

PERSPECTIVES IN PARENTING

Fall 2008

Understanding our Children's Needs

Children look to their parents in everyday scenarios, like playing on a playground, for support in safely mastering their environment. At this stage, they are looking for information and modeling of how to do things.

Children check-in with parents by seeking:

- * eye contact,
 - * verbal encouragement,
 - * and reassuring physical touch
- so that they feel protected and can be confident in exploring their environment.

Parents can support their children's exploration by:

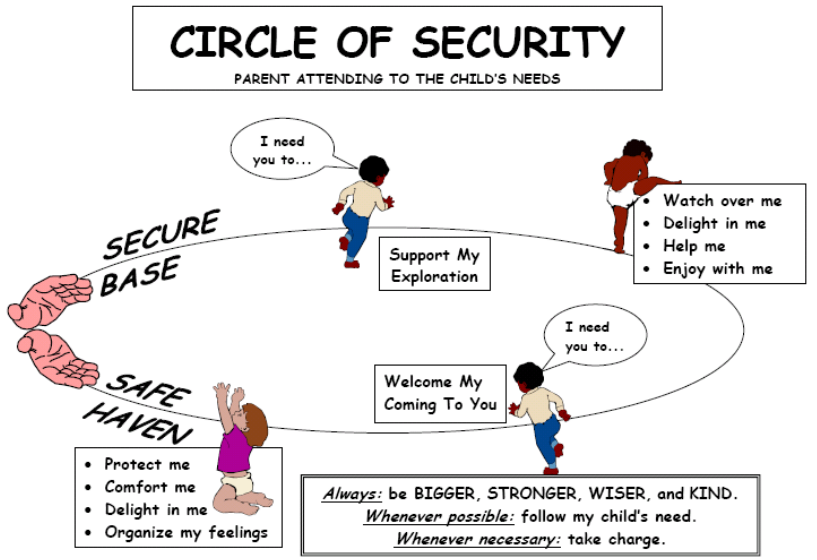
- * working with them in play to try new things, like climbing a ladder,
 - * and by giving them the chance to celebrate favorite activities, like going down the slide,
- to build self-confidence.

As children achieve more success & gain confidence:

- * they need less information and reassurance from their parents
- * and their circles of exploration expand, spending more time exploring independently.

Information &
Understanding

Children need us to tune into the needs behind their behavior to help them through everyday challenges, especially new situations like entering a new classroom



When children become distressed, the need for information to solve a problem ceases, and the need for emotional security takes over. This means that they need understanding from their parents. Even if they made a bad choice, they first need their feelings validated so they can calm down and learn from the experience. **They need the adult to be bigger, wiser, and kinder**, and tune into the feeling behind their behavior.

**Center for
Alexandria's
Children**
1900 N Beauregard St Suite 200
Alexandria, VA 22314



The Alexandria Community Services Board is a group of 16 citizen volunteers appointed by the Alexandria City Council. Board policies and programs are implemented and managed by the Department of Mental Health, Mental Retardation, and Substance Abuse. It is a Board policy not to discriminate in the admission to its programs and activities on the basis of race, gender, handicap, religion, or national and ethnic origin. Please contact us if you require special accommodations, have any questions or complaints.

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Free Fall Family Festivities

Barnes & Noble Storytime

Tuesdays & Saturdays at 11am
Potomac Yard (3651 Jefferson Davis Hwy)

King Street Gardens Farmers Market

Wednesdays until October 29 from 3-7pm
Intersection of King and Diagonal Streets
Locally grown produce, dairy & baked goods.

Alexandria Festival for the Arts

September 13th-14th
Old Town on King Street 10 am to 5pm
Visit alexandriacommissionforthearts.org

NOVA Community Fall Festival

September 20th 11am-3pm
NVCC Alexandria Campus at
3001 N. Beauregard St.

Family Fun Fair

September 20th 11am-3pm
John Adams Elementary School on Rayburn Ave

Cora Kelly Multicultural Health & Community Day

September 27th 11-5pm
Cora Kelly Rec Center at 25 W. Reed Ave
Call 703-838-6464 for more information.

Seaport Day

September 27th 10am-5pm
Waterfront Park on Prince Street
Call 703-549-7078 for more information.

Art on the Avenue

October 4th 10am-6pm
Mt. Vernon Ave by Mt. Vernon Rec Center

Scottish Heritage Fair

October 5th 10am-5pm
Fort Ward Park at 4301 Braddock Rd.

Fall Family Festival

October 11th 10am-3pm
Armistead Booth Park
520 Cameron Station Blvd
Special Events Office 703-838-4844

Arts Safari & Museum Open House

October 11th 1-4pm
Alexandria Archaeology Museum
105 N. Union Street
www.alexandriaarchaeology.org

Heritage Trail Bike Ride

October 25th 10am
Meet at Dangerfield Island for a 3 mile guided family ride to Founders Park.
Reservations and helmet required.
703-838-4399 Alexandria Archaeology

Del Ray Halloween Parade

October 26th at 4pm
Mt. Vernon Elementary School field

Annual Tree Light Program

November 28th 5-6pm
1806 King Street Gardens Park

City Tree Lighting Ceremony

November 28th at 7pm
Market Square, 301 King Street

Scottish Heritage Preview

November 29th 11am-4pm
Lyceum at 201 S. Washington Street
Bagpipes, dancing, re-enactors & more.