Home (BJH) nursing wings and the new FAIR OAKS Personal Care Unit. FAIR OAKS residents are enjoying the many facets of the Commons, the elegance of the lounge for visiting with family and friends, the gracious dining, the view from the terrace, and the variety of programs presented in the meeting rooms.

BJH and FAIR OAKS residents often join together for services in the Synagogue, discussion groups in the Friendship Room and concerts in the Auditorium. Board members, guests and visitors have had the pleasure of enjoying meals and events held in this multi-purpose facility.

The design of the Commons

provides a perfect setting for social, educational and cultural activities, not only those sponsored by the Home but also those sponsored by the community and outside groups. The variety of recently held events attests to the capabilities of both the facility and the staff in hosting community programs.

Two Northwest Area Health Education Center Conferences, well attended by state-wide health professionals, were held in October with another planned for December. Temple Emanuel, Winston-Salem, arranged for BJH to cater two social events held in the Commons Auditorium and the Greensboro Federation has planned a Board meeting in December.

The BJH Board of Trustees Retreat on Saturday, Oct. 29,

and the Annual Meeting held on Oct. 30 exemplified the fine use of this facility. We encourage community organizations and individuals to visit and to consider FAIR OAKS Commons as a center available for their programming.

BJH has been a link to the Jewish communities in the Carolinas for 25 years. Now, with the establishment of the FAIR OAKS Commons, we can strengthen that link as we strive to connect people who live in many communities as well as those who call this place their home.

For information about using FAIR OAKS facilities or admissions, contact Sue Clein at (919) 766-6401.

Congratulations

We salute all the members of the JFS Task Force on the Physically Disabled! Because of all their efforts in advocating recognition for the needs of the physically disabled and especially for their hard work culminating in Barrier Awareness Day at Shalom Park last February, they have won the Shroder Award. This nationally coveted award was presented at the General Assembly of the Council of Jewish Federations in New Orleans on Nov. 19. The Shroder Award is given to the small city whose Federation implements the best idea utilizing other community resources. Jewish Family Services is a branch of the Charlotte Jewish Federation.

Announcement

Jewish Family Services Task Force on Substance Abuse announces the continuation of the closed AA Meetings each Sunday, at 5 p.m. in the Temple Beth El V'Shalom Library. These closed group meetings will continue indefinitely. For anyone who has an alcohol or drug problem or would like more information about this closed group, please contact Adrienne Rosenberg at 364-6594 or call 535-8823 (day) or 366-0572 (evening).

**Classifieds Sell
Call 366-5007**

Notice

Jewish Family Services urgently needs several volunteer drivers to drive seniors and those without transportation on occasional Wednesdays or Thursdays. Please call Adrienne Rosenberg at JFS, 364-6594 if you can volunteer several hours every other week or so.

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