



RECHARGE YOUR WORDS

Do you find yourself saying things over and over again to your children? Do you feel like nothing that you say is working? Then you might need to recharge your words. Try these powerful words instead of the old ones that don't work.

Have you ever said:

Try these words instead:

"It's time for dinner. Will you wash your hands?"

"Time to wash hands."

"Do you want to put on your coat?"

"Do you want to wear your sweatshirt or your blue jacket?"

"Don't squeeze the kitty."

"Stroke the kitty gently."

"Don't touch."

"Look with your eyes."

"Don't put your feet on the coffee table."

"Keep your feet on the floor."

"Don't make a mess."

"Pour down low."

"You never do it right."

"Next time you'll do better."

"Don't run in the store."

"Use your walking feet in the store."

"I told you it wouldn't work."

"Let's see why it won't work."

"Quit throwing that ball inside."

"You can throw these socks into the laundry basket."

"Stop bothering me when I'm cooking."

"You can help tear the lettuce."

"Don't be so clumsy."

"If you dry the glass like this it won't fall as easily."

"Do you want to leave now?"

"Time to get your brother from school."

"You're acting like a baby."

"You seem sad because you can't go to your old school."

"You're a bad boy."

"I'm not going to let anyone hurt you, and I'm not going to let you hurt anyone."

"You're always messy."

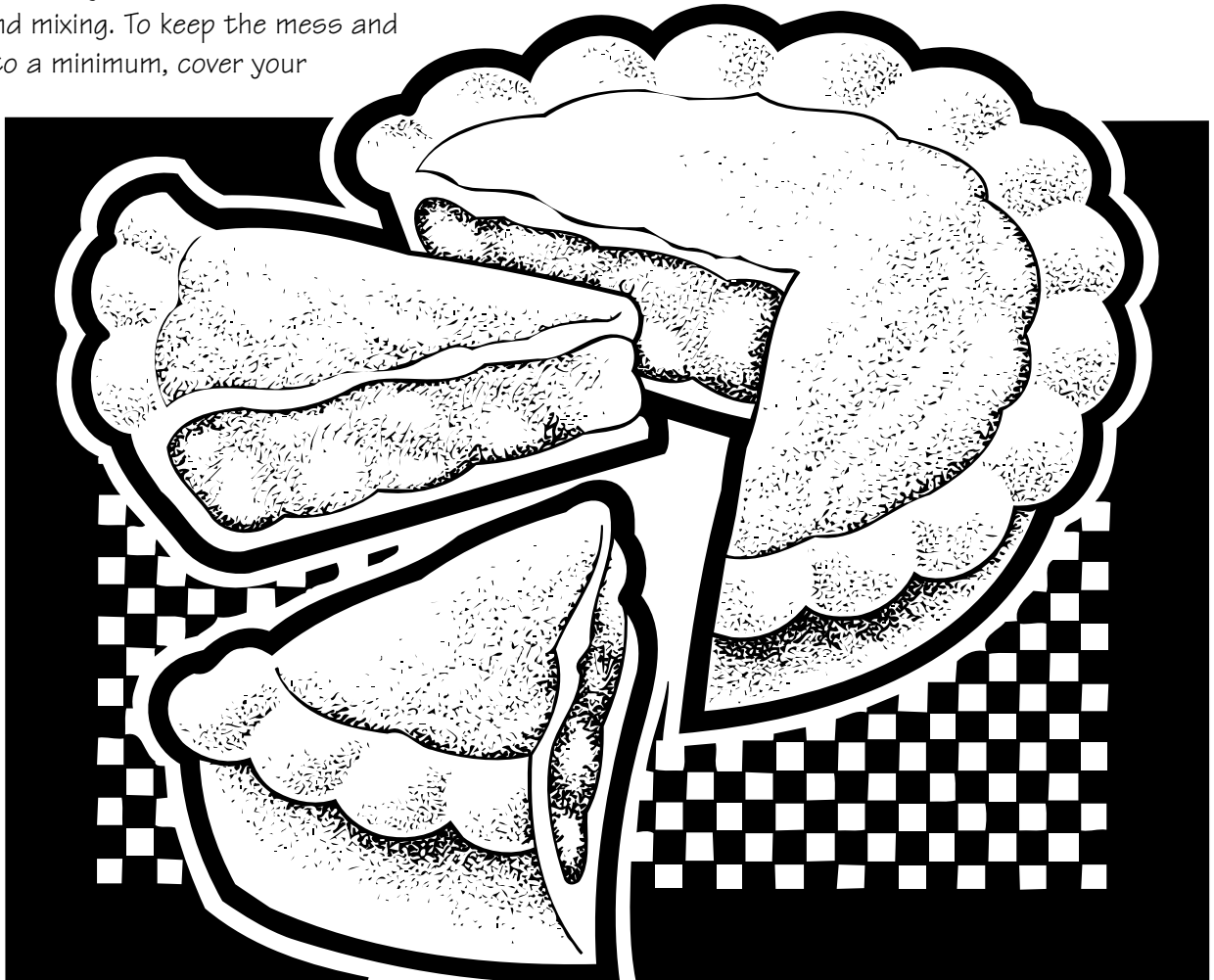
"You hung up your coat very nicely."

These words really work. Try them and see.

Cook Up a Book

There is nothing cozier than curling up with your child in your lap to read a good book — nothing except cooking that book after you read it! *The Apple Pie Tree*, by Zoe Hall, illustrated by Shari Halpern (1996 Blue Sky Press, Scholastic, New York: NY), tells the story of a year in the life of an apple tree and ends with the children eating apple pie. It includes a recipe to make your own apple pie together. Young children can be involved in measuring and mixing. To keep the mess and waste to a minimum, cover your

working area with wax paper. Simply pour the spills back in the mixture. Many farms offer apple picking in the fall. Contact the Cooperative Extension office in your county to find listings. This is a great activity for children, since many apple trees are short, and even very small children can pick apples themselves. Bring the apples home and cook up this delightful book.



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