



# TPS Bulletin

Term 4 Week 8

27 November 2018

## Coming up...

- ⇒ Thursday 29 November-Breakfast Club
- ⇒ Monday 3 & Wednesday 5 December - 2019 Kindy Orientation
- ⇒ Wednesday 5 December - Year 6 graduation dinner

## Student of the Week

Congratulations - **AMELIA!**

## Letter

A letter regarding 2019 staffing has been sent home with students today.

Included in this letter is correspondence from Alison Ramm, Executive Director Wheatbelt Education District.

## 2019 Kindy Orientation

With our first week of 2019 kindy orientation complete, we are very pleased to welcome 6 new students and their families to our school community. Everyone has really enjoyed having these amazing 3 and 4 year olds in the school this week.







### **Parent Traps**

By Professor Matt Sanders

It's tough being a parent but it's easy to fall into one of the common parenting traps.

**The criticism trap** is when there are frequent power struggles with your child. The situations escalate from criticising to threatening and yelling. This type of discipline often backfires. The parent's anger makes the child and parent resentful and hostile. If these kinds of battles take place frequently, it's time to try a new way of handling the situation.

**The "leave them alone" trap** involves the parent simply not acknowledging their child when they are behaving well. If good behaviour is taken for granted it may be replaced with the misbehaviour that receives more attention. A basic principle of positive parenting is to praise behaviours you would like to see more often.

**The "for the sake of the children" trap** occurs when parents in unhappy marriages stick doggedly to the same marriage routines, for the sake of the children, rather than addressing the problems constructively.

**The perfect parent trap.** There is no such thing as a perfect parent and trying to be one will only lead to disappointment, resentment, guilt, and feelings of inadequacy.

**The martyr trap** is one where parents become so over-involved in the task of parenting they neglect their own needs. The parents' relationship suffers and may end in feelings of dissatisfaction and resentment. Quality parenting can only happen when adults have their own lives in balance.

**Professor Matt Sanders is founder of the Triple P – Positive Parenting Program. For more information go to [www.triplep-parenting.net](http://www.triplep-parenting.net) or contact Donna Jasper 96352216 or [donna.jasper2@health.wa.gov.au](mailto:donna.jasper2@health.wa.gov.au)**