



## Our Children Tell Us How It Really Is!

by Char Wenc

Being an effective parent is one of the most rewarding tasks in life. It is also one of the most challenging, not unlike our work. Balancing the numerous levels of responsibilities in your life and home, you are left with numerous questions. Many conflicting theories of child rearing can be found in books, newspapers, magazines and on television. Our parents, friends and relatives all have their own ideas. It is so easy to become confused.

Therefore, I decided to listen to what the CLIENT (our child) has to say. With over twenty-five years of working with children

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### Being Really Present

## Dear Addy...

Guest author is Bill Corbett

Dear Addy,  
My kids are super wild when I pick them up at pre-school, and because I've just rushed in from work, fighting traffic, juggling calls and responsibilities, I just can't seem to cope. And of course, truth be told, I suspect I make matters worse. Help!

*~Overloaded Parent*

Dear Overloaded:

I'm so glad you see the connection between their behavior and yours. That moment when parents and children come back together after being apart for a half or full day is more critical to

*continues on page 3*

## Three Misconceptions of Attachment Parenting

by Alyson Schafer

excerpted from Alyson's lively website at <<http://alysonschafer.com>>

This is Alyson's response to a May 21, 2012 TIME magazine cover story on "attachment parenting" featuring a breastfeeding 3 year old.

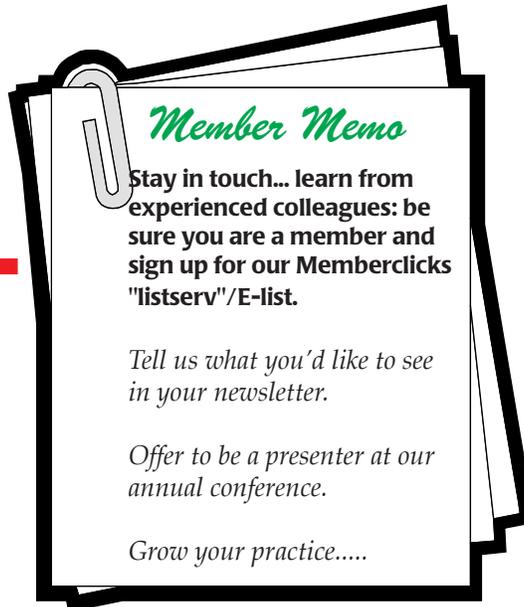
American pediatrician Dr. William Sears created a brand called "attachment parenting" which espouses such practices as co-sleeping, extended breastfeeding and carrying babes in slings in order to meet a child's need to know they are loved and cared for.

I think every parent would want a good 'attachment' experience with their child. However, the exact process of how you attach and how fragile that attachment is, has led me to observe some parenting practices that actually backfire and create more problems than they cure. Let me break that down into a few misconceptions the public harbour.

### Misconception #1: Psychic Distress

Many parents believe that psychic distress is bad and will injure the attachment because they deduce that a child's need is not being met, and that is supposedly an attachment parenting no-no. I disagree. In

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*June in San Diego – What could be more perfect?*

## FE Section Co-Chairs Report...

Dear Family Education Section Members,

We returned from our October COR meetings in Hershey inspired and ready for another great year in the Family Education Section. It was the last COR meeting to be held in Hershey, so it was sad to say goodbye to the wonderful hospitality and great food (lots of chocolate) that have been a part of all our meetings there. Next October, we will look forward to new horizons as we meet in Fort Wayne, which is the home of our Executive Director John Newbauer and the NASAP office.

Section membership (for all Sections) has seen a dramatic downturn by approximately 50% over the last ten years. We want to generate ideas on how to increase membership in our Section as well as NASAP in general. How can we serve you better? We would love to hear your ideas!

### Website Improvements via Memberclicks

We now have "Memberclicks" on the NASAP website. (See related article from John Newbauer, page 4.) There are some changes being made and new things being added. *Coming soon . . .* In the public section of the website look for old articles that are still valuable. They are listed under the Resources tab. In the Members Only section, you will be able to access digital copies of the *Journal of Individual Psychology* from 1935-1987. This is also where you will find the Adlerian Directory. (Just sign in to the website using your Username and Password and go to the Member's Only Tab.) As John describes on page 4, each Section will have its own page where members can post articles and/or handouts. We encourage you to take a look through any articles or handouts you have written and would be willing to share with others in our Section. Please send any articles or handouts directly to the NASAP office so they can be posted on our Section page. (See next column for full contact information.)

