

What's Inside:

Are You A Bully?
Pg 1

Family Fun for Less
Pg 2

Let's Talk About...
Bullying
Pg 3

Healthy Recipe for
Kids
Pg 3

TAB Program
Pg 4

Upcoming Dates
Pg 4

Are You A Bully?

As a parent you work hard to protect your children from bullying but through your efforts have you become the bully? It may not be an easy concept to grasp, but it needs to be considered all for the benefit of your child's growth and wellbeing.

Being a parent you may often view your children as inferior, falling second to your own needs. This does not mean that you are a poor parent or that you do not love your child, but rather you are entranced by the idea that you need to do what is best for them, and to do so, they must be controlled.

Parents address their child's needs by giving them what you think they need rather than what they want. You ask *Do you want green beans or carrots? Do you want to do your homework now or after dinner?* when you know they want potatoes or would rather never do their homework. By giving children the impression they have choices, you are able to manipulate them into doing what you want.

Manipulating children with limited choices; monitoring everything they do: what they eat, wear, play; hearing their complaints but not listening to or addressing them are all ways you can bully your children.

This mass control over children is justified as being what is best for them in the long run, but what if your parenting methods are too extreme? What if parents are teaching their children how to bully without realizing it? It is a concept worth considering, and vital that you act now. Before you can terminate any bullying behaviors you may inflict towards your children it is important to recognize that you have them. From there you will become more conscious of your actions and be able to work towards better raising and teaching your children.

For further information on this subject and on how you can refrain from imposing bullying behaviors towards your children, visit ourmuddyboots.com

Fun for Less

July 15 – Infant and Toddler Story time

Promote early literacy and language development with your child through interactive games at the Gere Branch Library from 10-10:20a. For children 0-18 months.

July 17 – Friday Nights Live

Each Friday from 6:30-8:30p SouthPointe pavilions holds a concert featuring live music great for kids and delicious food.

July 22 – Michaels

Make fun crafts each week on an imaginary road trip in the craft store's classroom from 10a-12p.



July 25 – Hyde Memorial Observatory

Listen to astronomy presentations and view the night skies through 3 different telescopes every Saturday night from 7-10p.

July 27 – Superhero Book Club

Strengthen reading skills and discuss favorite books at the Gere Branch Library from 3-4p. This book club offers a variety of different novels so there is something for everyone to enjoy.

July 29 – Movie Night

Come and watch classic favorite films with a focus on heroes at the Walt Branch Library from 1-3p. Great for teens and children.

Recipe of the Month

Granola Bars

You will need: 2 cups rolled oats, 3/4 cups brown sugar, 1/2 cup wheat germ, 3/4 teaspoon ground cinnamon, 1 cup all-purpose flour, 3/4 teaspoon salt, 1/2 cup honey, 1 beaten egg, 1/2 cup vegetable oil, 2 teaspoons vanilla extract



- 1) Preheat oven to 350 degrees F (175 degrees C)
- 2) In a large bowl, mix together oats, brown sugar, wheat germ, cinnamon, flour, and salt. Make a “well” in the middle, and pour in honey, egg, oil, and vanilla. Mix well using your hands. Pat the mixture evenly into a 9X13 inch-baking pan.
- 3) Bake for 30-35 minutes in the oven, until bars begin to turn golden. Let cool for 5 minutes before cutting bars into shapes.

Let's Talk About... Bullying

If your child has not been bullied in their life, chances are they will be in the future. Parents, schools, and anti-bullying organizations send out messages to children to prevent this experience from occurring, but there is only so much these groups can do. When the time comes, it is important to show support for your children and to be able to talk with them the right way.

Show interest in talking with your children but do not force them to open up about bullying before they are ready to do so. Even if they are not ready to talk with you, let them know you are available to listen and be patient and encouraging. Show your child your support and check in regularly about what is going on in their life; do not isolate them. Trust what they say, and if they are facing serious bullying issues, find resources for them to use.

The most important thing you can do is be prepared to help your child through this difficult issue and by following these steps you will be ready to address the bullying while also working toward an improved relationship with your child.



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Take A Break offers respite to any parent or guardian with children between the ages of six weeks to 10 years. The program facilitates opportunities for caregivers to recharge while their children are cared for in a safe, nurturing, and fun environment where children enjoy crafts, exercise, and games.

Families of all incomes qualify for the Take A Break program, but this service requires a sliding fee scale based upon the family's size and income.

Experienced staff and volunteers are CPR and First Aid certified, and trained to work with a range of behavior disorders and disabilities.

To register, or to learn more information, please contact Mary Shada at 402-434-3494 ext. 103.

Take A Break Upcoming Dates

Please make note that on the Fridays Respite childcare will be provided at Grace Lutheran Church on 2225 Washington Street.

July 10, 2015 6:30-8:30p

August 7, 2015 6:30-8:30p

September 4, 2015 6:30-8:30p

September 11, 2015 6:30-8:30p

October 9, 2015 6:30-8:30p

November 6, 2015 6:30-8:30p

November 13, 2015 6:30-8:30p

December 4, 2015 6:30-8:30p

December 11, 2015 6:30-8:30p



Please call 402-434-3494 ext. 103 to register your child no sooner than the Monday before and no later than the Thursday before the scheduled Friday. To cancel, please call no later than the Thursday prior to the session.