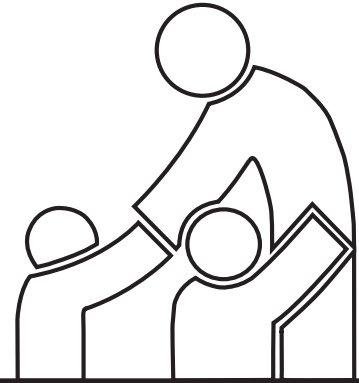


# Family Times

## NEWSLETTER



A NEWSLETTER FOR ADULTS WITH CHILDREN AGES 5-8

VOL. 1 / NO. 1

### Dear Parent,

Welcome to *Family Times*, a series of positive parenting practices. This informative series is designed to support you in the most important job of your life – PARENTING.

Today's parents experience special pressures never faced by previous generations. Researchers conducting a YMCA/Search Institute Parent survey reported, "A majority of the parents we surveyed are going it alone

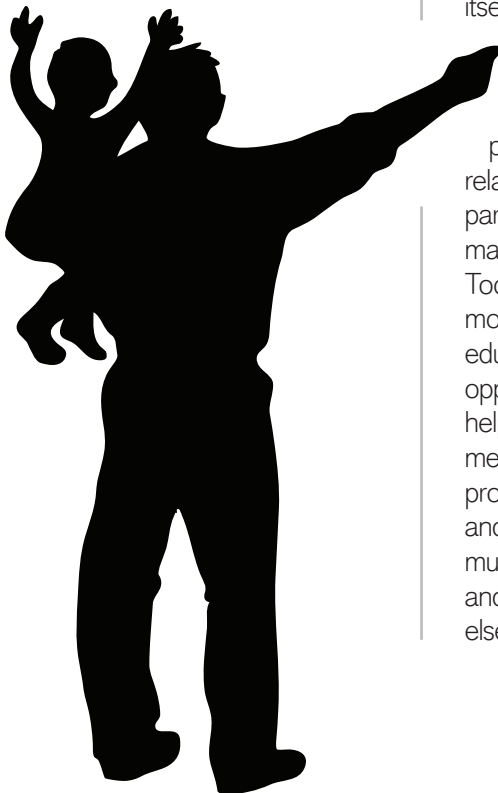
in the vital and challenging task of raising children and teenagers. Most say they don't often turn to their extended family, friends, and community resources for support in parenting." (2002) This same study also echoed the fact that parents feel they constantly face ongoing challenges.

### A Look at Today's Parents

"The only thing constant is change itself." Likewise, today's parent is different from yesteryear's. The array of folks raising children today include single parents, cohabitating families, relatives raising children, working parents, and persons reflecting many cultures and values. Today's families are more mobile as they pursue educational and employment opportunities. Without the help of extended family members who traditionally provided informal support and assistance, families must find support and information elsewhere.

### You will read about these topics in future letters

- Becoming Your Child's Reading Partner
- Developing Responsibility
- Friends
- Dealing with Anger
- Children and Small Screens – TV, Video Games, and Computers
- Setting Limits
- Taking Time to Listen
- Honesty Is the Best Policy
- Fears and Feelings



## Goals of These Letters

Throughout this newsletter series, we hope to support your job as a parent. The information provided in the next issues is meant to help you guide and direct your child or children. It will provide suggestions for helpful actions that may make your job as a parent easier and more rewarding.

Each newsletter will include a "Reading Box" with suggested books related to the topic you can read with your child.

As you read and think about parenting during these next letters, you may want to clarify your goals as a parent to include . . . **Raising a child to be an independent, healthy, contributing, caring adult.**

The journey of parenting will always be a combination of fun, happiness, challenges, and sometimes frustrations, but most likely it will never be dull or boring. Enjoy the journey!

The *Family Times* series was written and coordinated by the following WVU Extension Service Team: Martha Garton, Miriam Leatherman, Margaret Miltenberger, Lorella Nelson-Mitchell, and Carol Winland.

## Parenting Is a Job

It would be wonderful if each child arrived with an instruction book in his or her hand. This "operations manual" would contain detailed instructions for the parents on the exact steps necessary to "Raise this Child."

Parents all over the world who have more than one child would readily agree that each is different, with unique, individual qualities and challenges.

It is a fact that it takes "more than LOVE" to parent a child—it takes skill to make the job of parenting easier.

Throughout this series, try to keep in mind the following facts about parenting:

- Parents are the first and most important teachers of their children.
- Parents' attitudes, knowledge, skills, and behaviors constantly influence their children. You are the main teacher in your child's life.
- Parents who are constantly learning about parenting tend to be more involved with their children.



This issue was written by Miriam Leatherman, WVU Hardy County Extension Agent.

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