This Fall, we changed from our old listserv to the new "Memberclicks" E-list. We are hoping that you will utilize the E-list to stay in contact with other members from our Section, ask questions, and share ideas and resources. To use the E-list, put <[FamEd@nasap.memberclicks.net](mailto:FamEd@nasap.memberclicks.net)> into the address line of an email and it will go out to all members of the Family Education Section at the same time. Naturally, you have to first be a paid-up member of both NASAP and the Family Education Section to access this. John will enroll you automatically in E-list when you are a member.

### Exciting Conventions!

Mark your calendars for the NASAP conference in San Diego June 20-23, 2013 and in Chicago May 22-25, 2014. From what we've seen in presentation applications for San Diego, we should have some interesting and diverse topics to sink our teeth into – including the Parent Track on the Saturday of the conference.

Enjoy the season!

Your Co-Chairs,

Terry Lowe along with Marlene Goldstein ■

## Adlerian Wisdom

**Humiliation:** Humiliating a child is one of the least effective parenting tools. True, by making fun of a child you might be able to change or stop a misbehavior for the moment. But sooner or later the child will strike back at you in revenge, especially if you humiliate him in front of his peers. The short-term change in a child's behavior is not worth the long-term buildup of hostility.

-- from **Coping With Kids** (Alcorn House, 1992) by Linda Albert, PhD

Available through Amazon.com

Contact the author at <[lindasomatron@gmail.com](mailto:lindasomatron@gmail.com)>

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*Dear Addy...continued from page 1*

your child's development than you might realize.

In my years of observing behaviors at child care centers, the behaviors most frustrating to me were those exhibited by the parents coming in to pick up their children. They show up with Blackberry or iPhone in hand, focused on reading emails or sending text messages. Some have Bluetooth devices on their ear, carrying on a conversation. And all the while, their child is jumping up and down with joy to see mommy or daddy, only to be scolded to calm down and to go retrieve their items from their cubby.

Here are 5 tips for making the daily reunion moment special and increasing the bond with your young child. And for helping to calm them down a bit.

First, find a way to decompress when leaving the office. Make exercise a new component of your afternoon or take a few moments to just breathe deeply and meditate. Your child is important and your work will still be there later.

Leave your phone in the car and "show up" in the moment 100% for your child. Wear a face and a smile that says, "I'm here for you and nothing else exists for the moment."

Get down to your child's eye level while he is talking to you. He has so much to share with you that transpired during the time you've been apart. Nothing is more important to him than what's on his mind at the moment.

Keep quiet and take this opportunity to listen. I know that you're running short on time and you have so much to accomplish over the next few hours, but your child

## Choosing the Language of Courage

*By Linda Jessup*

Like a bevy of unwanted rodents, the language of fear pervades every-day conversation in our homes and in our own thinking. Even when we don't intend to communicate apprehension, dread or doubt in ourselves or others, these verbal varmints pop up uninvited. Fearful talk nibbles away at the courage and effectiveness of both the speaker and the listener and undermines our position – and our personal confidence – as leaders in the family.

Stop for a moment and listen to yourself and others. How often do you say – or hear: "I'm afraid we're out of time." vs "Oops! Looks as if we're out of time."

"I'm fearful you're not going to make it." vs. "I'm wondering/Do you think you might miss your bus if you wait for Bobby?"

"I'm afraid you're right about that." vs "I believe/think you're right."

"I'm scared your cold is going to get worse if you go to the rehearsal." vs "I'm convinced you need to stay home tonight and take care of your cold."

"It terrifies me to even think about that movie." vs "In my opinion that movie was creepy; too dark and confusing for my taste."

"I'm freaked out that you still want to play with Jerome after he said you took the baseball mitt and you got in so much trouble." vs "I'm curious about why you would want to play with Jerome..."

"You frightened me when you weren't home by 4:00." vs. "I felt very uncomfortable/I was confused/concerned/apprehensive when you weren't home by 4:00, since you usually call when you run late."

"It scared me to death when you yelled." vs. "You startled me when you yelled."

"You scared the daylight out of me!" vs. "You surprised me when you jumped out of the closet."

*continues bottom of page 6*

doesn't care about that right now.

Fifth, take your child to a park bench or some other quiet area for just 10 - 15 minutes to reconnect. She has so much to tell you about and craves a few minutes of dedicated attention to reconnect.

