

# Candyce Lund Bollinger

Parent Educator & Counselor

## Dear parents and educators,

I have been trying to find a way to distribute information and support those of you working with children. I have also had requests to have materials that people could share with friends and family outside of the community.

Starting in July, I will be providing a newsletter every other month which will include an article concerning parenting and/or child development, a calendar of my speaking engagements, and a section to answer specific questions.

Hopefully, this will help meet the needs you have expressed.

Sincerely,

**Candyce**



## Q & A...

My 3 year old has been sleeping in her own bed for over a year and suddenly she wants to sleep with us again in our bed. What is going on and how do we handle the problem? ~**Andi**

This is a typical development sleep issue. Three year olds are fearful of being away from Moms and Dads, especially at night. It is common to have them want to sleep with you again. For many parents this is not something they want to do or find that there is no longer room for everyone to sleep in one bed again.

Some parents will set up a place for themselves to sleep in their child's room for a few months, so when their child wakes or is resistant to go to sleep they can be in the room with the child. Other parents will set up a pad and sleeping bag next to their own bed and instruct their child to quietly come in when they wake and sleep in the designated area.

If the child is resistant to going to sleep you might try getting out the old baby monitor and reversing the receiver, so that your child can hear you in the other room. Some people will sit outside their child's room with the door open and fold clothes until the child falls asleep.

Remember, resolving the sleep issue is often not an event but an on going process. During each stage of your child's life the bottom line is that you find a strategy that allows everyone the most sleep. That strategy can be different depending upon each family's needs.

## ***THE MAP OF PARENTING***

Parenting is one of the most challenging journeys a person will undertake. There are very few jobs that require as much responsibility and skill level with so little support and training. We are often beginning the journey with very little idea of direction and destination. Perhaps it would be useful to create a “map” to assist in staying the course of positive, productive parenting.

What is that map? The map is a vision of what characteristics you would like your child to have when they reach 25 years old. That is the age that is defined as the end of adolescence. We all want our children to be happy, functional adults but we rarely step back to identify the skills and characteristics that would enable our children to manifest that outcome.

Without that clarity, we often lose track of what our role is and how we can be successful in that role. What tools do we need? What approach or strategy would be appropriate and efficient? It is no surprise that so many of us feel “lost” or inadequate when working with our children. The map will vary to some extent, depending on your own personal and family values.

The way to begin to create your own personal map is to begin to make a list of characteristics you would personally like your child(ren) to exhibit in adulthood. This is a map that will evolve as you continue your parenting experience. You will add characteristics as you recognize their value or need. You will also be adapting the map as your child reaches different **developmental stages** and as you recognize their own unique **temperamental** traits.

**Here is a list of possible characteristics you may want on your own “map”:**

<b>Responsible</b>	<b>Integrity</b>	<b>Optimistic</b>
<b>Respectful</b>	<b>Kind</b>	<b>Playful</b>
<b>Empathic</b>	<b>Self-defined</b>	<b>Productive</b>
<b>Communicative</b>	<b>Problem Solver</b>	<b>Organized</b>
<b>Decisive</b>	<b>Emotionally intelligent</b>	<b>Insightful</b>
<b>Compassionate.</b>	<b>Adventurous</b>	<b>Resourceful</b>
<b>Self- moderating</b>	<b>Life long learner</b>	<b>Self-reliant</b>
<b>Sense of humor</b>	<b>Self-aware</b>	<b>Courageous</b>
<b>Patient</b>	<b>Self-motivated</b>	<b>Sensitive to others’ needs</b>
<b>Creative</b>	<b>Passionate</b>	

These are only some of the possibilities. My hope is that once you have a vision it will lead you to seek the tools and refine the techniques you will use in your parenting. This is just the first step and I look forward to providing information which could be helpful in attaining the outcomes you are wanting for your children.

## Classes

Classes taught at South Puget Sound Community College. Open Registration when space in class is available. To register call 360-754-7711 ext. 5434 or [www.spscc.ctc.edu](http://www.spscc.ctc.edu)

DATE	CLASS
June 25, 2007 to August 15, 2007	Parenting Your Infant I (birth to 7 months) Tuesday 12:30 to 3:05 pm
(Summer Quarter)	Parenting Your Infant II (7 to 13 months) Tuesday 12:30 to 3:05 pm
	Parenting Your Toddler I (13 to 19 months) Tuesday 9:30 am to 12:00 pm
	Parenting Your Toddler II (18 to 30 months) Thursday 9:30 am to 12:00 pm
	Parenting Your 3-4 Year Old (30 to 50 months) Monday 9:30 am to 12:00 pm
	Single, Step and Blended Families Thursday 6:30 to 9:00 pm

Classes taught at Candyce Lund Bollinger's counseling office. Call 360-357-9480 or email [info@candycelundbollinger.com](mailto:info@candycelundbollinger.com) to be placed on the waiting list

DATE	CLASS
June 27, 2007 to August 1, 2007	Parenting Your 8, 9, 10 year old 6:30 to 8:30 pm

## Presentations

To organize a presentation for your group please contact us at 360-357-9480 or [info@candycelundbollinger.com](mailto:info@candycelundbollinger.com)

DATE	EVENT
July 8, 2007	Parenting your 5, 6, 7 year old Candyce's Counseling Office 8:30 am to 12:30 pm Call to register 360-357-9480
July 15, 2007	African Humanitarian Project Fundraiser Workshop Self Definition / Living Authentically 12:00 to 4:00 pm Call to register 360-357-9480
July 22, 2007	Parenting your 11, 12, 13 year old Candyce's Counseling Office 8:30 am to 12:30 pm Call to register 360-357-9480

Candyce Lund Bollinger's newsletter is produced 6 times per year. The subscription fee is \$15.00 per year. You may subscribe online at [www.candycelundbollinger.com](http://www.candycelundbollinger.com) or by emailing [info@candycelundbollinger.com](mailto:info@candycelundbollinger.com).



### ABOUT CANDYCE

*Candyce has been a parent educator for over 25 years and a counselor in private practice for 18 years. She is the mother of four children and lives and works in Olympia, Washington.*