

Parenting Report

Helping you help them

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Volume 6 • Issue 1



Hi everyone.

Thank you for subscribing to Parenting Report. Welcome to the new subscribers and I remind you that you can photocopy any articles you wish for your parent or organisation's newsletter.

I am pleased to include a regular column by Rosemary Allen from Peoplemaking. Rosemary will review a number of books linked to the feature article on the front page. Today she reviews three books on the growing topic of grandparenting. Any of these would be an invaluable addition to your parenting library.

My guest columnist this issue is Victoria Mills, a life-coach, who has written a thought-provoking personal piece on raising a child on her own. It is a great reminder that effective parenting is less about using strategies and more about getting your own life in order.

We have a new website with a comprehensive online resource centre and information about my presentations. Check it out and while you are there enrol for free online education program.

Take care and take it easy,

Michael Grose

Editor, Parenting Report

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Subscription and seminar inquiries welcome.

Are grandparents the new parents?

Take a close look at the adults picking up children from any child care centre, pre school or school and you may notice that there are many retirees standing shoulder to shoulder with mothers and fathers.

The combination of an increase in dual income families and an ageing population is transforming the role of Australian grandparents. Increasingly, senior citizens and retirees are taking on the job of supporting parenting as full or part-time carers. It is estimated that currently one million grandparents care for children on a part-time basis and about 60,000 are full-time carers.

The high costs and shortage of formal childcare leave many parents with no option but to ask grandparents to recapture their maternal roles and look after the kids.

It can be argued that this fundamental social shift is nothing more than a return to an age-old family practice where children were brought up by an extended family rather than just one or two people. However there are some inherent problems in the changes.

The implications for this shift are huge in terms of its affects on children, parents, grandparents and the many services that support children and families. It raises questions regarding who actually is raising children. More fundamental, if parenting is something that is learned from experience

will we see a generation of parents bereft of parenting skills due to lack of practice?

Anecdotal evidence would suggest that many parents struggle with children during the periods preceding a developmental leap such as the transition to adolescence. Knowledge of child development gained by mixing with children in their early years is the greatest preparation for parenting children through the more turbulent years of adolescence.

For the first time in Australia the Council on the Ageing/National Seniors group will conduct a significant study of the affects of this fundamental social shift. The results it is hoped will result in a better range of services able to support grandparents.

The number of grandparents that attend parenting seminars indicates that they maybe struggling to come to terms with the demands of raising the next generation of children, particularly the children in the eight to twelve year age group.



Australian Against Child Abuse Michael Grose is proud to support Australians Against Child Abuse.

Supporting Parents

These days parents need all the advice and encouragement they can get to help them raise happy, resilient kids. With many parents working and missing the connection to local community support increasingly mothers and father turn to schools, the workplace and community agencies for direction and assistance with parenting. Supporting parents can be a never-ending job for teachers and human resource people alike.

Effective organisations adopt a systematic approach to parenting education. It becomes part of the culture rather than something done on an ad hoc or needs basis. Many of the workplaces and schools I work with that lead the way in terms of helping and educating parents adopt a holistic approach to parent support.

Here are five practical ways that your organisation can offer parents the support they need:

1. Use the drip feed method of education. Provide parents with continuous information through newsletters, noticeboards and other

communication streams. Keep supplying information and ideas regularly through a variety of means. A regular article on a parenting issue, a quote, a quiz question or a bright idea each week in your regular newsletter or placed on the Internet are simple ways to keep parents informed and up-to-date.

2. Keep a well-stocked, well-located library with parenting books, posters, audio CDs and posters that parents can borrow. Not everyone learns the same way so variety of information sources is the key to having a well-used parenting library.
3. Hold a series of seminars or presentations on various aspects of positive parenting. Regular presentations work much better than holding one-off seminars. The series can be once a term or twice a year. It is useful to have a mixture of generic topics, which capture a wide audience and a number of more specific topics such as 'raising single children'. The key to success is regularity. Hold a talk once every two

or three years and you battle for numbers. Hold them regularly so they become part of your culture and the numbers tend to be more stable.

