



## GOOD PARENTING TIPS FOR PARENTING TODDLERS

### **No hitting! Don't eat that! Stop pulling the kitty's tail!**

A million times a day parents set limits with their children. When parents set limits, they are not only showing their children what to do and say, but they are helping them to cope with their impulses and anxieties. It is much easier and less expensive to teach a child good habits than to try and break years of bad habits later. Therefore, it is **EXREMELY** important to start this process early.

As children grow they will naturally misbehave. They are adventurous, have strong impulses, and need to feel independent. Infants and toddlers lack the ability to express their needs and desires verbally, and so they must act them out. Little disappointments seem like the end of the world to them. The challenge is for parents to work with these developmental issues in a positive and instructive way.

During these early years, it is crucial to set limits with your child to keep him safe and to teach him important social and emotional skills. At the same time, you must give your child room to explore the world. We, as parents, are their only chance at a happy and healthy life. We want to do our best. Here are some helpful suggestions:

**Say "no" in a strong voice** if your child is moving toward a lamp cord, but don't yell. Yelling scares children and causes them to feel mistrustful of their parents' affection. The change in your voice can stop her in her tracks. If you are consistent, she will learn to avoid this behavior. But avoid overuse of the word or it may trigger tantrums. Say "you can have a cookie after dinner" instead of just "no".

**Use distraction.** If a child is throwing his toy cars around, then take out his building blocks and engage him in this new activity. Offer children another form of entertainment when they start to throw a fit, bite, hit, or go for something you don't want them to have. This is the most effective and healthiest way to curb unwanted behavior.

**Give your child explanations for your limits.** If your child reaches for your coffee cup tell him, "The coffee is hot." Children cooperate more readily if you give them reasons.

**Minimize the frequent use of sentences that begin with blurting out "Don't!" or "Stop!"** These words often act as a green light for children to fight you. They need to assert their independence. Find other phrases to use instead. Rather than saying, "Don't throw those books," tell your 2 1/2-year-old, "The books need to stay on the shelf."

Avoid saying YOU don't do this or YOU shouldn't do that when possible, especially with older children because it causes them to feel like they are bad, instead of focusing on the action being wrong. Instead say, "We hold the kitty like this.", or " Our beds should be made every morning."

**Channel your child's negative behavior into positive actions.** "The walls are not for drawing on. You can draw on paper."

**Plan ahead.** Bring along toys or healthy snacks for long car trips or a visit to the doctor to keep your kids stay busy.

**Avoid giving your child negative reinforcement or attention.** Many times a child will misbehave out of jealousy or the feeling that they aren't getting enough **positive** attention, which causes frustration and stress. Notice that when your child misbehaves, such as biting or hitting, he will usually get a lot of attention. A yelp or cry from the person who they bit is a big reaction and it may be funny or amusing to them. And even though the attention we give them is negative, it still can reinforce the problem behavior if this is the only way they know to get attention. Instead, try not to make a big deal out of these types of situations, say "NO, we do not bite." firmly and move on to distracting them. Or, if it's another child they have hit, let them see you give your immediate attention to the hurt child instead of them, and take the other child to time out. Giving the other child the attention and giving them none shows them that their plan backfired. This is why time out and techniques like it usually work. But remember to always employ much more positive reinforcement than punishment or negative attention.



*Brian Ortiz*  
*Real Estate Broker*

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### *What's Inside:*

Good Parenting	1
B <sup>2</sup> Mission	1
Good Parenting	2
Stop and Think	2
Thought of the Month	2
Real Estate Question	2
Now Open in Las Cruces!	3
Networking Center	4
Real Estate Tip	5
Comedy Corner	5
Did you Know?	5
Real Estate Stats	5
Thank You	6

## THOUGHT OF THE MONTH

The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy.

**Martin Luther King, Jr.**

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## REAL ESTATE QUESTION

**Q:** What does a "cloud on the title" mean?

**A:** The term *cloud* on title refers to a deed (title to real property) which has been recorded, but includes an unusual characteristic that would give a person reasonable pause before accepting title.

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**Make positive reinforcement the norm.** It is so much more beneficial to parents and children to reward and praise good behavior, which will reinforce it, than to constantly punish your child in an effort to change bad behaviors. To keep yourselves and your children happy you must regularly play with and give each of your children positive attention. Tell them you love them and they are doing a good job every chance you get.

**Minimize potentially dangerous situations** by removing, replacing, or locking up the things your child should not be playing with. This will help eliminate negative attention and frustration.

## What Doesn't Work:

**Pulling things out of their hands.** It is very painful to children when you take away a possession. It often makes them feel so angry that they behave worse. It is advisable to resort to this tactic only if necessary, and try to offer her something else to play with instead.

