



The Parent-Child Connection

Importance of Social and Emotion Coaching-The Incredible Years by Carolyn Webster-Stratton, Ph.D.

Parts 1 and 2 of the Incredible Years program explain the importance of parents playing with their children. This focused attention and time with children helps build a positive feeling and strong bond between parents and children. Part 3 of this program focuses on ways parents can “coach” their children during play to build their children’s emotional and social competence. We do this through two types of descriptive commenting:

1. Emotion Coaching
2. Social Coaching

Emotion coaching on the part of the parents helps children develop a vocabulary for expressing emotions. Once children have a vocabulary they can express their feelings about events and more easily regulate their emotional responses. Parents learn to coach and label their children’s emotions when they are happy, confident, surprised, curious, proud or frustrated, sad, lonely, tense or angry. Parents also learn to tailor their coaching to the particular emotional needs of their children. For example the withdrawn, anxious or fearful child will be coached when they take risks by parents saying such things as, “you are so brave, you tried something new”, or “that was really courageous to invite her to play”. Children who are angry will receive coaching acknowledging times when they are calm, relaxed and joyful. Children who are impulsive will be coached when they are staying calm, patient and are thoughtful in their responses. It is also helpful to pair comments about negative feelings with positive coping statements. For example, “you look frustrated about that, but you are staying calm and still trying to solve the problem.” In this way, parents avoid giving too much attention to negative behaviors and may pre-empt a negative response.

Parent-Child One-on-One Social coaching on the part of parents helps children to learn appropriate social skills. First parents model appropriate social skills in their one-on-one interactions with their children during special time by being respectful of their ideas, sharing their feelings, offering suggestions, complimenting and helping them with a difficult activity, complying with their requests and cooperating in a collaborative way. Parents can also “prompt” some of these behaviors in their children by asking for help, offering an idea, asking for a turn and then coaching the child when she shares or accepts their idea by describing the social skill. If the child does not share or help when prompted the parent ignores this noncompliant response and models waiting and respect by saying, “I can see you are not ready to share yet and I can wait for a turn and do something else in the meantime.”

Peer Social Coaching. One-on one coaching is immensely valuable for parents strengthening the bond with their children and for promoting social skills. It can also be helpful to do social coaching with several children at the same time. This time parents describe their children’s social skills with each other. For example, parents can comment on times when the children share, take turns, say thank you, ask before taking another toy, and give a friendly suggestion. This will strengthen the children’s friendships, their social skills, and their ability to problem solve.



“The purpose of parenting is to protect and prepare children to survive and thrive in the society in which they live.”
Michael Popkin-
Active Parenting

Riverbend Parent - Child Center

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Parent-Child Center Mission Statement

The purpose of this program is to:

- J Support, honor, and strengthen families;
- J Enhance parent-child relationships;
- J Promote the healthy development of children.

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10 WAYS TO TELL YOUR CHILDREN... I LOVE YOU –Author Unknown



1. MAKE YOUR HOME A PLACE OF SAFETY, ACCEPTANCE AND LOVE.
2. BUILD FEELINGS OF SELF-WORTH BY SHOWING YOUR CHILDREN HOW THEY ARE SPECIAL.
3. OFFER CHILDREN OPPORTUNITIES TO LEARN AND SUCCEED.
4. MAKE SURE YOUR CHILDREN EAT HEALTHY FOODS, EXERCISE REGULARLY AND GET ENOUGH SLEEP.
5. SPEND TIME WITH YOUR CHILDREN. TALK, LAUGH, PLAY AND ENJOY EACH OTHER.
6. PROTECT YOUR CHILDREN. MAKE THEIR SAFETY YOUR TOP PRIORITY.
7. ACKNOWLEDGE AND ENCOURAGE YOUR CHILDREN'S SUCCESSES. DON'T CRITICIZE WHEN THEY TRY BUT FAIL.
8. SET LIMITS TO MAKE CHILDREN FEEL SECURE AND TO TEACH THEM RESPONSIBILITY.
9. MAKE A HUG, A SQUEEZE, A LOVING SMILE AN EVERYDAY OCCURRENCE.
10. SAY THE WORDS, "I LOVE YOU" AT LEAST ONCE A DAY.