4. Compile a list of community groups that can support parents. Let's face it, you can't do it all. So a list of private and public agencies and providers can be useful so you can easily refer parents to the help they require.
5. Have a regular parent support network that meets regularly. General parenting could be discussed or you may start a specific group to cater for a specific need such as a sole parenting network or parents of children with ADHD network. Many workplaces have well-established parenting groups that meet on a regular basis under the leadership of an experienced staff member. These groups are valuable in terms of offering on-going support, providing an interchange of ideas and ensuring family issues become visible in your organisation.

How's your parenting library looking?

A well-stocked, well-located parenting library is central to every school, pre school or community organisation's parenting education strategy. Here are a few ideas to help you get the materials into the hands of parents who need them.

- Make sure that the materials are visible with an attractive display. Any bookseller or librarian knows that nothing turns people OFF more than poorly displayed materials.
- Place posters around the display to attract attention. My own research shows that the use of posters attracts people to a library area and increases

borrowing rates. While they are looking at the posters they are more likely to notice the books.

- Place the display near the office or in a place where parents will visit. In some schools the parenting library is in an out of the way places and is never used. Place the library in a high traffic area and the use of materials will increase dramatically.
- Put snippets in the Pre School or school newsletter from time to time referring to the book where you located the information. Then tell parents that the book is available at school.

- Have multiple copies of books. I know budgets are slim but in my view it is better to have a fewer number of popular books than a broad range of unread books. This also helps overcome the issue of books disappearing from library shelves and ending up in the hands of those who really need them – parents!
- Update! Update! Update! Nothing puts people off more than a display of tired-looking, outdated books.

Be my guest . . .

This issue's guest is Victoria Mills, life-coach and parent

Parenting from within

Three years ago I had a baby boy who was irritable from the moment he came into my world. He never slept like other babies, he always seemed hungry and irritable, and he was never calm and relaxed unless he was being held close to me. It seemed such a real and painful nightmare to me with no ending in sight. I seemed endlessly waiting patiently, for this sudden onslaught of baby bliss to kick in – it didn't!

I soon came to realise the problem wasn't with my baby, it was with me. Parenting is a tough task. Parenting is confronting, confining and challenging in the best of moments. I experienced it to be an uphill battle of raw emotions raging against sleepless nights and sleep deprivation to marital stress and my unhappiness, which subsequently led me to end my marriage, when my son was 18 months old.

This is where my real journey and fun began. I started to take a look at what my role and responsibility was in all this. My truth was that I wasn't living the life I felt empowered by and I was miserable, becoming angry. However to the outside world my life was bliss. I had become the greatest actor in the world wearing an ever-growing mask to my friends and family. It took me many months (and a life coach) for me to acknowledge and gain insights that my son's unhappiness and irritability was a reflection of my own unhappiness and sadness within.

I now know our kids are calling us to be better people and live lives that are filled with richness and abundance and balance! To guide children into emotionally healthy children we have to clean up our own backyards – YOU.

I eventually and painfully found out that the greatest gift YOU can give your

children is to honour yourself in every situation and in all areas of your life everyday and I realised after my marriage ended just how important this is. My son's behaviour and irritability ceased after I started to clean up my 'backyard' and live a life I was passionate about. He became calm, happy and slept beautifully and my baby bliss kicked in and I fell madly in love with him all over again as I fell madly in love with life!

If we do not live lives that are filled with living our truth and integrity and we live behind masks, this way of living only reaffirms to our kids that the world is untrusting, unkind and unloving; they learn to live behind their masks and struggle to grasp the concept of self-love and self-confidence.

I believe the key here is to show our kids another way of living a powerful life with one that has meaning and purpose. This means we have to live in integrity and be honest, live and create the life we truly want and are passionate about.

