



Focus on Families First

Summer at Families First

By Robin Nelson

Things are very busy around here in summer. Case managers, family support specialists and skill builders are out and about meeting with kids and families. Summer is always nice for visiting because generally people have more availability.

We also have our summer events and activities going on. The first activity was our annual summer picnic. We did it differently this year. We decided to do the picnic regionally, which meant that one picnic was held in the south of Essex County and one was held in the north. As usual, the weather was weird and it was cold in the north. At least there wasn't a torrential downpour, though, which is what usually happens!

The first summer trip brought us to the Stone Bridges Caves in Pottersville. Including staff members, there were 55 participants. Kids and families were able to explore the bridges and caves on a $\frac{3}{4}$ mile hike. At the end of the hike, kids were able to use a climbing wall and mine for gems. Everyone enjoyed a picnic lunch, where they brought their own bagged lunches. Only two people who signed up for the activity did not attend, that makes the event extra successful!

Elizabethtown day was a great success. We counted 311 individuals who passed through our activities. ACAP donated money toward the activities and Champlain Valley National Bank donated money and volunteers. Everyone had loads of fun, on the beautiful summer day.

Our next activity is on July 27, from 10am-2pm. The northern team is going to Lake Placid Municipal beach followed by a trip to the Wet and Wild show at the ski jumps.

The southern team is going drumming through the Arts Trek in Ticonderoga then enjoying an afternoon at the Ticonderoga beach. We look forward to seeing everyone at these free events.

Looking ahead to August, we will be going to the Essex County Fair on Thursday, August 11, from

noon until families are ready to leave. This is a families only event, which means that children must be accompanied by their legal guardians. Please notify your case manager/family support specialist if you plan to attend. While the event is free for families who register, meals and spending money are your own responsibility.

We continue to be busy planning for summer camp, which will be held at Southwoods Camp in Paradox, NY. This is an amazing opportunity for families, as we will have our own private beach, different fields for various activities, private cabins with indoor plumbing for families who will stay overnight (limit 11 families). Although Families First staff members will be on site to support kids and families, the camp will provide counselors to run groups and activities.

Some of the activities will be: Swimming, Arts and crafts, Archery, Baseball, Basketball, Tennis, Gymnastics, Hockey, Soccer, Climbing wall, Nightly campfires, and Evening family activities.

Registration is closed for summer camp. If you are interested and your child is not already registered, you may call to be placed on a waitlist. Call Jennifer Allen at 518-873-9544.

Congratulations Raffle Winners!

\$10,000—Steve & Rosemarie Koop-Angelicolo
from Elizabethtown

Deck—Amanda Pulsifer from Elizabethtown
Custom built 8X12 deck and stairs (\$2,500 value)
Donated by

Nawakua Builders

Bob Sorey, Proprietor
PO Box 825 Elizabethtown, NY 12932
518-593-2162

Floor—Bob Hana from Lake Placid
Tile floor (\$1,000 value)

Donated by

Kim's Karpets

Kim Feeley, Proprietor
8604 US Route 9 Lewis, NY 12950
518-873-9169

Do Time Outs Really Work?

I don't remember the term "time out" when my children were growing up. I remember knowing about punishing, restriction or grounding, but when they were little I don't recall ever knowing about this parenting technique.

When my children were little I remember constantly correcting them, "No! You don't touch that, it's hot!" and moving them away when they would not follow the correction. I don't know if I did a great job parenting my kids. I feel like I was just making things up as I went along.

When my grandchild was in the throes of the "terrible twos", his parent was sitting him in timeout quite frequently. I was always amazed at how compliant he was with it. He would be told to sit in time out and off he would go to that bottom stair and sit there looking upset. He would sit there the whole two minutes and then get up when he was told he could. Amazing.

The "terrible twos", though, moved into the "horrible threes". Oh my gosh. He is one headstrong little guy. He started to realize, I think, that he didn't have to comply all the time. He realized that he could tantrum and often gain control of whatever the situation was. Yikes! Time outs were not working any more. So, I started to wonder... Do time outs really work?