If you give your child 100% of your attention at the right moment, it will be much easier to get her cooperation to go on to the next thing you have to accomplish.

–Addy ■

*Bill Corbett is the author of the award-winning parenting book series, **Love, Limits and Lessons: A Parent's Guide to Raising Cooperative Kids** (in English and in Spanish) and the executive producer and host of the public access television show **Creating Cooperative Kids**. Website is <<http://cooperativekids.com>>; email <[bill@cooperativekids.com](mailto:bill@cooperativekids.com)>*

## Memberclicks Explained

NASAP's Executive Director John Newbauer provided this explanation of the new Memberclicks system we've adopted. Contact John at [info@alfredadler.org](mailto:info@alfredadler.org).

When we launched our revised website last year, we did it through a service called "Memberclicks" – a membership management software service that helps us keep track of the members and services that members receive from NASAP. It includes our website which they designed with our input. It includes the emails that go out to members notifying them that it's time to pay their dues. It provides an easy way for me to keep in contact with over 2000 people through their email addresses and allows me to send out information about upcoming activities and conferences to them even if they are not members.

For members, there is a "Members Only Section" on the website which provides an online Directory of Members that is readily available to any member who has an internet connection anywhere at anytime. This digital membership directory can be updated by each member by logging in to the website using their Username and Password and clicking on "Members Only." Once you are logged in, you can also control your own information that is displayed in the Directory. You can add or change your email address, change your mailing address, add or change your phone numbers, etc. If you happen to have a webpage of your own, you can put a link to your own webpage or business webpage.

The other advantage of logging into the Members Only Section is that you will then have access to resources under the Resources tab that non-members can't see. For example, there will soon be copies of every *Journal of Individual Psychology* from 1935 to the early 1980s thanks to the Digitization Project that was undertaken by the Adler Graduate School in Minnesota a few years ago. (The project was under the direction of Earl Heinrich, their librarian. The Adler School of Professional Psychology and Wes Wingett provided the articles for them to scan in this project.) Some of these journals are priceless and have great reading in them. We will gradually add more material over the next couple of years. You can also listen to any of the Taptalks that you missed. They are now visible to you for listening or downloading once you log in as a member (again, under the Resource tab). And, when it's time to renew your membership, if you log in, your form is completed for you and all you have to do is make any updates to your information, click a few checkmarks and pay.

The "E-list" is a feature of Memberclicks that replaces our "Listserv" which all of the Sections had. We are trying it out to see if it will be as useful or more useful than the Yahoo listserv that we were using before. A listserv or "E-List" is simply a way of communicating with all the other people on the list at one time. All the Sections have their own E-list.

So, we have a [FamEd@nasap.memberclicks.net](mailto:FamEd@nasap.memberclicks.net) E-list. When you send an email to [FamEd@nasap.memberclicks.net](mailto:FamEd@nasap.memberclicks.net), you are sending an email to all the other members of your Family Education Section.

One of the nicest things about the Members Only Section is that when you log in, you can go to "Edit My Profile" and you will find a "My Features" tab that you can click on and it will give you an option to look at any committees that you may be on that has an E-list set up; all of your E-lists that you are on; and eventually, you can even store your continuing

education information online there to have it all in one place.

When you click on "E-lists" under "My Features" you will get a list of all of your E-lists. If you click on one of the E-lists, you will open up a new page with a listing of all the emails that have gone out to your E-list. If you click on the Member's Panel on the left side, you will get a list of all the members of your E-list – so you can contact them individually if you want.

Please remember there is also a Calendar on our website. You get to it from any page on our website: it's a little tab in the far upper right corner of each page.

I hope this helps. The best thing I can say is for you to spend a little time on our website and see what is there. You will see more if you are logged in using your Username and Password. (If you've forgotten what that is, just email me and I'll be happy to remind you.)

Of course, the web address has not changed. So, come visit us often at <http://alfredadler.org>, enjoy surfing and stay up-to-date with NASAP! ■

### ICASSI Endorsed by Member

Families, couples and singles all would enjoy ICASSI July 21- August 2, 2013 in Holland. You may attend classes for one or two weeks. Check out the [www.icassi.net](http://www.icassi.net) website.

Family Education Section member Kay Kummerow first attended ICASSI in 1976. And her niece, nephews, mother and siblings have all shared the ICASSI experience.