So how do you be the best parent you can be? Create a vision of how you want your family to be. Look at your blocks that could be potentially stopping you from having a harmonious and abundant life with your family. Create a few minutes to study your belief systems in your relationships, finances, spirituality, emotionally and physically.

Are you living in integrity? Do you take responsibility for your emotions or do you have unresolved anger living with you? Do you honour and embrace your role as a parent and give it the respect it deserves? Do you take time out for you?

Ask yourself what needs to change within you so you can have an amazing rich life



with your family. Embrace your role and live in the moment. There is precious learning in every waking moment that our children can provide for us. They have the key to the future and they can show us this new way as long as we are willing to watch and learn.

Children will weave and carve their own destiny and experiences. Our job for us as parents and aunts, uncles, grandparents is to live our lives the best way we can.

Liam is my greatest gift – he is my teacher, my friend, my instigator, and my adorable loving cheeky son who I thank everyday for his unrelenting persistence in guiding and assisting me to be a better person – he is my greatest love affair.

To be the best parent you can be starts with YOU, so take responsibility and live the life you love.

Victoria Mills is a life coach, working with parents, children and individuals who want to create peace and have abundance in their lives.

If you have any enquiries on coaching please phone

Victoria on mobile 0410 337 107 or e-mail vmills@hn.ozemail.com.au

For teachers, other professionals and parents by Michael Grose

Do you use real-life discipline?

A variety of studies indicate that well-adjusted children have parents and teachers who are warm, nurturing, and who create supportive environments where the rules and boundaries are clear and adult behaviour is consistent. Firmness and consistency is associated with independence provided the control is not too restrictive of a child's wish to spontaneous or experiment.

Real-life discipline is balanced between control and freedom; between a child's and teenager's wishes to experiment and his need to conform; and between the need to make demands on others and their ability to recognise the demands that others make on them.

Real-life discipline is not reliant on artificial methods such as arbitrary punishment, reward systems and behaviour modification strategies that are so popular these days. Instead real-life discipline uses behavioural consequences to teach appropriate behaviour and adult approval as a behavioural driver. It is related more closely to management strategies used in the real world than a set of strategies employed to gain cooperation.

Real-life Discipline has the following features:

1. **It is high on positive adult feedback for appropriate behaviour.** 'Catching children being good' is far more effective than continually catching children misbehaving. We often reward misbehaviour by continually drawing attention to children's inappropriate behaviour. Children don't act in a vacuum. If misbehaviour gets feedback they will continue to behave in those ways. Sometimes negative feedback is better than no feedback at all.

Some features of effective use of positive feedback:

- Give labelled, specific feedback: "That was great the way you came to the table the first time I asked?"
- Give feedback without qualifiers or sarcasm: "That was good but you could have been quicker."

2. **It uses clear limits to reduce the likelihood of inappropriate behaviour**

Many studies indicate that families and teachers who have few clearly stated rules or standards are more likely to have children who misbehave. While limit setting is important it is also useful to remember that children will generally push parental boundaries with whining, tantrums or verbal means approximately one-third of the time. This is normal but irritating expression of a child's push for independence and autonomy.

Effective limits:

- Are given using clear, direct, concrete, specific terms
- Explain reasons if appropriate
- Involves choices when appropriate

3. **It uses logical and natural consequences to teach children accountability**

One of the most important tasks for adults is to help children become more independent and responsible. The use of consequences is the best way to teach children and young people to take responsibility for their actions.

A *natural consequence* involves NO adult interference. For instance, a child who leaves a raincoat at home will get wet, a child who spends all his pocket money on the first day will have nothing for the weekend and a child who oversleeps and misses the bus walks to school. In these examples children learn from the direct consequences of their own decisions and thus they are not protected from negative outcomes from their parents.

