
CHILDREN IN THE SUMMER MONTHS

There is much talk about children being out of control. With children being off for the best part of two months during the Summer, it is particularly important that parents exercise their authority to ensure the safety and well-being of their children.

Children need to be very clear about the rules which they are expected to keep. Over the summer there can be a constant stream of requests to go to places or to do activities. Not only can this be expensive, it can be draining to deal with such endless demands.

Setting down the limits from the outset can be a big help - especially when it comes to money. Children need to understand that every family has a limit as to what they can spend. Parents should take a firm line on this, and not put themselves under additional financial strain. This strain can cause resentment, and everyone loses out.

Be firm about where you allow children to go. Just because they say they are bored, should not be a reason to let them go to places you are unsure of. Clear and reasonable rules, which are understood by children, work best. They should know the consequences if they break them. Remember, too, to give praise when they are cooperative. That way, they are more likely to comply again.

Q:

I have twins girls of seven, who are really lovely, but it can be hard for me to get them to do what they are told. I'm on my own, so that makes it harder. What should I do?

A:

Getting children to do as they are told can depend on many factors. However, there are some tips which may help ...

- ❑ Get their attention before giving them an instruction - to ensure they are concentrating on what is being said.
- ❑ Make sure they understand what is being asked of them.
- ❑ Check with yourself that your rules are fair, reasonable and realistic - otherwise they may be disobeyed.
- ❑ Show them that you are in charge by your tone of voice. That way they'll know that you mean business.
- ❑ They should know what sanctions there are if they fail to cooperate, but be sure to heap on praise and encouragement when they do.

