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Deserving Children, Deserving Parents

San Diego---Throughout the press we are seeing alarming information about the undeserved abuse of children who are being mistreated by their parents. How to deal with this problem is often confusing. Our initial reaction is to remove the child from the parent. Frequently this relieves the symptom but does nothing to deal with the underlying problem of a parent's inability to understand and respond effectively to the needs of their child. It also leaves the child and the parent confused and in even more emotional stress that escalates the tension. Children deserve to have parents who treat them with loving kindness and firm guidance in a way that helps them grow into responsible, cooperative and compassionate adults. Every parent deserves to have the opportunity to learn skills for parenting that will help them be effective at being the kind of parent they want to be, and often did not have when they were a child. No parent wants to deliberately hit his or her child. Striking a child is an emotional reaction and an act of desperation. With parent education parents learn to get the results they want without having to resort to hitting and yelling. There are effective ways to discipline without hitting and yelling, but one cannot use them if they have never been learned.

Parent Education is a growing field of dedicated people who teach basic development and techniques for effective parenting. Redirecting Children's Behavior is a dynamic five-week parenting course that has been taught for over twenty-five years and is endorsed by pediatricians and family therapists nationwide. Susie Walton is a certified parenting instructor teaching RCB in San Diego County. She recently attended the national conference for International Network of Children and Families (INCAF). This conference was a meeting of RCB Instructors who are dedicated to parent education being a mainstream occurrence and for RCB to be an available course for every parent. The goal nationally is to double the number of instructors over the next year and to increase the availability of these classes ten fold.

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A child is the most complex mechanism you will ever encounter, and yet you don't receive an instruction manual for how to maintain healthy working order or trouble shoot the situations that arise.” Susie replies when asked why a parent should take an RCB Course. “Parenting is one of the hardest and certainly

the most important jobs there is. There are times when we just don't know what to do when children begin to act up. RCB has so many tools to offer and to assist in raising responsible children. Often when we do something differently then the children will also, and the outcome can be very positive," says Susie. For more information on Redirecting Children's Behavior contact Susie Walton at 858.509.3069.