A *logical consequence* is used more frequently in family situations. They require adult intervention and are used when their behaviour disturbs other people. A child who makes a noise in the family room is asked to leave, children who fight in the family room lose the right to watch television there and a child or teenager who doesn't complete their homework misses recess or some other child-focused activity to complete it.

Logical consequences are effective for children who resent adult meddling in their affairs as they clearly relate behaviour with its outcome, rather than relying on parental power to be effective.

Effective consequences are:

- Immediate
- Age-appropriate
- Related to the misbehaviour
- Respectful a child's dignity
- Are reasonable
- Involve the child if appropriate
- Are delivered in a matter-of-fact way, rather than with anger.

4. **Uses the language of cooperation rather than the language of compliance**

The use of language at the point of discipline and when you are asking for cooperation can make a difference between gaining cooperation and not gaining cooperation. Sometimes we invite non-compliance simply with our choice of words.

Some examples of the language of discipline:

- Tell children what you will do, not what you want them to do.
E.G. I will serve the ice cream when you are sitting down.
- Use 'when-then' commands.
E.G. When you have done your homework then you can watch TV.
- Give children a warning but don't threaten. Follow through after a warning.
E.G. If you continue to mess around at the table I will take your meal away.

5. **Uses encouragement to boost children's confidence**

"Like a plant needs water children need encouragement." Rudolph Dreikurs

Encouragement is the greatest tool available to adults to boost children's self-confidence. Encouragement means literally to give heart. Encouragement focuses on the process of what children do rather than the results. It focuses on effort, improvement, contribution and enjoyment. Encouragement is powerful and has a snowball effect on children's behaviour and self-esteem. It reduces misbehaviour, as misbehaving children are discouraged. They believe that "As I am I'm not good enough" so it is easier to gain acceptance through misbehaviour.

Do you make these 10 common mistakes as a parent?

Raising children is rewarding yet frustrating. The rewards of parenting are largely intangible and often lost in the rush of life. Sometimes we just forget that being intimately involved in the life of another human being who relies on us for so much is pretty special.

The problems and frustrations we face often overshadow the benefits of raising kids. Yet the frustrations parents experience are largely due to some common mistakes that we all make when raising children.

Without being too harsh on yourself take a quick check and see if you make any of these common mistakes that may make your life with children less than satisfying.

- 1. Respond without hesitation when children misbehave.** Children know how to push parental buttons to get the response they want. The most common purpose of children's misbehaviour is to involve their parents in some way – either to get their attention, to defeat or to hurt them. The first step – avoid reacting impulsively when children are less than perfect.
- 2. Give into children when they throw tantrums.** Tantrums are the bane of many parents' lives. Toddlers and teens are most likely to throw tantrums AS A MEANS OF GETTING THEIR OWN WAY. Whatever you do, don't reward a tantrum by giving way. You will simply be storing up trouble for another day. Pinpoint tantrum triggers if possible. If a tantrum occurs in public, which it often does, a quick getaway maybe the best strategy. And to hell with the stares you may get.
- 3. Use rewards and bribery to get cooperation.** "If you are good I will give you a treat." If you use this approach you need deep pockets, as today's ice cream will be something bigger and more expensive tomorrow.

Your approval is a far better motivator for good behaviour than the use of rewards.

- 4. Compare children to their siblings or friends.** This is tricky. These days most parents are well-aware of the folly of comparing one child to another but we often can't help thinking 'why can't (insert your child's name) be as well-behaved/keep a neat bedroom/ perform well in school as (insert the name of a sibling or a friend's child). This thinking is pointless but hard to resist. Remember that children are different with their own strengths and weaknesses.
- 5. Forget to promote emotional awareness in children.** Recent University of Queensland research found that children whose mothers were more likely to talk to their children about their feelings and ideas were more likely to produce empathetic offspring regardless of their gender. These children were far more popular with their peers than other children. Parents need to encourage children to recognise whether they are mad, sad, angry or happy, and to be aware of it in others.
- 6. Forget to consider your child's age and stage of development.** If you are having difficulty with your child's behaviour it is worth remembering that research has confirmed that a period of irritability in children tends to precede a developmental leap.
- 7. Overcrowd your child's life with activities.** Many parents currently confuse a good start in life for children with an early start so they clutter their children's lives with all types of social and educational activities. Place some limit on the number of structured, adult-directed activities that children

engage in so that they have the chance to explore their own capabilities and don't become stressed out because they are so busy.

