



PERSPECTIVES IN PARENTING

FALL 2010



More Effective than Time-Out:



Time-In

When children are in distress, they usually respond in one of two ways:

ACTING IN

Wanting to be alone, being extra clingy, not wanting to talk, tired



ACTING OUT

Being moody, physically lashing out, impulsive behavior, yelling

When children push us away, or do not let us go, our response may be to push them away and focus on their unwanted behavior rather than the feelings behind the behavior. What they actually need is for us to help them regulate their feelings.

NO MATTER WHAT, KIDS NEED ADULTS TO STAY WITH THEM THROUGH OVERWHELMING FEELINGS.

IT IS UP TO THE ADULTS TO BE IN CONTROL, WISER, AND KINDER.

Try practicing a calm and consistent approach in helping your children through feelings so they can begin to solve problems appropriately.

REMEMBER TO:

- ♪ **STAY CALM** so your child can calm down with your guidance
- ♪ **GO TO A NEUTRAL PLACE** where you can sit quietly together away from the problem
- ♪ **ACKNOWLEDGE FEELINGS, both your child's and yours**
- ♪ **BRIFELY IDENTIFY UNWANTED BEHAVIOR**
- ♪ **TALK ABOUT POSITIVE SOLUTIONS TOGETHER**
- ♪ **TRY AGAIN** until you achieve success
- ♪ **CELEBRATE** positive efforts!



Center for
Alexandria's Children
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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.



FUN FOR FALL

Kennedy Center Open House Arts Festival

Date: September 11 from 12 to 6 pm

Location: Kennedy Center

This year's Open House Arts Festival is part of the Kennedy Center's *Celebrate Mexico 2010*, a three-week-long commemoration of Mexico's 200 years of independence and 100 years since the 1910 revolution. Open House features artists from the Washington, D.C. region and Mexico as well as representation of the Kennedy Center's programming for the upcoming 2010-2011 season in more than 20 performances, demonstrations, and events

Alexandria Festival of the Arts

Dates: September 11 from 10 am to 7 pm

September 12 from 10 am to 5 pm

Location: King Street in Old Town,

from Union to Washington streets

Old Town's King Street becomes an open-air art gallery with more than 200 juried artists who display and sell fine art ranging from paintings, sculpture, prints and photography to pottery, glass, jewelry and ceramics. Call 703-746-3301 for more information.

Living History with the Infantry

Date: September 11 from 10 am to 4 pm

Location: Fort Ward Museum & Park,
4301 West Braddock Road

Learn about Civil War weapons, tactics, uniforms, rations and camp life with reenactors from the 1st Minnesota Volunteer Infantry. This living history program also features drills and firing demonstrations. Event is free and dependent upon the weather. Call 703-746-4848 for more information.

Art on the Avenue

Date: October 2 from 10 am to 6 pm

Location: Mount Vernon Avenue in Del Ray
Twelve blocks of Mount Vernon Avenue are filled with over 300 artists, including free interactive art for kids, three stages of live

music, and local ethnic foods including hot dogs, Italian, Indian, Tex-Mex, BBQ and much more. Kids make their own scarecrow, paint their own pumpkin. Pie baking contest as well as artists demonstrate how they do what they do. Call 703-683-2570 for more info.

Alexandria Arts Safari

Date: October 9 from 12 to 4 pm

Location: Torpedo Factory Art Center,
105 N. Union Street, Alexandria

A festival of hands-on arts and crafts activities for children plus archeological fun. Call (703) 838-4565 for more information.

Supper Under the Stars

Date: September 17 from 5 to 7:30 pm

Location: 1806 King Street, Gardens Park
Featuring the music of Al Williams & Friends, and cuisine from Mango Mikes Restaurant. For additional information, email david@goldworksusa.com

Alexandria Story Festival

Date: September 18 from 10 am to 1 pm

Location: Jefferson Houston Ball Field,
1501 Cameron Street

For additional information e-mail hoyer@wrighttoread.org

Family Fall Festival

Date: October 16 from 10 am to 3 pm

Location: Armistead Booth Park,
520 Cameron Station Blvd.

Booths and activities for families. For information, call the Events Hotline at 703-746-5592.

Annual City Tree Lighting Ceremony

Date: November 26 at 7 pm

Location: Market Square, 301 King St.

Join the holiday festivities. For information, call the Events Hotline at 703-746-5592.