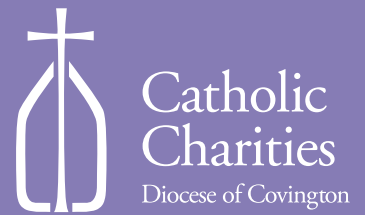


Family Values

Great Ideas For Modern Parents | Summer 2016



How do we teach children the skill of waiting?

I was recently booked on a flight that was canceled because of bad weather. There were about 300 people on the plane, and all of us had to re-book. There was a long line at the check-in desk, and, as I waited, just as frustrated and unhappy as everyone else, it was interesting to observe my fellow passengers and see how they were handling the situation. There were several people in the line who could not handle having to wait. They pushed in front of others, they paced, and they told anyone who would listen how important it was for them to get to their destination. Several people lost their temper with airline employees.

This unpleasant scene made me think of one of the basic, though overlooked, skills that our children need, and that is the ability to wait and to tolerate frustration. This ability is necessary in order for children to develop persistence, an essential ingredient of overall success. We live in a world where convenience is a watchword. If we want a gallon of milk at 11pm the grocery store is open. Credit cards mean that we don't need to save for large purchases, we can buy right away and worry about paying later. The Internet has made communication and entertainment available instantly.

How do we teach children the skill of waiting? By not instantly responding to their every wish. Young children have very little ability to tolerate frustration, and tend to whine and cry when they do not get what they want immediately. That's not a reason to give it to them. Parents are teaching the skill when they refuse to interrupt a phone call to attend to a non-emergency, or say "I'll take you to the park/mall/your friend's house after I have finished what I'm doing." Parents can respond sympathetically when they

hear "But I want to go now!" by saying, "Yes, I know that it is very hard to wait." Parents can also talk about waiting and help the child through the waiting time through planning. On a trip to the dentist's or doctor's office there may be some waiting involved. To prepare the child, the parent may say "We are going to the doctor's and we may have to wait a few minutes. I know that waiting is hard for you. Would you like to bring a book or a toy to play with while you wait?" Today's parents are finding that their smart phones provide instant entertainment and distraction for moments such as sitting in a waiting room. Electronic gadgets are so enticing, and give such immediate feedback that children become dependent on them at these times, and for that reason parents may want to limit their use.

For older children long-term projects, such as sewing, knitting, or model making help teach how to practice delayed gratification. A child has to wait for the glue to dry on her model before she can do the next step. Sewing and knitting projects take time. It's also important for parents to set a good example, for instance when stuck in traffic or in a long line at the grocery store.

In today's environment of instant gratification, parents themselves may be less accepting of having to wait, and have a hard time when waiting cannot be avoided. Children watch their parents closely, and they learn from them how to respond to annoying or frustrating situations, even when parents are not consciously attempting to teach.

Extend a hand. Change a life.



Charity

Community
healing

HOPE

Education

compassion

Group Education and Support

To register for any program contact Client Care at 859.581.8974 Monday–Friday 9am–5pm.

Family Wellness Classes

A lively, interactive curriculum that teaches parents the skills they need to raise their children successfully and builds on existing strengths. Each session teaches skills that can be used right away. This program is offered through Stronger Together, a partnership of the Northern Kentucky Community Action Commission and the Women's Crisis Center. No charge.

Parenting classes are ongoing starting every four weeks. Contact Client Care for the next available class.

NeighborWorks

Realizing the American Dream

Homebuyer Education Class

One Day Class from 9am to 5pm Can Help!

Saturday, June 4

Saturday, July 9

Saturday, August 6

Saturday, September 10

Learn how to buy a home! Certified housing counselors will walk you through the process, answer questions, and give you the information you need to realize the dream of homeownership. Registration required, but class is free! Class meets from 9am to 5pm. Lunch is provided.

Human Trafficking—Victim Advocacy

Free Training Sessions are available for ANYONE who is interested in learning more about local human trafficking, equipping professionals, community members, and students to identify and respond to human trafficking in their neighborhoods.

Concerned about potential victims? Want to schedule a training? Contact Lisa Ramstetter at Catholic Charities, 859.581.8974 or Lramstetter@archlou.org.

FREE SUPPORT GROUP

Parents of Addicted Loved Ones (PAL)

PAL meets every Wednesday from 6:30-8:00pm at Catholic Charities, 3629 Church Street, Latonia, KY 41015. It provides education and support, at no charge, for parents. Contact Laura Jackson at 859.581.8974 or visit www.covingtoncharities.org.

Individual, Marriage and Family Counseling

Counseling addresses emotional and relationship issues which impair personal and social functioning, and includes work with individuals, couples and families. Catholic Charities accepts many different insurance companies. Call Client Care.

Parenting Talks and Workshops

A parenting educator is available to speak to your school or community group on a variety of topics. Call Anna Phillips at 859.581.8974.

Foreclosure/Mortgage Delinquency Counseling

Catholic Charities offers foreclosure counseling and mortgage delinquency counseling at no charge. Call for an appointment.

Support Group

Is someone you love separated from you and your family because he or she is incarcerated? You are welcome to attend our support group to listen and share stories, and to express needs. Resource people will be available to consult as the need arises. The group meets on the third Tuesday of the month at 7:00 p.m. at Catholic Charities. The group is free; no registration needed. For more info contact Maria Meyer at mmeyer@covingtoncharities.org or 859.581.8974.



**Catholic
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