- 8. Spoil, pamper and do everything for them.** Your job is to make yourself redundant in terms of being parent as 'chief cook and bottle-washer' as early as possible. Make sure you delegate household tasks from an early age. If you wait until they are teenagers to promote independence you will have an uphill battle getting them to change.
- 9. Forget to play and have fun with your child.** Sometimes we take ourselves so seriously that we forget to have some fun with children. As Patch Adams said, "Parents need to have fun so they can give children a reason to want to grow up."
- 10. Neglect to give yourself some time.** To be an effective child-rearer you need a healthy outlook on life. It is important to look after yourself physically, intellectually and spiritually. This means putting some strategies in place to help create some space and time for your own well-being. This is hardest when children are very young but it is possible when you seek out the support of family, friends and formal organisations to allow you to take a break when needed.



The catastrophe scale – a versatile strategy

When a child comes to you complaining about some sibling indiscretion that may be major for them but minor for you ask him or her where it fits on the worldwide catastrophe scale. This helps them step back and gain some perspective.

For instance, I saw a ten year old come to her mother and complain that she hated her brother because he took her socks. The girl was so angry about this misdemeanour that she was shaking.

The girl's mothers listened patiently and said, "So Jess, on a scale of 1 to 100 where does this disaster fit?"

"It is a 96," replied Jess.

"Jessica, now come on! Let's get real. Where does getting your socks taken fit?"

"Its about an 18," said Jess rather contritely.

"Yes, that's right. It may be annoying to have your brother wear your favourite socks but you are over-reacting here."

This was a terrific exchange between mother and child helped by a clever strategy.

The catastrophe scale strategy can be used with special needs children and as an initial step for helping children deal with their anger.



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DIY PROGRAM 1

How to raise fantastic kids that others will rave about by Michael Grose

This program is suitable for parents of children from 2 to 12 and explores the following topics: Why children are different, Developing self-esteem and confidence, Developing teamwork rather than rivalry, Managing children's behaviour effectively and Developing a parenting plan.

DIY PROGRAM 2

How to raise well-adjusted boys by Michael Grose

This program is ideal for parents (and teachers) of boys of all ages. It explores the following topics: Understanding Boys Development, Boys and learning, Dealing with Boisterous and active behaviour, Boys, birth order and you, Creating a boy-friendly environment.

DIY PROGRAM 3

Why won't my child do as I say? by Michael Grose

This program is suitable for parents of children from 2 to 12 and explores the following topics: Why children are different, Developing self-esteem and confidence, Developing teamwork rather than rivalry, Managing children's behaviour effectively and Developing a parenting plan.

DIY PROGRAM 4

Boosting children's self-esteem through encouragement by Michael Grose

This program is ideal for parents (and teachers) of boys of all ages. It explores the following topics: Understanding Boys Development, Boys and learning, Dealing with Boisterous and active behaviour, Boys, birth order and you, Creating a boy-friendly environment.

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Peoplemaking Books

"We're grandparents!" Sparkling eyes smiles of delight. Thrilled! New life, their next generation, their child's child. Today as always grandparents reap the rewards of loving and fulfilling relationships with their grandchildren. From afar, nearby, and in all sorts of circumstances grandparents in general make a significant contribution to families.

