



PERSPECTIVES IN PARENTING

Winter 2008

Connect and *then* Correct

The holidays can be a stressful time with family coming and going, traveling, and changes in routine. This means you can expect your children to be more emotional and stressed out, just as we are as adults. When a child is acting out, our first response is usually to jump in and try to correct the behavior- "No- stop grabbing the toy. Your sister had it first" This quick reaction does not recognize the child's feelings, making your child more defensive and less likely to be able to solve the problem constructively. In fact, a child is likely to become even more emotional, which quickly turns into a power struggle with the adult imposing the rule or a tantrum.

*Help your child calm down
& understand you are there to help solve the problem.*

1. Assume Positive Intent:

"You really want to play with that toy, don't you?"

2. Name the Feeling:

"I can tell that you are sad that you can't have the toy now."

*If your child has lost self-control,
you can help your child
calm down first before working on cor-
recting the problem.*

4. Practice Solving the Problem:

"It looks like she doesn't want to share right now. What else would you like to do while you wait for a turn?"

3. Coach with Words:

"Your sister had the toy first. Let's try to use your words to ask if you can have a turn."

Using your calm tone, voice, affect, touch, and language help your child remain calm and regulated when overwhelmed- this is coregulation. Use your relationship with your child to connect with them emotionally, so that they are calm enough to work with you to correct the problem. And don't forget to celebrate good choices! Let your children know that you notice their hard work and how proud you are of them as often as you can, because what you focus on you get more of!

**Center for
Alexandria's
Children**

1900 N Beauregard St Suite
200



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.



Winter Wonderland of Fun

38th Annual Campagna Center Scottish Christmas Walk Weekend

December 4th from Noon-5pm

December 5th & 6th from 10am-5pm

Call (703) 549-0111 for more information.

Christmas Marketplace, with café, boutiques and sale of heather and greens at Masonic Memorial.

Scottish Walk parade at 10:30 a.m. Sat. with more than 100 Scottish clans dressed in tartans and playing bagpipes, living history units, dog clubs and antique cars.

Burke & Herbert Holiday Boat Parade of Lights

December 6th from 4-7pm

Call (703) 838-5005 for more information.

Alexandria's harbor lights up when more than 50 brightly lit sailing and powered leisure boats cruise along the Potomac River at the City's historic waterfront. Festivities, including pictures with Santa for kids and canines.

Holiday on the Avenue

Mount Vernon Avenue in Del Ray Alexandria

December 6th

Call (703) 683-2905 for more information.

Special events all day, with the holiday tree lighting at 6 p.m. at the Mount Vernon Recreation Center and luminaries along Mount Vernon Avenue starting at dusk.

Wolf Trap Holiday Sing-A-Long

The Filene Center at Wolf Trap National Park for the Performing Arts in Vienna, Virginia

December 7, 2008 from 4-5:30pm

Visit www.wolftrap.org

or call 703-255-1900 for more information.

A musical celebration with Christmas carols and Hanukkah songs, performed by the U.S. Marine Band. The audience may bring candles to light during the last verse of "Silent Night," the final song of the program, and exit in a candlelight procession. There is also a 'Jing-A-Long' during the singing of Jingle Bells, so bring a bell along with your candle and remember to dress warmly.

First Night Alexandria

December 31st from 6pm-Midnight

Visit www.firstnightalexandria.org for more info.

New Year's Eve celebration, dance, performing arts for all ages throughout Old Town. All performances indoors except finale of fireworks at midnight. Children 12 & under

are free!

Robert E. Lee Birthday Tribute

[Fort Ward Museum & Historic Site](#)

4301 West Braddock Road, Alexandria

January 17th from 11am-3pm

Call (703) 838-4848 for more information.

Enjoy birthday cake and a display of period portraits. 17th Virginia Infantry will honor Lee with a salute, drills and camp life impressions.

Open House at Friendship Firehouse

107 South Alfred Street Alexandria

February 16th from 10am-4pm

Call (703) 838-3891 for more information.

Established in 1774, the Friendship Fire Company now is housed in a firehouse that was built in 1871. As part of the city-wide celebration of George Washington's birthday, come view the exhibitions and historic firefighting equipment!

George Washington Birthday Parade

February 18th at 1pm

Many of Alexandria's streets close down for the main event of the weekend, the largest George Washington birthday parade in the United States. Beginning at the intersection of Wilkes and South St. Asaph Streets, the [parade route](#) continues through Old Town Alexandria and ends at South Fairfax and Gibbon Streets.

Railroad Days

[Lyceum, Alexandria's History Museum](#)

201 S. Washington Street

February 28th from 11am-5pm

February 29th from 1-5pm

Call (703) 838-4994 for more information.

Working HO gauge trains and a state-of-the-art digital command system return. Parents and little ones will love the hands-on Thomas the Tank Engine area for especially toddlers.