Contact  
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## Membership Matters

### Secretary-Treasurer Vacancy

Kerry Mayorga's term is ending in June. Thank you for serving, Kerry! We will be holding an election for a new Secretary-Treasurer at the San Diego convention. The time commitment is modest, but this office provides an opportunity to give back and build a résumé. If you are interested in being part of our leadership team, please write to the Co-Chairs and offer to serve. Use the Nomination Form found on page 8.

### Attachment Parenting....continued from page 1

fact, certain psychic distress is exactly how we build mental strength and resiliency. Of course, everyone would agree that distress like living in a war-torn country, or witnessing or experiencing abuse is injurious, but having to walk instead of being carried in mommy's sling is a different kind of stressor, isn't it?

Just as the chick must peck its way out of the egg, using its muscles to strengthen its neck and lungs in preparation for life outside the egg, so too does a child need to struggle with disappointment, failure, loss and frustration. This is how one learns to trust oneself and to manage life's ups and downs. It builds a positive self-concept of being capable.

### Misconception #2: Needs Versus Wants

Does the 3 ½ year old on the cover of TIME Magazine 'need' to nurse or does he 'want' to? At 3 ½, if nursing was a need, the dietary challenges to the mother would be immense. Suckling for soothing is not the same as providing breast milk for its nutritional value. Of course, soothing a child is an important parenting role, but so is teaching self-soothing. It's a skill to be learned. Being dependent on a mother's nipple to soothe is time limiting even if we disagree on what the timing is.

Attachment parents seem to over estimate their youngsters' needs and under estimate their wants. Children who always get what they want come to expect that this is their right. They learn to use tears and upset to get their way instead of more socially adept methods.

Deciding to start and stop breastfeeding is personal. I don't want a mom to feel she needs to carry on breastfeeding because she believes if she doesn't the child's mental health is compromised. Every woman should respect herself enough to honour her inner voice and listen when those 'NO' feelings arise.

### Misconception # 3: Kids First, Parents Last

Parenting is about training our children to be cooperative and to participate in the 'give and take' required of social living. No one should be unduly burdened or leaned on in the family. That is disrespectful.

Attachment parenting seems to focus solely on the child and not on the health of the entire family unit. Co-sleeping might be nice for a toddler, but if the child kicks, turns and disrupts the adult's sleep, the needs of the parent to get proper sleep are being diminished. If we remind ourselves to go back to the simple notion of cooperation and ask if everyone is happy and feeling cooperative with one another, then you can't go wrong. If five

people want to tangle together to sleep and they are all happy and willing to do so then ENJOY! But sadly, in my experience of working with families, this is rarely the case.

Usually it's mom sleeping with a baby or toddler while dad sleeps disgruntled and alone in a kiddie bed or on the couch. Too many times I have seen co-sleeping as an avoidance tactic, using the presence of kids to avoid facing the real issue: a dying sex life between mom and dad.

If you want an attachment family, don't forget to attach with your partner. You will be doing a great service to your children if you model attachment by having a good strong marriage – and a good sex life only improves matters. I say, "reclaim the matrimonial bed" and trust that kids will benefit from seeing two parents glowing in the morning. If you are a single mom/dad and are co-sleeping, ask yourself whose needs are really being met? Yours? Or theirs?

### In Conclusion...

Let's raise children who are loved and cared for and who feel a sense of connection and belonging in their family life. Let's show them how to manage on their own and with others while teaching them life skills. Let's pledge to set boundaries and reinforce them. Let's treat ourselves with respect and dignity, too. And finally, never do for a child something they can do for themselves...even if it's a hassle right now, it will pay off in the future. ■

*Alyson Schafer is a past FES Co-Chair. A renowned speaker and popular TV guest throughout Canada, she is the author of three books (so far!), blogs and distributes parenting tips via <<http://alysonschafer.com>>.*

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*Children Tell Us...continued from page 1*

and families and being a parent myself, the research opportunities have been numerous. I have listed below the top eight points that children say that they wish their parents would do to be more effective. You may be surprised.

1. The amount of time we spend together is not as important as how we spend that time.
2. If you nag, I will pretend that I am deaf.
3. I really should not have everything that I ask for. I know that if you give in to me, you are spoiling me.
4. Mean what you say! Inconsistency makes me try to get away with everything I can.
5. An honest apology from you makes me really good and I respect you more. (This works well with our clients and staff, too, doesn't it?)
6. Treat me with the respect you show your friends. I learn more from a model than a critic.
7. There are times I just want to keep you busy with me. Therefore, I ask silly questions or misbehave; it works every time.
8. Tell me you love me often! I never get tired of hearing it.

