

PARENTING STEPS

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Parent Tips for Communication

- Hold your child close to you when you speak
- Make eye contact
- Use a soft, soothing voice
- Speak clearly



Made available by:
Kayla Sevier
Associate Extension
Agent
Tensas Parish
766-3320

COMMUNICATION:

Good communication is an important parenting skill. Parenting can be more enjoyable when positive parent–child relationships are established.

Communication involves expressing your thoughts, feelings, and ideas. An essential part of positive communication is listening. With children positive communication can help them feel comfortable talking about their thoughts and feelings openly. They can also learn to respect the opinions, feelings and thoughts of other people.

Take time to talk with your children and share the joys and sorrows you experience. Using techniques of communication and accepting each other's feelings will build parent-child relationships. Communication should preserve the child's self respect, as well as the adults. By practicing positive communication skills, children can grow to be responsible and thoughtful individuals.

When speaking with children as a parent:

- Sit at the child's level and maintain eye contact with the child
- Ask questions in words they can understand in a calm, soft voice
- Concentrate on what the child is saying
- Notice how the child feels.

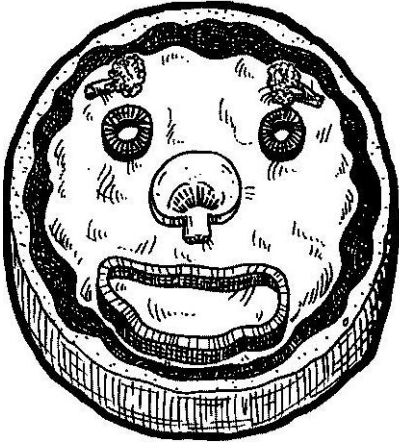


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HEALTHY SNACK

PIZZA FACES



RECIPE

- 2 English muffins (split open)
 - 1/2 cup prepared pizza sauce
 - 1/2 cup mozzarella cheese
 - 8 olive slices
 - 4 mushroom slices
 - 4 red bell pepper slices
 - 8 broccoli florets
- Makes 4 Servings

DIRECTIONS

Spread English muffin half with pizza sauce and top with mozzarella cheese. Using the vegetables, create a "face" design. Broil 3-4 minutes or until cheese is bubbly.



SKILL BUILDER: Jumping Rope

Teach the right moves:

- **Get into the rhythm.** Practice jumping with your child, about three to five inches off the ground, with knees slightly bent. Once the child is able to mimic your pace, you are ready to add the rope.
- **Measure the length.** Have the child "try on" the jump rope by standing on the center of it and pulling the handles up. They should extend to just below the shoulders.
- **Turn the rope.** With feet together, rope placed behind the child, and arms bent at the elbow near the waist, have your child swing the rope over their head so it lands in front, then step over it and repeat. This will help to determine the time it takes the rope to travel.
- **Jump!** Have child begin by turning, jumping, stopping and repeating. If the child is having trouble have someone take over the swinging. (Turn at the same height as if the child were doing it themselves.)

Rope jumping is an effective cardiovascular workout that's easy to do. According to the National Institutes of Health, Jumping rope burns approximately 750 calories per hour. The faster you jump, the more calories you burn.

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