Plan your stay.

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Decide some small things you can do this week and write out your plan:

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Learn more about Discovery Point.

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Have you made progress?

- Do you want to be more effective at parenting your children?
- Do you have new ideas about how to parent your children effectively?
- Have you made a specific plan for something you intend to do?

Author: H. Wallace Goddard, Family Life Specialist
Development Team: Traci Johnston, Sherry Roe, Katy Randall, Lindsey Underwood, and Jennie Hubbard.
Some people skip past Discovery Point. They don’t take time to make learning and sharing an important part of their family culture. They don’t help children become enthusiastic learners. The effort invested at Discovery Point can make a lifelong difference for you and your children. In the boxes below, you can use stickers or create your own mark to celebrate those things you are already doing well. You might also mark those things that you are excited to develop further in your relationships with your children.

Use these marks to help remind you to keep doing good things and to add more things to your journey.

Points of Interest

Give Choices.

We all like to have choices. Children are no different. They enjoy having choices and learn from making decisions. They discover good ways to be responsible when we let them make choices.

As adults, we sometimes try to force children to do things our way. This doesn’t work very well! For example, we may want our children to do something more active than watching television. We all know what will happen if we command them to turn off the TV and go outside. They will protest. Instead, we can give them a choice: “It is time to go outside. Would you like to go outside and play or stay inside and read a book?”

We are happy when they make a choice that does not involve television.

Another example of giving choices is getting children to clean their rooms. We can yell at them or threaten them, but this will probably just make them mad. We would have better results if we gave them choices.

For instance, we might ask a child if she wants to play music on the radio while cleaning her room or have it quiet. We might even ask the child if she would rather get the room cleaned up right now or wait until after dinner. However, if the child decides to clean the room after dinner, we need to be sure that she doesn’t watch TV or play with friends until the room is clean.

Sometimes, we allow children to make bigger choices after they have shown that they are wise in making small choices. For example, a teen who wants to be trusted to go with friends to a concert needs to have demonstrated responsibility about making good choices. A parent may need to say occasionally, “I think I will be ready to trust you with going to the concert when you have shown that I can trust you to come home on time.” Because trust is earned over time, a 14-year-old will probably not be allowed the same freedom as a 17-year-old.

Learn from mistakes.

All of us make lots of mistakes. Sometimes, our children’s mistakes bother us because they seem silly. It can help to remember that we were once children and also made mistakes. We should encourage children to learn from their experiences. This is better than lecturing or scolding.

As children get older, the most important teaching may happen as they start making sense of their experiences. We encourage them to learn from their experiences. This is better than lecturing or scolding.

We can help children grow into capable adults when we are willing to help them learn from the mistakes rather than punish them for making mistakes.

Encourage a love of learning.

A love of learning is one of the greatest gifts any parent can give a child. There are simple things parents can do to help children develop a love of learning and a love of reading.

We can make reading fun for our children. We can let our children select books from the library. We can read to them regularly.

We should make an adventure out of reading. When we read to them, we can bring excitement and fun to the story. When a child wants to linger on a page, we can take time to talk about it. We can name the characters on the page of an illustrated story and invite the children to point to them. If we turn reading into a chore, children will resist it. If we make reading fun, they will seek it.

We can make learning an adventure. Maybe once a week we can make an outing with our children to an interesting place such as a museum, historic site, or business. This is new and interesting. For example, visiting a site where a new house is being built and asking the contractors or craftpeople to tell about their work can open children’s minds to new ways to use their talents. Be sure to have safety in mind.

We also show our appreciation for learning when we make a place in our homes for books, books and other learning materials. The child who grows up seeing and experiencing the adventure of learning is likely to become a lifelong learner.

Things to do at Discovery Point

Be an enthusiastic learner yourself! Take an interest in your children’s discoveries. Make a regular practice of sharing the things you learn with each other. Visit interesting people and places. Make learning and exploring safe for your children. Help your children become good decision-makers.

You can help your children learn happily and effectively and become lifelong learners! Don’t miss Discovery Point.
You can help your children learn happily and effectively and become lifelong learners!

Checkpoint
I got my child reasonable choices.

Wise parents set limits on choices. We allow young children to decide which shirt they want to wear to school but set limits on bedtimes. We allow teens to go out with their friends but we set limits on bedtimes. We allow them to go out with their friends but we ask them to be home by a certain time.

Checkpoint
I let each of my child make choices appropriate for his or her age.

