

Parenting resources at the Kansas City Kansas Public Library

Happy Kids



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Read now for success later

As a parent, you want your child to succeed. But, what can you do to help?

Here's something to consider: 90% of your child's brain growth occurs before he or she enters kindergarten.

This means that you, as a parent, have a wonderful window of opportunity to give your child a great start in life.

How?

By reading to your child early and often.

Children who are read to gain many benefits. They are better at problem solving. They enjoy greater interpersonal communication skills. And, they make better listeners.

Just think! A problem-solving child that listens when you talk. What parent wouldn't want one of those?

But, the benefits of reading to your child go way beyond that.

Research shows that the benefits of reading to children spans socio-economic borders, and sets the stage for future academic achievement. And, academic achievement sets the stage for greater success throughout life.

The Kansas City, Kansas Public Library offers many resources to help you get started reading to your child. There are storytimes for children of all ages, including sessions specifically designed for babies and preschoolers. There are also bilingual storytimes, and storytimes for the entire family.

The library also has a variety of excellent books that can help:

Baby read-aloud basics: fun and interactive ways to help your little one discover the world of words

Every child ready to read: literacy tips for parents

Illustrated treasury of Latino read-aloud stories

One hundred and one read-aloud myths and legends

Read aloud rhymes for the very young

Tell me another!: read-aloud stories for the very young

Wiggle waggle fun: stories and rhymes for the very very young

And, don't forget our best resource: library staff who are here to help you!



Children who are read to from a very early age are more likely to:

- Start reading on their own
- Learn more words
- Excel in school
- Graduate from high school
- Go on to college
- Get a better job
- Earn more money

Win or lose, keep your cool

It's only a game, but some parents are taking their children's sports activities a little too seriously. Consider the following incidents:

- A parent body-slammed a high school referee who ordered the man's wife out of the gym for allegedly yelling obscenities during a basketball game.

- A father of a T-ball player was briefly jailed after an outburst against an umpire during a game involving 5- and 6-year-olds.
- An irate father headbutted an umpire following a girls softball game. The mother had earlier been ejected for berating the umpire.



Participating in sports is a good way to build character, but not when parents are out of control.

To give your child the best sports experience possible, check out baseball legend Cal Ripken's new book, *Parenting young athletes the Ripken way: ensuring the best experience for your kids in any sport.*

Sensational kids

Your child may look normal. But, is his or her behavior anything but?

If so, your child may have Sensory Processing Disorder (SPD). What's SPD?

According to Lucy Jane Miller, author of *Sensational Kids: Hope and Help for Children with Sensory Processing Disorder*, SPD is "a complex brain disorder affecting at least one in twenty children in this country."

"Children with SPD experience sensations—in taste, touch, sound, sight, smell, movement, and body awareness—in a manner vastly different from how other children their ages do."

Children with SPD may:

- feel attacked by the slightest touch

- fail to register pain and injury
- be unable to figure out where they are in space
- exhibit an insatiable hunger for sensation
- show other sensory symptoms that set them apart from other children

Because children with SPD don't process sensory information in the same way that other children do, they don't behave the way other children do, either.

Miller cites the example of a two year-old who refuses to wear new clothes until they are washed repeatedly. Or, a four year-old who is constantly running



into other children and knocking them down. Or a six year old who doesn't notice when he's injured and bleeding. Or, an eight year-old who can't tie his own shoes.

Such odd behavior may seem simply quirky when a child is young, but grow into a real cause for concern later.

Parents seeking answers to their child's strange behavior may not have an easy time finding them. While SPD is more widely recognized than it once was, experts in the disorder are still hard to come by.

To learn more about SPD, check out [Sensational Kids](#).

Lies we shouldn't tell our children

We are a nation of liars.

That's the premise of author Chuck Borsellino's new book, *Pinocchio Parenting: 21 outrageous lies we tell our kids*.

Borsellino cites a study showing that 91 percent of Americans surveyed admitted to lying routinely. And, we don't just lie to strangers:

- 86 percent lie to parents

"On average we lie about twice a day...more often than most people brush their teeth."

- 75 percent lie to friends
- 73 percent lie to siblings
- 69 percent lie to spouses

But, what happens when parents lie to their children?

According to Borsellino, when we routinely lie to our children it "ruins our credibility and warps their reality."

The result?

"Unfortunately, the little lies, fibs, and clichés we tell our kids today become the beliefs that shape their behaviors tomorrow."

And, it sets a dangerous precedent.

Borsellino cites a another study from *Psychology Today* showing that 'college students lie to their mothers in one out of two conversations."

In his book, Borsellino offers alternatives to "twenty-one of the most common lies, half-truths, tales, and clichés that roll off the tips of our parental tongues." Check it out.

When parenting hurts

There are some things you'll probably never forget: learning to ride a bike, drive a car, your first date, first kiss, first love.

And, according to Alice Miller, author of *The Body Never Lies*, you'll probably also never forget the effects of hurtful parenting.

Miller, author and renowned Swiss psychologist, believes that "repressed emotional responses to early humilia-

tions and unfulfilled needs are inevitably transferred to the body."

The result?

"Long-term illness."

Miller maintains that the "multitude of therapists bent on fostering an attitude of forgiveness" are actually counterproductive.

In fact, Miller asserts that "what survivors of parental cruelty need most is

someone who shares their feelings of indignation."

To learn more about Miller's ideas on the effects of hurtful parenting, check out [The Body Never Lies](#).



Teen trouble? Get tough!

Parenting a teenager has never been easy, but is it even more difficult today?

At least one expert says yes.

