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The Parent Line



@theparentline

A Newsletter for Parents

Fall 2023

# The Parent Line

## Using Redirection as a Behavior Management Technique

Whether going back to school or starting school for the first time, children may often feel nervous and sometimes even scared after a fun-filled summer. They have to deal with the fear of leaving trusted adults and loved ones to build another relationship in their school environment. While some children might adjust well within the first few days of school, others might find the transition challenging. They will express their anxiety and frustration about the experience in different ways. Sometimes children can express emotion through their behaviors, and some behaviors may even be concerning. As parents try to help our young ones to express their anxiety and frustration appropriately, redirection as a parenting technique can assist with the challenges that come with learning appropriate behaviors to express their emotions.



Redirection is used by parents and caregivers to prevent personal injury, promote desirable behavior, reduce punishing interactions, and promote learning and exploration. It is used when a child seems unfocused or when a child engages in harmful behavior. Redirection can be verbal, physical (modeling and demonstration), or both used at the same time. Nevertheless, redirection must be age-appropriate, and free of threats and negative statements to facilitate its effectiveness.



It is worth noting that parents and caregivers be specific so that the child knows exactly what is required of them when requesting a desirable behavior. For example, instead of telling a child who is not focusing on doing their homework but is playing with the eraser to "hurry up with the homework," try asking the child to "put the eraser away and let us finish your homework now," while remaining calm.

### Here are a few tips to consider when redirecting a child:

- Remain calm and do not address the behavior when you are angry or upset.
- Remove the child from the situation.
- Help the child work through the emotions that are causing the expression of negative behavior by empathizing with the child.
- Set limits with empathy.

Sources: "Nurturing program for parents, their infants, toddler, and preschoolers" By: Bavolek, S. J. & Bavolek, J. D.; [Strategies Used to Redirect Child Behavior](#) | [Hello Motherhood](#); [Redirection as a Form of Discipline for Preschoolers](#) ([verywellfamily.com](#))

If you have any questions regarding this topic or any other parenting topic, please contact The Parent Line at 808-526-1222 or 1-800-816-1222.

THE PARENT LINE IS HAWAII'S PREMIER RESOURCE ON CHILD BEHAVIOR, CHILD DEVELOPMENT AND PARENTING SUPPORT [WWW.THEPARENTLINE.ORG](http://WWW.THEPARENTLINE.ORG)

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O'ahu: (808) 526-1222; Neighbor Islands: 1-800-816-1222

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## Special Days to Remember

### September is National Service Dog Month

9/4 – Labor Day  
9/5 – International Day of Charity  
9/12 – National Day of Encouragement  
9/26 – National Family Day



### October is Safe Sleep/Domestic Violence/Breast Cancer Awareness Month



10/2 – International Day of Non-Violence  
10/10 – World Mental Health Day  
10/26 – National Day of the Deployed  
10/31 – Halloween

### November is National Adoption Month

11/1 – National Stress Awareness Day  
11/11 – Veteran's Day  
11/17 – International Students' Day  
11/23 – Thanksgiving Day  
11/26 – National Cake Day



## Pumpkin Pie Smoothie

Source: Fall Smoothies – The Darling Apron

### Ingredients:

- 1 cup Greek yogurt
- ½ cup pumpkin puree (canned)
- ¼ cup oats
- 1 tbsp. honey
- 1 tsp. pumpkin pie spice
- 1 cup ice cubes
- Dash of cinnamon (optional)

### Instructions:

1. With help and supervision from an adult, let your child measure all ingredients, and put them in a blender.
2. Once blender is secured/safely covered, assist your child to press the button, and blend well for about 20 seconds.
3. Assist your child to pour mixture into serving cups.
4. Sprinkle with extra cinnamon if desired.



## Suggested Activity

## The 'Ohana Resiliency Center



Child & Family  
SERVICE  
A private nonprofit serving Hawai'i since 1999

The 'Ohana Resiliency Center (ORC) is an insurance-based Counseling provided by Child & Family Service. With their client centered approach, the ORC helps improve participants' quality of life. Together, the team can create short- or long-term goals to help you overcome challenges. The program utilizes various approaches to healing, including but not limited to Cognitive Behavioral Therapy (CBT) and Trauma Therapy, to improve overall health and well-being. Connect with a licensed professional to help support you during difficult life experiences through the 'Ohana Resiliency Center.

To learn more, please call 808-748-3146  
or visit [www.childandfamilyservice.org](http://www.childandfamilyservice.org)

## Suggested Readings

**Boo! Baa, La La La!**

By: Sandra Boynton

**Around the Table that Grandad Built**

By: Melanie Hill

**Holdin Pott**

By: Chandra Ghosh Ippen

**Gustavo, the Shy Ghost**

By: Flavia Z. Drago



List compiled by the staff of Edna Allyn Room for Children at the Hawai'i State Library, and Piplo Productions. Mahalo!

## Spotlight on Safety

### Stranger Danger

Fall is one of the highly anticipated seasons due to it being fun filled with festivities. Both children and parents look forward to the celebration of Halloween and Thanksgiving. With Halloween being the first



of the celebrations, both parents and children prepare for a variety of activities to make the event memorable as they look forward to the infamous pumpkin carving and going Trick-or-Treating. While Trick-or-Treating is a fun-filled activity for most members of the community, it is a time that accidents occur, and predators take advantage of vulnerable children of all ages. Therefore, parents should make safety a priority and educate their children about 'stranger danger' so that children will be aware of their surroundings while engaging in this fun-filled activity. Parents should help children understand the difference between a stranger and a safe stranger as well as how to identify a safe place when in danger.

To help children stay safe during this festivity, here are some tips that parents can share with their children:

- Children should stay on the sidewalk and cross the street carefully while being supervised by adults
- Avoid knocking on doors without patio lights
- Walk with friends in a well-lit areas
- Avoid entering homes
- Paint faces instead of using mask to enhance children's visibility
- Avoid isolation and talking to strangers



Parents are encouraged to ensure that children are supervised at all times when going Trick-or-Treating. Costumes and shoes should be inspected to ensure appropriate fitting to reduce trips/falls, and fire accidents. Practice how to respond to situations with children so that they can use the skill when needed.

Sources: Teach 'Stranger Danger' in 4 Easy Steps – Cleveland Clinic)  
10 trick-or-treat safety tips – Children's Health (childrens.com)