**Yelling.** Yelling frightens kids. It makes them feel very powerless. They also learn to yell back in return. This can easily turn into a form of emotional abuse because it often damages your child's self-esteem permanently.

**Hitting a child's hand or spanking him.** Although some parents believe strongly in this approach, it is important to understand the problems involved. These actions teach children that when you are angry it is OK to hurt someone and children naturally mirror their parents' behavior. When a parent disciplines by hitting, it gives children the message that aggression is part of a loving relationship. This behavior also raises doubts in the child's mind about whether he is loved, valued, and **secure**. Remain calm while administering punishment, and think about the long-term consequences of your actions. You should walk away if you feel that you may physically or emotionally hurt your child. We should ask ourselves, how do we want our child to remember their childhood experiences with us? Would we rather our children remember feeling uncomfortable and sad, or happy, loved and secure?

If you feel you could use some additional help with teaching and disciplining your child there are many resources out there. We will all benefit from using them before we find it more difficult than necessary.

Retrieved from [keepkidshealthy.com](http://keepkidshealthy.com) and [healthdiscovery.com](http://healthdiscovery.com)  
For information on how to help your troubled teen visit [parentingteens.com](http://parentingteens.com)

## STOP AND THINK

### THE TROUBLE TREE

The carpenter I hired to help me restore an old farmhouse had just finished a rough first day on the job. A flat tire made him lose an hour of work, his electric saw quit, and now his ancient pickup truck refused to start. While I drove him home, he sat in stony silence.

On arriving, he invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree, touching the tips of the branches with both hands. When opening the door he underwent an amazing transformation. His tanned face was wreathed in smiles and he hugged his two small children and gave his wife a kiss.

Afterward he walked me to the car. We passed the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier.

"Oh, that's my trouble tree," he replied. "I know I can't help having troubles on the job, but one thing's for sure, troubles don't belong in the house with my wife and the children. So I just hang them on the tree every night when I come home. Then in the morning I pick them up again."

He paused. "Funny thing is," he smiled, "when I come out in the morning to pick 'em up, there ain't nearly as many as I remember hanging up the night before."

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**REAL ESTATE TIP**

The Interest Only Home Equity Line of Credit: Borrower Beware

Many people enjoy the flexibility of a home equity line of credit as a means to pay for that large project, college tuition, family vacation or the consolidation of other debt. If you have equity in your home, it's a relatively easy loan to be approved for, and it offers benefits like relatively low interest rates, tax-deductible benefits (in some cases) and the option to use the money for whatever you choose.

Yet when it comes right down to it, home equity loan programs are just an additional form of consumer credit-and they can be just as dangerous (if not more so) for borrowers as running up a high-interest rate credit card. This is especially true with an interest only home equity line of credit, which is a form of credit that can go on virtually endlessly without ever touching the principal and continuing to compound personal debt. (This is much like having several credit cards yet never paying more than the 'minimum monthly payment', in that you can't ever seem to get out from under it.)

Mortgage News Daily

**Did you know?**

A decapitated snake can still bite and inject venom!

**REAL ESTATE STATS FOR THE ALBUQUERQUE METRO AREA**

For the Month of: July

Homes sold: 1,031

Homes listed: 2,564

Average price of home sold:

\$249,590

Average days on the Market:

37

*Compared to previous month:*

For the Month of: June

Homes sold: 1,026

Homes listed: 2,703

Average price of home sold:

\$246,882

Average days on the Market:

36

**COMEDY CORNER**

**There was a Texas oil tycoon who was watching his largest oil well going up in flames. He called in the best fire fighting equipment money could buy but there was no way they could get close enough to the intense flames to reach them with their water hose. Finally, out of desperation, he called the local volunteer fire department. They chugged up in their 1946 truck and passed every one of the state of the art rigs and headed toward the center of the fire. They stopped, jumped out, sprayed each other down with water, and then proceeded to put out the fire. When they were finally finished, the millionaire was so impressed with the crew's dedication and bravery, he awarded the chief with a check for \$10,000. Later, a reporter asked the chief what he was going to do with the money. The chief replied, "Well, the first thing we're going to do is fix those lousy brakes!"**

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TO OUR VALUED CLIENT

**B<sup>2</sup> NEWSLETTER**

Page 6 of 6

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**THANK YOU! THANK YOU! THANK YOU!**

Thanks for all the great referrals you have given us this past month. We feel it is our obligation to provide customers with the BEST Real Estate service from the BEST Real Estate Company in the nation. We would like to personally thank those of you who have supported B Square Real Estate. It is wonderful people like you who we build our business upon. We just couldn't do it without you.