Ron Zodkevitch, author of *The Toughlove Prescription*, describes it as trying to raise a G-rated teen in an R-rated world, where “violence, sex, drugs, and a general lack of respectful behavior” are the norm.

According to Zodkevitch, raising good kids today is “far more complicated than could have ever been anticipated by past generations.”

And, Zodkevitch warns, failure is not an easy option.

“There is nothing more painful or exasperating than sharing your home with a destructive teenager. The frustration can bring otherwise successful adults to their knees.”

What’s the answer?

Set boundaries.

Not the physical boundaries that Zodkevitch says so many parents try to establish to protect their kids.

“Some parents have the false belief that if they enroll their children in private schools or live in the right neighborhoods...they will grow up smart and safe.”

Dream on.

“The reality is that it is impossible to prevent our kids from being exposed to information and messages that do not reflect our personal values and morals.”

And, even if you could shield your child from the world, Zodkevitch asks, should you?

After all, it is the world that they will inherit and have to deal with as adults.

So, how do you set boundaries?

Check out *The Toughlove Prescription: How to Create and Enforce Boundaries for Your Teen*. And, you also might want to check out *Boundaries with Teens: When to Say Yes, How to Say No* by John Townsend.



Get the fatherstyle advantage

It used to be so easy being a father.

There was, quite literally, nothing to it.

In fact, the *Urban Dictionary* has this to say about one particular parenting relic, the 1950s father:

A 1950s father is a father who is not involved with their child. A 1950s father does not play, spend time or become emo-

“What a father says to his children is not heard by the world, but is heard by posterity.”
-Jean Paul Richter

tionally involved with their child. A 1950s father is typically stoic and distant...relying on their wife to do all the parenting.

Fortunately, those days are long gone.

Today, fathers spend almost five hours more time in parenting activities each week than they did just twenty-five years ago.

That’s 250 more hours, or six weeks worth of 8-hour days, per year.

That’s a lot of parenting.

If you could use some help making sure that all those hours are quality time, check out *The Fatherstyle Advantage*. Authors Kevin O’Shea and James Windell share the practices of some of today’s most involved fathers.

Check it out.

Baby massage

Think how good a massage makes you feel. Could it do the same for your baby?

A growing body of evidence says yes. Massage not only reduces stress, it can also boost the immune system, decrease pain, promote healing and even encourage weight gain in premature babies.

And, it’s a great way to bond with your child.

But, it takes a special touch. To learn more, check out these books:

Baby touch : massage & reflexology for babies and children

Hands on baby massage

Loving hands : the traditional art of baby massage

Massaging your baby : the joy of touch communication

The practical art of baby massage



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Main Library &
Bookmobile
625 Minnesota
(913) 551-3280

West Wyandotte
Library
1737 N 82nd St
(913) 596-5800

F.L. Schlagle Library
4051 West Drive
(913) 299-2384

Visit us online at
www.kckpl.lib.ks.us



New Books for Parents

- *10 days to a less defiant child* : the breakthrough program for overcoming your child's difficult behavior by Jeffrey Bernstein
- *Crashproof your kids* : make your teen a safer, smarter driver by Timothy Smith
- *The discipline miracle* : the clinically proven system for raising happy, healthy, and well-behaved kids by Linda Joan Pearson
- *"Don't bother me Mom, I'm learning!"* : how computer and video games are preparing your kids for twenty-first century success and how you can help! by Marc Prensky
- *Drawing the line* : ten steps to constructive discipline and achieving a great relationship with your kids by Michael Weiss
- *First-time parents* : what every new parent needs to know by Miriam Stoppard
- *Nanny to the rescue!* : straight talk & super tips for parenting in the early years by Michelle LaRowe
- *Parenting gifted kids* : tips for raising happy and successful children by James Delisle
- *Should you medicate your child's mind?* : a child psychiatrist makes sense of whether to give kids psychiatric medication by Elizabeth Roberts
- *Single parenting that works* : six keys to raising happy, healthy children in a single-parent home by Kevin Leman
- *The unhappy child* : what every parent needs to know by Kenneth Condrell

Happy Kids is produced by Terri Cline, Community Services Librarian at the Main Library, (913) 279-2064.

Homework help is here!

If your child struggles with homework, take heart. Help is here in the form of HomeworkKansas.

HomeworkKansas is a new after-school online tutoring service at the Kansas City, Kansas Public Library for students in 4th – 12th grades and students taking college introductory level courses.

Students can connect to online tutors seven days a week, from 4:00 p.m. to 11:00 p.m. The service is available in Spanish, Sunday through Thursday, from 4:00 p.m. to 9:00 p.m.

Help is available in the following subjects:

- Math: elementary, algebra I, algebra II, geometry, trigonometry and calculus
- Science: elementary, earth science, biology, chemistry, physics
- Social studies: American History, World History, Political Science and more
- English: spelling, grammar, book reports, essay writing and more

HomeworkKansas features expert tutors from across the country. Students connect to tutors for one-to-one homework help sessions in an Online Classroom. The service is free for all Kansas students and is available from all public access computers at the Kansas City, Kansas Public Library.

Students also have access to HomeworkKansas from home with their KCK Public Library card or with a Kansas Library Card at www.homeworkkansas.org.

Tutors are certified teachers, university professors, graduate school students, students at accredited colleges, and professionals who are experts in their fields.

All of the Live Homework Help tutors have received a third party background check and have been certified through the Tutor.com Training Program.



Tutor.com live homework help service is offered at more than 1,300 library locations across the country. During the 2005/2006 school year students completed one million live homework sessions.

More than 90% of the students who filled out a post-session survey reported that the service was helping build their confidence, complete assignments and even improve their grades.