



PERSPECTIVES IN PARENTING

Summer 2009

HELPING YOUR CHILD MANAGE FEELINGS



Summer is a time of year filled with fun activities, longer days filled with sunlight, and typically a lack of routine. Even though it's exciting, it's overwhelming for kids when they are tired and don't know what to expect next. You'll notice more tantrums and difficult behaviors that come with a lack of consistency. Here are some simple strategies for taming the wild moods of summer so the whole family can **have fun...**

- Tell your children what to expect each day especially when there are changes in the routine. You can do this by talking about the next day when getting ready for bed. You can post a calendar on the fridge to count down to special events.
- Help your children stay calm. The easiest way to stop a meltdown is to prevent it. Recognize signs that they are getting too excited or too frustrated and step in to slow the pace down.
- Recognize your children's strengths by asking them to focus their energy on something they do well. They can help you set the table or help you set out items for a trip.
- Acknowledge your child's positive intent when you hear him act before he thinks. When you confirm that he grabbed the truck because he wanted a turn, you can work with him on how to use his words to get what he needs and work through the problem.
- Identify big feelings and let your child know it's okay to be silly, mad, sad, scared, and excited. You can take your child to a quiet place to take a deep breath and calm down. Stay with your child through the feeling and, once your child has self-control again, you can show him how to get back to playing either alone or cooperatively with others.



Summer Amusements

West End Farmers Market

Date(s): 05/03/2009 - 11/22/2009

Sundays from 9am-1pm

Location: Ben Brenman Park
4800 Brenman Park Drive

This farmers market features locally grown produce, baked goods and the work of local artists.

28th Alexandria Red Cross Waterfront Festival

Date(s): 6/20 from 10am-11pm

6/21 from 10am-5pm

Location: Oronoco Bay Park
Union and Madison Streets

A family favorite! Live music, rides including a ferris wheel & carousel. Vendors with arts and crafts, visiting tall ships, children's events including Rocknoceros. Concession stands with festival food and a wine garden this year. The Daisy Mae dog zone Saturday and Sunday and fireworks on Saturday night.

Del Ray Music Festival

Date(s): 6/27 from 10am-2pm

Location: Mt Vernon Recreation Fields
2701 Mt Vernon Ave.

A day of music and games plus food from local restaurants. Music styles include jazz, blues, swing, folk, country and pop - and many of the musicians live in the neighborhood!

Friendship Firehouse Father's Day Open House

Date(s): 6/21 from 1-4pm

Location: Friendship Firehouse
107 South Alfred Street

Friendship Firehouse is offering special tours and will make every father an honorary chief of the Friendship Fire Company Bucket Brigade. Every dad, with his children, will receive a certificate, get to ring the fire bell, and have his picture taken with the Friendship fire engine.

Stories in the Park

Date(s): 7/8, 7/15, 7/22, 7/29

Location: Fort Ward Park

4301 West Braddock Road

Bring a blanket Wednesdays at 11 am in Area 7 to enjoy stories outside. In case of extreme heat or rain, the program will be held at Barrett Branch Library, 717 Queen Street in Old Town.

USA & Alexandria Birthday Celebration

Date(s): 7/11

Location: Oronoco Bay Park, Union & Madison St

Concert by the Alexandria Symphony Orchestra, birthday cake, food and fireworks. Evening culminates in Tchaikovsky's "1812 Overture." Concert at 6 p.m. with fireworks at dark (appr. 9:30).

Family Dig Day

Date(s): 07/18/2009 & 8/15/09 from 1:30-3pm

Location: Shuter's Hill Site at 101 Callahan Drive

Phone: (703) 838-4399 **Admission:** \$5

Help City archaeologists and trained volunteers screen excavated soil for artifacts from a real "dig" located on the grounds of the George Washington Masonic Memorial. Advance reservations required. E-mail archaeology@alexandriava.gov or call.

Friendship Firehouse Festival

Date(s): 8/01 from 9am-2pm

Location: 100 block of South Alfred Street

The Friendship Firehouse Festival celebrates the 234th anniversary of the Friendship Fire Company, founded in 1774. Enjoy birthday cake, craft and food vendors, and a special display of antique and modern firefighting equipment.

Irish Festival

Date(s): 8/08 from 12-7pm

Location: Waterfront Park, 1A Prince Street

Arts and crafts, Irish refreshments, and entertainment by the Maple School of Dance, Boyle School of Dance, Washington Scottish Pipes and Drums, O'Neill-James School of Dance, Culkin School of Dance, The Flying Cows of Ventry and more.

Cambodian Community Day Festival 2009

Date(s): 8/23 from 12-6pm

Location: Ben Brenman Park

4800 Brenman Park Drive

This festival celebrates the Cambodian culture with artistic performances, arts and crafts exhibits, folk games and sports, and live music. Refreshments available.

