Children with parents that use a tough love parenting approach are best prepared to do well in life, according to a recent British study.

Kids that experience a mix of discipline and warmth are more likely to develop important character traits, such as self-regulation, empathy and application by the age of five than parents that use permissive, authoritarian or disengaged styles.

The Millennium Cohort Study involving 9,000 UK households, found that while family structure and parent income levels impacted on children’s development, it was parenting style that had the greatest influence on outcomes for kids.

An analysis of school results is revealing. One quarter of kids with authoritative parents were in the top 20 per cent at school. Next came permissive parenting with 18 per cent, 15 per authoritarian and 11 per cent of this top cohort going to kids of disengaged parents.

Parenting style is not necessarily fixed. It changes over time according to children’s needs, our wellbeing and their ages. Common sense suggests parents need to be stricter with some children than with others and there will be times when parents need to adopt a more permissive approach.

Certainly parental mood and well-being contributes to how parents respond to kids. But most parents will default to one style.

Recent research suggests that if parents want kids to develop the characteristics to succeed, then they should default to authoritative or tough love parenting.

Here are 10 tough love parenting strategies to use in your family:

1. Set limits and boundaries that expand as kids get older and become more capable. Boundaries make kids feel secure and teach them how to behave well.

2. Use a negotiated style with children according to their age and stage of development. Parents also need to realise that not everything is up for negotiation. There are times when the word ‘no’ needs to be heard as parents act in the best interest of their kids.

3. Use consequences and other tools to teach kids to behave well and develop a sense of personal responsibility. Resist the temptation to let kids off the hook when they do the wrong thing. Firm, but fair, is the key here.

4. Put family rituals, such as shared mealtimes, in place to make you interact regularly with your kids.

5. Praise kids for improvement, effort and contribution rather than their ability at school, in sport and other areas of their lives. Focus your positive comments on their participation rather than the results of what they do so kids learn that trying and persistence are important.

6. Recognise cooperative behaviours with positive attention such as praise, physical touch and rewards and minimise negative behaviours through a range of measures such as ignoring and using consequences.

7. Teach kids the skills needed for independence from an early age so they learn to look after themselves. Avoid regularly doing things for kids that they can do for themselves.

8. Adopt an open communication style in your family where kids learn that there’s nothing so bad that they can’t talk about it.

9. Encourage a sense of empathy in children by recognising their emotions and giving them permission and assistance to talk about their feelings.

10. Encourage generosity and kindness in your kids. Do this by sharing toys and other items, helping others and doing chores that benefit their family. This sense of community that authoritative parenting promotes is the real strength of the style.

Here are the top funding round for the Creative Young Stars Program is now open for applications.

The Creative Young Stars program will make grants available for Federal Members of Parliament (MPs) to provide financial assistance for students and young people (25 years and under). Grants of $500 are available for individuals and grants of $3,000 are available for groups of six or more members.

There are four broad categories of activity that will be supported under the Program:
- creative and performing arts
- cultural activities
- academic endeavour
- school and community achievement.

Eligible school students and young people (25 years and under) can apply for grants under this program. Anyone under 18 years will need a parent or guardian to apply on their behalf.

Applications close at 5pm AEST on Friday, 21 June 2013.

SAYING ‘NO’ IS OK

On the back page of this newsletter is a parenting flyer by Michael Grose – Kids shine with tough love.

The key messages and tips contained in this flyer strongly support the research on parenting approaches that promote positive outcomes for teenagers and success in life. The development from adolescent to productive adult has been linked to consistency, realistic expectations coupled with warmth and affection.

You may well ask why I am promoting this particular piece of literature on parenting. In my role I am increasingly experiencing a fallout from parents not saying ‘no’ in a purposeful and well intentioned way. It is often easier for us as parents, I too am the parent of teenagers, to agree to the things asked for on a whim or to go somewhere and/or with someone that puts them at risk. Saying ‘yes’ gets them out of our face and makes for a peaceful existence, in the short term anyway. We can argue with ourselves that saying ‘yes’ is giving them more freedom and responsibility and, while I do agree in part, this must be carefully scaffolded and managed. While many teenagers stop growing physically, their brains are still developing into early adulthood and are making poor decisions as a result. Don’t be frightened to say ‘no’ when needed but make sure you also let them know you love them and want to protect them. Don’t give in to their teenage demands but know that they will be thankful when their brains are fully developed.

CREATIVE YOUNG STARS PROGRAM

The Creative Young Stars Program is a program to encourage, support and celebrate creative, cultural, academic and community achievement throughout Australia by students and young people.

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ASSESSMENT AND REPORTING INFORMATION
A parent update regarding assessment and reporting information from the Tasmanian Catholic Education Office has been attached to this newsletter. Please read for the latest information regarding upcoming reports.