No, I did not make these up! Children do know what they need to grow up to be happy and responsible in life.

Your ability to be successful in your profession is based on the education, dedication and skills that you employ each day. Many of these tools for success transfer into the development of happier homes. ■

*Char Wenc is a university professor, author, educational consultant and professional speaker. Her books include **Cooperation: Learning Through Laughter, Parenting: Are We Having Fun Yet?, and Stop the Door From Slamming – The Power of Respect.** Her website is <<http://charwenc.com>>.*

*Choosing Language of Courage...continued from page 3*

"I'm worried you're not going to be prepared for your spelling quiz / you won't be packed in time / have what you need." vs. "I'm interested in how you plan to prepare for your spelling quiz / be packed in time / pull together what you need for your camping trip."

When we operate out of fear we lose our ability to lead. Fear communicates weakness, disorganized energy and a lack of confidence.

Fear constricts our thinking. Courage is expansive; it opens up new possibilities.

Leaders inspire confidence in themselves and in others, even when they are not sure of what to do.

Fear discourages. Courage encourages.

Here are some examples of comments from parents demonstrating courageous leadership:

"I'm convinced you can stand up to the pressure to act silly in music class. Just think how you stood up to all of us trying to talk you into coming on our hike last weekend! You're certainly no pushover."

*concludes next column*

*Language of Courage...concludes*

"I trust you'll honor your promise to make cookies for the bake sale tomorrow, even though right now you'd rather play with your buddies."

"I have faith in you, Maddy, although it sounds as if you're doubting yourself right now."

"Although I was shocked to hear those words come out of your mouth, I'd like to understand why you might say something so vulgar to Dennis. I'm also interested in your thinking about how else you might have handled the situation and what you intend to do about it now."

"I'm confident you'll either be ready or you'll deal with missing your ride."

"It appears to me, from what you've told me, that she's a powerful girl in your class, but she uses her power to hurt others. What are you thinking of doing about it?"

*(This reminder to be intentional in our choices of words was originally written for PEP's new text book, **Parenting With Courage and Uncommon Sense.** I credit my awareness of this topic to the way my daughter-in-law, Zena Carmel-Jessup, and my son, Matt, speak to their children. I have used these ideas to create exercises for parents so they can practice using more intentionally courageous communication.) ■*

*Linda Jessup is the founder of the Parent Encouragement Program/PEP, in the greater DC area, and has served in multiple capacities in NASAP, including on the COR as Membership Chair and Co-Chair of the Family Education Section. She divides her time between Colorado and Maryland and can be reached at <[lindajpepwest@aol.com](mailto:lindajpepwest@aol.com)>.*

## What's So Bad About Falling Down?

The author cited below is the Dreikurs-raised oldest child of your editor. Our "editorial board" approved the inclusion of this article by Bryna Gamson.

While jumping from boulder to boulder or tree stump to tree stump might lead to bruises, for many naturalized playground advocates around the world, that's part of learning by doing, and building resiliency. In addition, many experts in the international movement urging the expansion of "green schoolyards" see links between a challenging, creative natural play area and a decrease in bullying. As Adlerians, these ideas certainly resonate with us. They are presented, along with detailed examples of green schoolyard designs, in Sharon Gamson Danks' award-winning text, *Asphalt to Ecosystems: Design Ideas for Schoolyard Transformation*. (New Village Press, 2010)

### Boredom and Bullying

Co-founder of the International School Grounds Alliance and an environmental planner, Danks takes note of the association between "ecological" or green schoolyard environments and cooperative play.

She reports research which suggests that schoolyard "nature play" areas encourage collaborative and cooperative play, while also reducing aggression that often occurs on traditional playgrounds. In her book, she cites a speech given by Richard Louv (who writes about connections between family, nature and community) in which he noted that traditional schoolyards – with their emphasis primarily on competitive sports and athletic ability – reward students who are the strongest and fastest and allow them to rise to the top of the playground social hierarchy.

next column

## Countdown to San Diego June 20-23, 2013

*Encouraging Each Other, Healing Our World* is the theme for NASAP's 2013 convention next June. What a great topic, and what a wonderful location: San Diego at the start of summer. Make your plans now!

