



PERSPECTIVES IN PARENTING

Spring 2009

Problem Solving with your Child

Problem solving begins with children before they even have the language to express their needs. Babies cry when in discomfort, toddlers tantrum when they want something. This is the prime time to begin helping identify their feelings and practice how to get their needs met the right way, using a safe adult for help.

Putting the Pieces Together

As your child builds vocabulary s/he can do more of the work...

Early Years

SOOTHE:
Be available to offer reassuring embraces to let your child know you're there to get through the feeling.

REPAIR:
Talk about and then show your child how to calm down and rejoin the activity appropriately.

NAME THE FEELING:
Talk about what happened and how your child looks : sad, mad, even excited. We all have big feelings and they are okay.

REPAIR:
Strategize ways to solve the problem with your child and celebrate a safe and successful solution.

STEP AWAY FROM THE PROBLEM:
Talk calmly and respectfully to your child and see if s/he can tell you what is the problem.

NAME THE FEELING:
Talk about how your child is communicating and ask how s/he is feeling. Ask how the other person may be feeling as well.

REMINDE:
Use past experiences to try and solve new problems.

Remember that your child will practice what s/he sees, so be aware of what you are modeling when you have big feelings. We all make mistakes, so when your child sees you make a bad choice, use the opportunity to teach your child. Talk to your child about your feelings and what you might do to solve the problem differently next time.



Spring into Fun

St. Patrick's Day Celebration & Parade

Date: 03/07/2009

Location: Market Square & along King Street

Phone: (703) 237-2199

Includes the Fun Dog Show at 10:30 a.m. in Market Square, classic car competition at 10:30 a.m. along King Street and the parade at 12:30 p.m. at King and West streets.

Alexandria CSB Anniversary Celebration

CSB alexandria
alexandria community services board

Celebrating **40** Years of Service

Celebrating 25 Years
Friends of the Alexandria Mental Health Center

Promoting Respect, Recovery, Hope

A celebration of our accomplishments and a rededication to the community.

Food, music and prizes for the best 60s costumes!

Thursday, March 19, 2009, 6:30-9:00 PM
GW Middle School Cafeteria
1005 Mount Vernon Avenue, Alexandria

To attend, email rchamowitz@gmail.com
or call 703-683-2360.

Kite Festival

Date: 03/21/2009

Time: 9:30 a.m.-5 p.m.

Location: [Gunston Hall Plantation](#)

10709 Gunston Road in Mason Neck

Phone: (703) 550-9220

The Washington Post says this is one of the region's favorite events. Bring your own kite to fly in the pasture, or purchase one in the museum shop. Hands-on activities, a period puppet show, hearth-cooking demonstrations, costumed characters, modern-day fire trucks and a kite doctor.

Children's Book Fair

Date: 03/23/2009

Time: 11 a.m.-4 p.m.

Location: [Lyceum History Museum](#)

201 South Washington Street **Phone:** (703) 838-4994

Join children's book publisher Usborne at this special event for kids and adults, focusing on educational areas. Kids can play "Museum Detective" on a scavenger hunt of The Lyceum and enjoy other free activities like storytelling, crafts, and hands-on artifact stations. Stimulate your child's curiosity at this fun family event.

76th Annual Historic Alexandria Garden Tour

Date: 04/18/2009

Time: 10 a.m.-4 p.m.

Location: Throughout Old Town Alexandria

Phone: (703) 838-5005

This Alexandria tradition offers you the unique opportunity to be invited into Old Town's finest private homes and gardens. The homes were built between 1749 and 1879 for prominent citizens, including a Revolutionary War hero.

"Orphans in Alexandria" Car Meet

Date: 05/16/2009 from 10 a.m. to 3 p.m.

Location: [Lyceum History Museum](#)

201 South Washington Street

Phone: (703) 838-4994

Their manufacturers may have gone out of business long ago, but "orphan" cars have some of the most loyal fans of any marques in the antique car hobby. Come see Kaisers, Studebakers, Hudsons and other not-so-familiar automobiles.

32nd Annual Memorial Day Jazz Festival

Date: 05/25/2009

Time: 1-7 p.m.

Location: [Fort Ward Museum & Historic Site](#) 4301 W. Braddock Road

Phone: (703) 883-4686

American music played by jazz ensembles and orchestras performing in a variety of jazz styles. The park also has playground and picnic facilities beyond the amphitheater.