

THE HELM

GROWTH & CONTROL

CASCO LEARNING COLLABORATIVE



Energy Flows Where Intention Goes

WRITTEN BY MARIA J. CASCO

How can we focus our intentions to achieve the goals we envision? Whether it is for our children, our families, or ourselves.

We have the ability to direct our energy, focus, and effort towards purposeful actions that get us closer to where we want to go.

Easier said than done (as with most things!). It seems to be a common issue to feel as though our to-do's pile up at a higher rate than we can cross things off our list.

And because we are moving through our days so swiftly, many of us often get swept up in the "big picture" of what we hope our children will accomplish, that we forget it is in the daily, often repetitive, moments where we can actually see progress happening. And odds are, they are doing better than we think they are!

Our time is too valuable, our mental health too important, and our happiness too precious to be putting our energy towards something that is causing distress and tension in our families. If that is the case, then it may be time to take a step back and reassess our intentions together.

Then we may actually see some changes begin to unfold!

PARENTING HELM

Growth & Control



"When a child can't calm down they need connection and comfort, not criticism and control."

-Jane Evans

Why Our Boundaries May Not Be Working

By Jenna M. Hill

Let's go over the difference between boundaries and natural and logical consequences to help determine why our boundaries may not be working at home.

But before we do, keep this in mind as I share the groundwork for setting boundaries with you.

The place where boundaries and consequences meet is often where learning happens best.

So here we go, *boundaries* are the long-term guidelines that we establish to ensure our children's safety, health, social, & emotional growth.

Natural and logical consequences are a cause-and-effect relationship that directly relates to the child and their behavior at the time they are delivered.

They are not meant to be punishments! Too often the word consequence is swapped out for punishment.

We will delve into this more next month :)

For now, here is what we think: adult-driven punishments do not help children internalize the messages we are sending; in fact, punishments usually backfire.

So what does this all mean, and what can we do?

Begin by setting clear limits that (ideally) resonate with your child. Something you both have agreed on before a situation escalates.

But what about my strong-willed child?! It is most likely that you are just as strong-willed as they are (totally not something that any of us observe in our houses right?...ha!)

In these moments, step back and try not to go down the power struggle road. It is not a battle that we have to win; we are on the same team, after all! Try to find a new way to get through to your child.

Volume and yelling are never the answer, and playful parenting usually removes most conflict.

Children can learn responsibility and self-discipline without being punished. Living life and experiences are quantifiable growth.

Give your child a voice. Connect, connect, connect!

When we change the lens we view childhood through, the way we discipline changes too.

1. My child is doing the best they can with what they know.
2. My child is learning all of the time.
3. Reconsider your requests. How would I feel if this request was placed on me?



1. I can give my child the benefit of the doubt.
2. I can allow my child the time they need to grow and be happy.
3. I can understand my child's emotions from their point of view.