There are not many books intended for grandparents: grandparenting has a low publisher profile. Three good ones are –



Grandparenting with Love & Logic

Practical solutions to today's grandparenting challenge

Jim Fay & Foster W. Cline **\$39.95**

The grandparent stereotype of the fragile, white-haired retiree at leisure in a rocking chair has been shattered. Today's grandparents are often younger, involved in careers and enjoy active and healthy lifestyles. Yet along with these changes have come many new challenges and concerns such as

- Filling the role of "Mum" and "Dad" for grandchildren
- Providing day care
- Acting as a stabilizing force during times of divorce or family upheaval
- Furnishing temporary living arrangements for an adult child and grandchildren

- Blending step grandchildren with biological grandchildren.

Parenting experts Jim Fay and Foster W. Cline, M.D., grandparents themselves, have written a book for grandparents, from a grandparent's perspective, based on their Love and Logic philosophy of working with children.

1. Set enforceable limits
2. Give people choices
3. Allow consequences with empathy.

The book is highly practical; addressing the issue of helicopter, drill sergeant and consultant type grandparents. It is sprinkled with Love and Logic tips that can help solve problems and enhance relationships with grandchildren and adult children. As the authors say, grandparenting can be a parent's second chance – to give what you may have missed giving the first time round.

The Essential Grandparent's Guide to Divorce

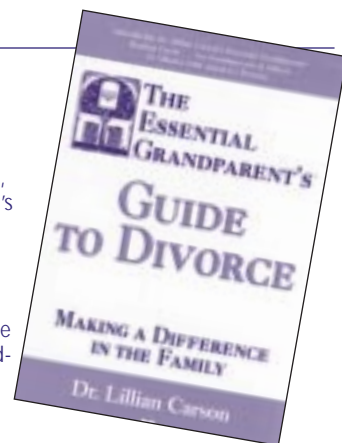
Making a difference in the family

Dr Lillian Carson **\$24.95**

Grandparenting in the face of divorce does not come naturally; ask anyone who's been there. When it occurs, divorce stirs up complicated emotions and tosses family relationships into disarray. This book can serve as a compass for grandparents navigating their way through the maze of tough issues and emotions they never imagined.

With chapters such as First you Cry, Grandchildren and Grandparents have a lot in Common, Your Personal Workbook, Roll up your Sleeves and Fasten your Seatbelt, The In-laws don't have to become the Outlaws, and Who's Coming for the Holidays, this book is a very compassionate, sensitive and sensible guide.

Lillian Carson is a social worker and renowned authority on child development, parenting and grandparenting. She is also the author of *The Essential Grandparent*, an award-winning book.



Grandparents as Parents

\$38.95

A Survival guide for raising a second family

Sylvie de Toledo and Deborah Edler Brown

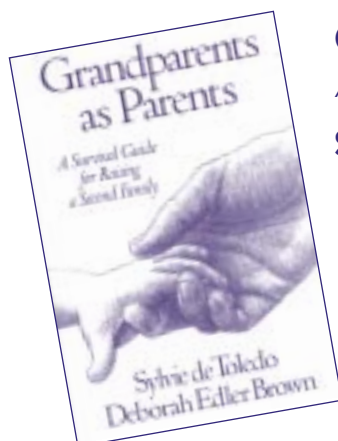
"You raise your kids; you think it's over. No one tells you it's just the beginning."

Grandparents throughout the ages have served as support for their children and grandchildren. Except in the event of the death of a parent, grandparents tended to be ancillary in furnishing support to their children's families; they tended to assume a background role in the actual parenting of the children.

Many of today's grandparents find themselves as long- or

short-term parents again. Often, they must adjust to being part of a non-traditional family in which parental roles may be reversed: parents may become virtual siblings, aunts, or other kin; parents may not be in the picture at all, or grandparents may have to become parents.

Grandparents as Parents offers hope, validating the fears, angers, frustrations, and pain of being in this situation. It takes the reader step-by-step, through the process of learning again how to function as a parent, especially in these complicated times. Old skills are re-taught, training in the process of learning new ones given. No topic is too insignificant or awkward to examine. This book is written for grandparents as well as social service personnel, therapists, legal professionals and others who work with cross-generational families.