Five Points on Reading from Rosemary Wells

1. Children who read succeed. The most significant part of a child's mental growth between the ages of three and seven is the ability to imagine. Books boost imagination. Our popular television culture degrades imagination.
2. TV and video are now our national baby-sitters. But a young child's growing mind needs active play and live conversation. Television puts a child into what neurologists call the passive Alpha state. A child cannot learn from screens because programs are meant to sell products not to teach.
3. Much like the first news about tobacco and cholesterol, early studies now link overdoses of TV, video games and pop music with learning disabilities, attention deficiency, speech defects, and aggressive behavior.
4. Screen watching makes a child a follower and a consumer. Books exist because of the power of human ideas. Readers are leaders and producers.
5. After a tiring day, nothing is more restful than reading with a child on your lap. Reading aloud offers a world of privacy, dignity, and love to both of you.

“The most significant part of a child’s mental growth between the ages of three and seven is the ability to imagine. Books boost imagination.”

PCC Wish List

PCC is always in need of the following donations:

- Diapers
- Baby Wipes
- Laundry Soap
- Toothbrushes
- Toothpaste
- Mouthwash
- Fluoride rinse
- New socks (children's sizes up to age 5)
- Portable DVD/TV (for parent groups)
- CD Player (for parent groups)
- Feminine Hygiene Products
- Toilet Paper



In every community there is work to be done. In every nation, there are wounds to heal. In every heart there is the power to do it.
-Marianne Williamson

Bittersweet Changes at Parent-Child Center

We are extremely excited to announce Riverbend Parent-Child Center is now part of Concord Connections, a Family Resource Center, in collaboration with The Children's Place, Concord Regional Visiting Nurse Assoc., UNH Cooperative Extension-Merrimack County, Child and Family Services, Concord Heights/Dame School FRC, Head Start/Early Head Start, Merrimack Valley Daycare, and Concord YMCA. We are also now part of another collaborative Family Resource Center with Southern NH Services Hillsboro Child Development Center, called the Hillsboro-Deering Family Resource Center, located at 21 School Street in Hillsboro, NH. All families and individuals in these communities and the surrounding areas may use the centers and services not only in times of need, but also as an on-going part of their daily lives.

Unfortunately, due to circumstances beyond our immediate control, we will no longer be serving the Franklin area. Additionally, we will now be traveling to our Pittsfield site once a month instead of weekly. However, our Concord Connections Family Resource Center, which serves residents in the greater Concord area, will also serve both Franklin and Pittsfield area residents.

Our Open House for Hillsboro-Deering Family Resource Center is Tuesday, April 28, 2009. Our Concord Connections Open House is T.B.A.



- Choosing my own way to respond to a situation is to recognize that I can't always control what is happening to me. What I CAN control is how I USE what is happening to me.
- Feelings are neither right nor wrong, they just ARE. How I respond to my feelings can be appropriate or inappropriate.

Teaching Your Child to Problem Solve—The Incredible Years

Here are some important points to remember when beginning to talk to children about a problem:

1. Try to get your child's view of what happened.
2. Do not interrogate your child.
3. Once you have defined the problem, find out if your child tried to solve the problem on his own.
4. Praise your child if he tried a positive solution.
5. Help your child look at the other child's feelings in the situation.
6. Help him brainstorm other solutions.



Parent-Child Center Staff Contact Information

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Circus Dreams by Marjorie Parker

“When I grow up, I’m going to be in the circus!” I announced to my parents and my grandmother.

My grandmother chuckled, and my mother’s “Ooooh?” seemed oddly unimpressed and quizzical to my ten-year-old ears. “Lots of children think that,” Mom said. “The circus is exciting. But when you grow up, you won’t think circus life is so wonderful.”

Dad, however, listened and said, “Well, if you’re going to be in the circus, you’ll need good balance. I’ll get an old barrel for you to practice rolling on.”

A few days later a yellow and orange barrel showed up in our back yard. I spent hours on it. My friends and I learned to roll forward and backward, and even to jump rope on it. Even the dog and our pet goat would take a spin with us. We dreamed big-top dreams and put on backyard circuses for our neighbors. But soon, as mother had predicted, the circus lost its glamour for me. Still, I had hours of fun and ended up with much better balance.

A few years ago, my eleven-year-old daughter Joanna announced, “I’m going to be the first girl to play major league baseball.” I didn’t laugh. Instead I said, “Great. Go for it! But remember, it’ll take a lot of practice.” Like Dad, I’m going to be a “barrel buyer.”

Father, thank you for developing me as I dream.



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Promoting well-being and self-
determination