The Family Education Section holds its annual meeting at the conference. Last year, we altered our format a bit, and were treated to an energetic, pragmatic talk by outgoing FES Co-Chair Patti Cancellier. On the basis of much positive feedback, not only will Patti be presenting this same topic (*Why Don't My Kids Listen to Me?*) in the special Parent Track in San Diego, but also we will be treated to another skill-building presentation at our FES meeting. The speaker will be another talented member, Jody McVittie, M.D., whose topic is *Family Education for Healing the World*.

Patti's presentation addresses parents' #1 complaint – that their children don't listen to them. If you are looking for suggestions on how to get your kids to listen, this session is full of ideas including how to avoid lecturing and nagging. If you want ideas to cover material in new ways with parents that you work with, this session is full of nuggets. Patti covers everything from using an interruption signal to Grandma's Rule. If you're not sure what Grandma's Rule is, join us in San Diego to find out.

Jody's presentation will review the long term impacts of intra-family violence and focus on what creates resilience to those impacts. Specific tools and practices will be reviewed and taught experientially.

In addition, the Parent Track at the conference – meant to attract parents to our conference – will have additional talks. Of course, we think our Family Educators will also find them useful and instructive.

If you have an idea you'd like to present but missed the proposal deadline or feel your idea won't take a full 60 or 90 minute slot, think about applying to be a Poster Session presenter. The deadline for that is March 1. Visit the NASAP website to download the application. Expand your career, get a little practice, and enhance our shared knowledge by presenting. ■

### Green Schoolyards...cont from column 1

"Their physical dominance seems to lend itself to bullying and other types of playground aggression in an environment dominated by asphalt and playfields," she writes. Danks has made similar observations of playgrounds around the world. She posits that children are bored on asphalt playgrounds because they have limited play options; structures rigidly designed for hardscapes carefully engineered to protect children at play provide few creative options.

"Bored children are more prone to cause trouble as a way to amuse

themselves or add variety to their 'play,'" says Danks.

She goes on to write "By contrast, Louv has argued, the leaders who rise to the top of the playground social hierarchy in a green schoolyard or natural play environment are typically those who are the smartest and most creative. These children make up games and collaborative interactions, completely changing the dominant dynamic in a play space. This finding suggests that the best way to end bullying may be to disempower the bullies by changing the physical and thus,

[concludes on back page](#)

*Green Schoolyards...cont from page 7 social landscape."*

**Dangerous Play Teaches**

Allowing children to explore a "dangerous" play area might well build resiliency, a notion dear to Adlerian hearts. Perhaps children are being so overly protected with supersafe play environments that they are clueless as adults on how to go about taking responsibility for their own safety.

"'Dangerous play' is a good thing, says Danks. "It teaches kids to find their own limits while they are still young, so they will have better judgment and coordination when they are older. German insurance companies are actually asking schools in Berlin to create more dangerous playgrounds in order to teach children better balance and to prevent the

population from having too many uncoordinated adults who have serious accidents."

What a great example of the utility of the Adlerian parenting principle of growth through natural consequences – allowing learning to take place through experimentation.

With our interests in human dynamics and the welfare of children at home as well as in school, learning more about the benefits of green schoolyards should make our "to-do" lists. ■

*You can find out more about this topic of green schoolyards by going to <<http://www.greenschoolyards.org>>. Sharon Gamson Danks can be reached in Berkeley, CA at <<http://baytreedesign.com>>.*

**Call for Nomination for Secretary-Treasurer**

Term beginning at San Diego meeting in June. 3 year term. Please send to Co-Chairs by mail or email (see page 2) by February 1. Offer to serve!

**Name** \_\_\_\_\_

**Contact information** \_\_\_\_\_

**Member Signature** \_\_\_\_\_

The mission of the **North American Society of Adlerian Psychology** is to promote growth and understanding of Adlerian (Individual) Psychology, the work of Alfred Adler, and effective approaches to living based on his philosophy. NASAP membership includes educators, psychologists, psychiatrists, counselors, parents, business people, community organizations and other interested people. The **Family Education Section** applies Adlerian principles to the home. Members are professionals and nonprofessionals dedicated to understanding and improving family relationships between children and adults, with couples, and among individuals.

**Oh Boy Oh:  
San Diego!  
June 20 - 23  
NASAP 2013**

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