These books are in stock at Peoplemaking, 375 Camberwell Road, Camberwell – Tel/Fax 9813 2533, www.peoplemaking.com.au Peoplemaking aims to make psychology interesting and understandable so that be applied to working and living in our communities.

From my experience -

Michael talks about observations from working with teachers, parents and children

Keeping up with the children's transitions

Children are forever changing and developing but they don't do so alone.

Every change for children, whether developmental or due to socially related reasons, brings about an accompanying change for parents.

In the last two months I have seen dramatic developments in each of my children's lives, which has stirred different responses within me.

My eighteen-year-old son has moved from full-time student to full-time worker. It sounds like an easy transition but as any parent who has been through this stage knows it is far from straightforward. Negotiating new roles at home, helping a son deal with the realities of life with fewer institutional supports and coming to terms with basic financial issues such as paying medical insurance means that as a parent I am not redundant for long.

When my son got his driving licence I also understood exactly how my own mother and father felt when they used to lay awake at night listening for the familiar crunch of tyres upon gravel that signalled my arrival home.

He tells me the same things I told my parents

when I was his age – "Don't worry, I'll be fine." I now know how futile that statement is because as a parent it is impossible not to worry! Worrying about your kids comes with the parenting territory.

My sixteen-year-old daughter has just returned from six months away in Denmark on student exchange. It is fantastic having her back but it being an everyday father who you see at the breakfast table every morning is so different to being a once a week father who is ten thousand kilometres away and whom you speak with once a fortnight.

When she was away we connected on a different level than we do now she is at home. No reminders about cleaning up the bedroom and no negotiating how late she can stay out at night. Her Northern Hemisphere parents did all that hard stuff. For six months we spoke about close to the heart issues such as homesickness, the highs and lows of her daily experience and also shared our love of sport as I brought her up-to-date with local footy and cricket results. Now although our relationship is richer than before her travels I see myself slipping back into my father-as-parent rather than father-as-confidante role that we established. My youngest daughter has recently made the

transition from early teenager to middle adolescence. It is a stage where she walks rather than runs as she once did to catch the bus when she is late. It is a stage where I quite literally drop her at the end of the street rather than drive her to certain friends' houses. It is the stage where fathers are about the uncoolest beings to walk the planet. It is hard to get used to losing your hero status but having experienced it before I can truly say 'it is a stage she is going through, so Michael get over it.'

It is ironic how you can have a stronger connection for a short time to a child who lives ten thousand kilometres away than one who resides in the next room. Connecting with kids is less about geography and more about finding common ground, having mutual needs and a genuine intent to stay close even when the threads are growing thin.

The last few months have been fascinating to say the least. They have taught me that I need to be flexible as a person and to just go with the flow and don't get too uptight about little things that happen with kids. It has also reinforced how the circle of life works. Just as my parents were, so am I, and so will my children be.

Quick Quiz Quick Quiz Quick Quiz

Are you a perfectionist? Rate the following questions: 0 for never, 1 for seldom, 2 for often, 3 for always.

1. Do errors irritate you?
2. Do you always feel driven to do your best?
3. Do you find it difficult to enjoy or celebrate your success?
4. Do you procrastinate? Do you constantly put things off until ideal conditions?
5. Do you like to be in control of what's happening?
6. Do you get frustrated by others who don't work the same way as you?
7. Are you a neat nick – always tidying and cleaning up after you?
8. Do you constantly apologise to others because you could do better?

Scoring:

8-12 mild perfectionism

13-20 medium perfectionism

21- 24 extreme perfectionism (you are hard on yourself and others)

Based on perfectionism quiz in The New Birth Order Book by Dr. Kevin Leman

Take a Free Michael Grose email parenting course at WWW.Parentingideas.com.au. Visit the Online Education Centre and check out the five email based courses.