I decided to do some research online. I found overwhelmingly that time outs are somewhat effective for children between 12 and 24 months old, but beyond 24 months of age, it's better to use "positive discipline". I also read on a website called "She Knows Parenting" (www.sheknows.com) that time outs only work for children until they don't work anymore. She actually seems to believe that time outs can hurt children instead of help them.

The idea of sending a toddler off in the middle of a meltdown to calm him or herself seems sort of silly, but that's what happens with time outs. Just when this baby needs his or her guardian the most he or she is told to sit and think about it or calm down. This, according to the article, can actually "increase separation anxiety".

10 Tips for Making Time Outs

Work (www.parentingideas.org)

1. The purpose of giving a child a time out is to interrupt or stop a behavior, so it should be used more as an emphasis on a direction that has been given and not followed rather than a time to sit and

think about something.

2. Time outs should be followed through in a safe and suitable place. You need to be able to see what's going on, otherwise the child probably won't stay seated or spend any time digesting what has happened.
3. Be consistent with which behaviors will lead to time outs. Don't parent randomly, it never works. If you say that something will lead to a time out, then you have to give the time out EVERY TIME you say you will.
4. Don't use time outs until children are old enough to understand rules and consequences. Again, sheknows.com suggests 12-24 months. Older children may need to graduate to a different method of discipline and younger children just won't understand.
5. The number of minutes a child should stay in time out should equal his or her age, a two-year-old should be in time out only for two minutes and a three-year-old only three minutes.
6. Use a timer. That way you and your child will each have some control over the experience. You will set the timer and your child will know he or she can leave when it goes off.
7. Always give your child opportunities to make good decisions before going straight for the time out. A child will learn much more from this sort of positive interaction rather than from a consequence. Saying, "I'm giving you a chance to make a good decision" will give you and your child a chance to turn something around from a negative experience to a positive one. If the child doesn't make a "good decision" then you will have to follow through with the time out because that is what being consistent means.
8. Don't overuse time outs because children become immune to them just like they become immune to yelling. Mix up your parenting strategies somewhat. Different types of behaviors warrant different types of discipline.
9. BE CONSISTENT!!! This is probably the most difficult aspect of parenting and yet the most important. You have to follow through with what you say 100% of the time. This is the key to successful parenting.
10. When the time out is over, talk about it. Make sure your child understands what the behavior was and why there was a time out. It is also important for you to move on from it. Once it's done and the child has taken responsibility, it should be over.



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Strengths Based

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Open

Monday 8:30 am—6:30 pm

Tuesday—Friday 8:30 am—4:30 pm

Food Shelf

Mon, Wed, Fri 9 a.m.— Noon

(special arrangements may be made for other
times by appointment)

**NOTE: Food Shelf will be closed on
days that STAFF MEETINGS are held**

Thank you **Sgt. Stipano and the inmates from
Moriah Shock who came and made our “backyard”
beautiful with only two weed wackers and a couple
of rakes! They cleaned the forest and our fire pit
area so it looks incredibly inviting. We are excited to
use it. They even prepared the fire pit for a fire. We
really appreciate your hard work!**

**The food shelf is running
low! We are in need of
non-perishable food and/or
cash donations.
If you are interested in
donating, please call
518-873-9544**

Check out our Web site!
www.familiesfirstessex.org

Like us on facebook!
<http://www.facebook.com/familiesfirstessex>

Follow us on Twitter!
[@familiesfirstny](https://twitter.com/familiesfirstny)

FTAdk: Families Together in the Adirondacks
FTNYS: Families Together in New York State
PCANY: Prevent Child Abuse New York
FSG: Family Support Group
YE: Youth Empowerment
Rec Group: Recreation Group (in Port Henry)
LEICC: Local Early Intervention Coordinating Council
ETS: Educational Training Series
TBA: To be announced

- All activities will take place at Families First and children must be accompanied by adults unless otherwise noted.
- Activities are subject to change and may be closed, leaving them available only to families receiving higher level services (HCBS Waiver, ICM and Family Support).