

Secrets of Parenting Podcasts

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Hello, This is Karen DeBord and today we will be talking about Secrets of Parenting... I want to talk with you today about routines and rituals. Research tells us that routines and rituals are what we remember from our childhood and what creates a sense of family. What is an example of a routine? A family mealtime or a birthday celebration? Vacuuming the car? The first day of kindergarten? Actually the best example here is family mealtime and birthday celebrations. Family mealtime gives us a time to check-in with each other, discuss the day and reconnect. It provides a time to be together and is a healthier lifestyle than eating on the go.

Although vacuuming the car and the first day of kindergarten are perhaps important activities in families, they are not generally part of a routine, happen each year at the same time, or each day at the same time. Routines are particularly meaningful and build a sense of family unit- helping us feel a sense of belonging, knowing we take time for each other, we enjoy each other and take time to make our time together special. What routines and rituals are you creating that will be remembered in your family?

Let me ask you another question about children. Will giving children all he or she wants including gifts and privileges make them just want more and more, make them happy, or make them well-behaved? It is doubtful that it will make them more well behaved and it teaches a child to be shaped by STUFF. Will showering them with gifts make them happy? Overindulging children leads to heartache later on. It doesn't mean that we don't give some, but balance it. What is more often true is that it does make them want more and more. Children will learn to expect whatever they request and some children begin to equate what they get with "love." I will talk in another segment about the Languages of Love and maybe it will be important for you to know how your child likes to be shown love-it's not always with gifts and privilege allowances.

Children need to understand that they are valued and have a purpose. This sense of value and purpose helps them learn actually. Children need to feel they are loved, valued and have a bright tomorrow waiting for them. How will you convey this to your child? How will you show them they are loved and valued? It is critical to your relationship and to them!

This is Karen DeBord with North Carolina Cooperative Extension.