STUDENT ACHIEVEMENT
Congratulations to Eliza Westland (10 White) on her selection to represent Tasmania in the U18 and U16 Hockey teams who will be competing in the championships in Canberra in July and August. All the best, Eliza.

FROM THE DEPUTY PRINCIPAL
Over recent weeks the College has been a very busy environment with new initiatives and consolidation of routines. While away from the College during the month of May, my thoughts often returned to what was happening in the College. I add my thanks to Dr Towns’ previous newsletter comments in regard to the amazing organisational job Nick Lahey did in my absence. His diligence and attention to every detail enabled me to return to stability last week.

In this week’s parish newsletter Fr Peter included a transcript from the London Telegraph on May 30 about Pope Francis and his need to maintain routines. Too often we see our daily routines as boring, without valuing the role they play in our everyday life.

“I didn’t live in the apostolic palace. I go over there just to work and for audiences. I’ve remained living in the Casa Santa Marta, a residence for the bishops, priests and lay people. I’m visible to the people and I lead a normal life – a public Mass in the morning, I eat in the refectory with everyone else, et cetera. All this is good for me and prevents me from being isolated.”


WHERE ARE THEY NOW?
Rachel

WHERE ARE THEY NOW?

Share with others:
Dr Sally Towns
PRINCIPAL

FROM THE DIRECTOR OF MINISTRY
THE EDDIE RICE CAMP - THE REPORT
It is the fundamental work of a school in the tradition of Catholic Christianity to facilitate opportunities where our own students are moved by compassion, recognisance and turn toward those less fortunate, and experience the value of giving themselves in service to others. It is startling to realize the extent of poverty around us, and to give one’s time to make a brighter horizon in the life of a child is the work of Eddie Rice Camps in a nutshell.

Year 10 Leaders had much to say about their experience of being positive role models for the younger children on the recent Edmund Rice Camp.

On what they received...
“arived not only the knowledge but the evidence that there are people out there worse off than me...my bad days are ten times better than some of these kids’ normal days.” Rachel

On being challenged...
“think that the most challenging thing was trying to communicate with the younger kids and making them trust you.” Abbey

“The biggest challenges I thought was making all the kids feel included especially when they would just walk out on you.” Bianca

“The biggest challenges were trying to connect at first to the kids, but then it became easier.” Tom J

On personal “Eddie moments” ...
“My Eddie moment was when Jacob (my buddy) said to me “thank you for everything, you have helped me. I will miss you.” Brayden

“When my buddy held my hand, looked at me, smiled and just said a simple thank you” Bianca

“My Eddie moment was when I made such a difference to a kid that he called me his friend.” Nicole

“My Eddie moment was in the reflection when I made my little speech to Grace, and she cried. It really touched me.” Sophie

“Learning about my own personality and having fun.” Josh

On my own strengths...
“I learnt that I have a strong personality and can tolerate people. I learnt so much about myself that I didn’t know.” Sophie

“I learnt that I have the potential to make a difference even if it isn’t a massive action. I learnt that I can bond with people more easily than I thought.” Ash

“I learned I have a bit of a flair for teaching kids things and helping them to be happy.” Tom K

“I learnt that I’m a lot more patient than I thought, and I enjoy being a leader.” Andrew

VINNIES WINTER APPEAL
It’s that time of the year again! As the temperature drops and the chill deepens, our Vinnies Group will be launching the Winter Appeal. This year, we are encouraging families to donate warm clothes, socks, blankets and any manchester you may not be needing anymore. Please check your linen cupboards and bring items into school or drop them in at a Vinnies bin around town. All donations go toward keeping the homeless warm.

Mrs Linda Pollard
DIRECTOR OF MINISTRY
lpollard@mackillop.tas.edu.au

BANNED SUBSTANCES
We want to be clear, Mackillop College is an alcohol and drug free environment. There are strict penalties for students who are caught with alcohol or drugs.

RESPONSIBLE USE OF TECHNOLOGY – YOUR DIGITAL FOOTPRINT
All students in Year 8 and 9 were presented with information last Tuesday during Personal Development that encouraged students to use technology more responsibly. Students watched and listened to anecdotes about real people and situations which highlighted that every time we send or accept a message or image, we leave our digital footprint, which is often retrievable by various authorities or random members of the public. Students were encouraged to use the terrific technology that we have at our finger tips in positive and productive ways. If students do find themselves in difficult situations, due to their cyber activity, they were reminded to have the courage to communicate with an adult whether that be a teacher, a parent, school counsellor or family friend or relative.

Mr Nicholas Lahey
DIRECTOR OF STUDENT WELLBEING
nlahey@mackillop.tas.edu.au