

# PERSPECTIVES IN PARENTING

Spring 2011

## GET A 'CAN-DO' ATTITUDE IN YOUR HOME



When all you hear is “no,” all you get is “no.”

### REMEMBER THAT YOUNG CHILDREN:

- ☞ learn by watching and repeating, so they'll reflect your attitude. If you focus on the negative, so will your children.
- ☞ don't censor their thoughts. They think, they do.
- ☞ want a sense of control, and try to take it when told “no.”

Children need you most when they are upset, so you remember that you are the adult and they need you to be safe and in control.

### REMAIN CALM

Children can only calm down if we are in control of our own emotions. Show your children how to take a deep breath and solve the problem together.

### ASSUME POSITIVE INTENT

Children may be good at testing limits, but that's how they learn. Remember they are just trying to get their needs met and we need to show them the right way to do that.



### CELEBRATE GOOD CHOICES

It's important to give positive attention to the kind of behavior we want more of.

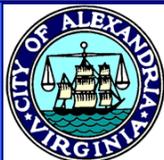
### EMPATHIZE

Let your children know that you see when they are upset. It's okay to have big feelings and you are there to help them get through anything.

### OFFER CHOICES

Most of the time, what our children want is not possible, like not going to bed. But we can still offer them choices that will get them to do what we need them to do, such as “Do you want me to pick a book for bedtime or do you want to choose it?”

Department of  
Community and  
Human Services



1900 N Beauregard Street, Suite 200  
Alexandria, VA 22311  
703-746-6009



# SPRING INTO ACTION

## Visit A Landmark That SINGS!

Date: Recurring weekly on Tuesdays at 7pm  
Location: Alexandria Harmonizers Durant Arts Center,  
1605 Cameron St., Alexandria  
Contact: (571) 969-1377

Admission: No admission charge  
What harmonious body provides monumental entertainment in the Washington area? In order to form a more perfect union of a cappella voices, the award-winning ALEXANDRIA HARMONIZERS a cappella chorus holds an open rehearsal. Everyone is invited to visit us to see how musical greatness is made...and how much fun it can be.

## Wee Ones Storytime

Date: Recurring weekly Fridays & Saturdays 10:30 - 11a.m.  
Location: Hooray for Books! 1555 King Street, Alexandria  
Contact: (703) 548-4092  
Join us for our Wee Ones Storytime! We read fun, interactive stories and sing songs together! Recommended for children ages 0 to 2!

## St. Patrick's Day Celebration & Parade

Date: 3/05/2011 starting 10:30 a.m.  
Location: Market Square, 301 King Street,  
and throughout Old Town Alexandria  
Contact: (703) 237-2199  
Admission: Free!  
Includes the Fun Dog Show at 10:30 a.m. in Market Square, classic car competition at 10:00 a.m. along King Street and the parade at 12:30 p.m. at King and West streets. Due to the closure of King Street for the parade, the FREE King Street Trolley will operate from 3:30 p.m. until 10 p.m. parade day.

## March Madness Kids' Art Activity

Date: 3/19/2011 from 11 a.m. - 1 p.m.  
Location: Torpedo Factory Art Center  
105 N. Union Street, Alexandria  
Contact: (703) 838-4565 x4  
Admission: Free!  
The first main event to accompany the "March Madness" exhibition fundraiser will be a March of Dimes-sponsored art activity for kids whose families benefited from the March of Dimes. This activity will be held at the Torpedo Factory Art Center's main hall. This will raise awareness for their annual "March for Babies" walk held in May 2011.

## Washington Metropolitan Philharmonic Concert

Date: 4/17/2011 from 7 p.m.  
Location: Bishop Ireton H.S.  
201 Cambridge Road, Alexandria  
Contact: (703) 799-8229  
Admission: Free, Donations Accepted  
Symphonic Choral Concert: Washington Metropolitan Philharmonic, an excellent orchestra of 75 members, will present the following exciting works: Launy Grondahl's Concerto for Trombone and Orchestra with Trombonist Kirsten Leis Warfield, and Beethoven Symphony No. 9 with the NOVA Community Chorus. Free school parking.

## National Take our Children to Work Day

SAVE THE DATE! 4/28/2011  
Location: Your office...  
A collaboration between employers, employees, parents, mentors, and educators is key to creating a successful day that strengthens the connection between education and work and relationships between parents and their children. Ask your employer about bringing your child to work!

## Alexandria Earth Day

Date: 4/30/2011 from 10 a.m. - 2 p.m.  
Location: Ben Brenman Park off of Duke Street  
Admission: Free!  
The event focuses on efficient and eco-friendly transportation options such as walking, bicycling, ridesharing, and riding public transit. Activities include recycling and composting demonstrations, live music, an Arbor Day tree planting, a performance by Blue Sky Puppets, and a launch of the Eco-City Action Plan Phase II.

## Life in Civil War Alexandria, a Living History Event

Date: 5/21/2011 from 2 p.m. - 5 p.m.  
Location: Market Square, 301 King Street, Alexandria  
Contact: [www.visitalexandriava.com](http://www.visitalexandriava.com)  
Admission: Free!  
Discover how Alexandria was transformed by the Civil War at this large living history event on the weekend of the 150th anniversary of Alexandria's occupation by Union troops. Historical re-enactors and museum staff and volunteers will interpret the military and civilian experience in Alexandria with activities and demonstrations at Market Square, Gadsby's Tavern Museum, Carlyle House at 121 Fairfax Street, and the 100 block of North Royal Street.