Sometimes, we allow children to make bigger choices after they have shown that they are wise in making small choices. For example, a teen who wants to be trusted to go with friends to a concert needs to have demonstrated responsibility about making good choices. A parent may need to say occasionally, “I think I will be ready to trust you with going to the concert when you have shown that I can trust you to come home on time.” Because trust is earned over time, a 14-year-old will probably not be allowed the same freedom as a 17-year-old.

Checkpoint
I learn from mistakes.

All of us make lots of mistakes. Sometimes, our children’s mistakes bother us because they seem silly. It can help to remember that we were once silly. It can help to remember that we were once the same as our children.

Checkpoint
I know it is normal for children to make mistakes.

If we get angry when children make mistakes, we help children learn by reacting to mistakes with calm problem-solving and gentle teaching.

A love of learning is one of the greatest gifts any parent can give a child. There are simple things parents can do to help children develop a love of learning and a love of reading.

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Points of Interest
Give Choices.

We all like to have choices. Children are no different. They enjoy having choices and learn from making decisions. They discover good ways to be responsible when we let them make choices.

As adults, we sometimes try to force children to do things our way. This doesn’t work very well. For example, we may want our children to do something more active than watching television. We all know that watching TV would be fun but it might be more restful.

Another example of giving choices is getting children to clean their rooms. We can yell at them or threaten them, but this will probably just make them mad. We would have better results if we gave them choices.

For instance, we might ask a child if she wants to play music on the radio while cleaning her room or have it quiet. We might even ask the child if she would rather get the room cleaned up right now or wait until after dinner. However, if the child decides to clean the room after dinner, we need to be sure that she doesn’t watch TV or play with friends until the room is clean.

I give my child reasonable choices.

Many things should be decided by the child. In matters of style, it will happen if we command them to turn off the TV and go outside. They will protest. Instead, we can give them a choice: “It is time to turn off the TV. Would you like to go outside and play or stay inside and read a book?”

We are happy when they make a choice that you are excited to develop further in your relationships with your children. Use these marks to help remind you to keep doing good things and to add more things to your journey.

Things to do at Discovery Point

Be an enthusiastic learner yourself! Take an interest in your children’s discoveries. Make a regular practice of sharing the things you learn with each other. Visit interesting people and places. Make learning and exploring safe for your children. Help your children become good decision-makers.

We also show our appreciation for learning when we make a place in our homes for books, books and other learning materials. The child who grows up seeing and experiencing the adventure of learning is likely to become a lifelong learner.

We can make reading fun for our children. We can let our children select books from the library. We can make reading fun for our children. We can make reading fun for our children. We can make reading fun for our children.

I make reading and learning interesting for my children.

We can read, ask questions about new ideas and check books out of the library for us and our children. We can talk with the children about things that we are learning.

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Points of Interest

1. Give Choices.

We all like to have choices. Children are different from ones we make. When we allow young children to decide which shirt they want to wear to school but set limits on bedtimes. We allow teens to go out with their friends but we ask them to be home by a certain time.

As adults, we sometimes try to force children to do things our way. This doesn’t work very well. For example, we may want our children to do something more active than watching television. We all know what will happen if we command them to turn off the TV and go outside. They will protest. Instead, we can give them a choice: “It is time to turn off the TV. Would you like to go outside or stay inside and read a book?” We are happy when they make a choice that does not involve television.

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2. Learn from mistakes.

All of us make lots of mistakes. Sometimes, our children’s mistakes bother us because they seem silly. It can help to remember that we were once silly. It can help to remember that we were once children’s mistakes bother us because they seem silly. It can help to remember that we were once children.

For example, when a child spits her milk, we simply say, “The milk spilled. Here is a cloth to wipe it up.” That is problem solving. Later, when the child is feeling peaceful, we can help her think about where to place her cup to avoid spills. That is gentle teaching.

Imagine your teenager has an accident with the car. Calm problem-solving involves being sure everyone is feeling safe and peaceful. When everyone is feeling peaceful, the parent and child might call the insurance agent to arrange repairs. Gentle teaching might include asking the teen, “That was a terrible experience for you. What did you learn from it?”

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You can make reading fun for your children. We can let our children select books from the library. We can make reading fun for our children. We can also fill our lives with learning. We can be an enthusiastic learner. We can make reading and learning interesting for my children.

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I let each of my children make choices appropriate for his or her age.

We can help children grow into capable adults when we are willing to help them learn from the mistakes rather than punish them for making mistakes.

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I let my child choose from safe alternatives.

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