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The WINning Edge News

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Can you believe it? October is half over and it will be snowing sooner than we think. I love the fall! The fall leaves changing, the yummy cider and donuts. Ahhhh, it's great to have the 4 seasons here in Michigan. While I lived in Georgia for 5 years that's probably the only thing that I really missed. Even though I'm not a great fan of the snow, it seems like something is missing without it.

In a few more weeks the kiddos will be collecting their candy door-to-door and the sugar rush will soon follow. I've decided to dedicate an article of this edition of The WINning Edge News to children behavior. Instead of allowing a free for all with their candy they have collected why not have them earn it. Yes they did go door to door to get it, however allowing them to have as much as they want, when they want can only create problems not only with their teeth, but their behavior.

Expect Success!

Bridget Goudelock

A Sticker Chart Can Help Modify Your Childs Behavior

Are you at your wits end with cycle after cycle of bad behavior with your child? Do you raise your voice more than you'd like to?

It is true that children know exactly what buttons to push when it comes to discipline. They know when and how to test your allowances. YOU...The parent, should be in full charge. Not the other way around. A colorful sticker chart proudly displayed on your refrigerator can be of some significant assistance.

A behavior modification plan (if used properly) can successfully break through the cycles of undesirable or bad behavior. This can also be an effective learning tool to assist them in progressing to a new level of social development. Children love stickers. They make them feel special.

Present this behavior modification plan to your child with enthusiasm. Talk about it in a positive way. Let them know that you want them to learn and maintain good behavior habits and this is a really fun way of doing it. Take them shopping with you to pick out the stickers. Have your spouse join in on the excitement.

It is advised to give the plan four to six weeks to be effective. This should give your child a clear understanding of YOUR expectations for his or her behavior. These charts can also be used to assist with daily chores and homework.

Sticker charts assisted me in disciplining my own son. It worked like a charm. You can use various colors of construction paper to make these charts. I used the color blue. That is my son's favorite color. I used a black magic marker to outline the charts. But, use your imagination...you can make them up however you wish. You can also use poster paper.

At the top of the chart, write your child's name. Then list the desirable behaviors that he or she need to learn. For example: honesty, cooperation, responsibility, kindness.

Making a chart up for each month is ideal. Draw lines separating the listed behaviors. Place the date on the left side of the chart...drawing lines for each day of the month. This way, you will have a square to display a sticker for good behavior for that particular day. Make sure you have bright, colorful stickers on hand at all times. They can include, smiley faces, stars, hearts...anything that you think will capture your child's attention or anything they might like.

For each day your child earns your approval on a particular behavior, place a sticker on the chart for that day. Be generous when just beginning the plan to motivate and encourage. Then adjust the amount of rewards accordingly. Help your child understand the value behind these behavior changes...(to feel better about themselves, not just to please you.)

Here are some helpful tips:

- 1) Be consistent with the plan. If your child feels that you have lost interest in the charts...he or she will most likely lose interest as well.
- 2) Go the extra mile and really show your admiration, appreciation, and approval when they display desirable behavior.
- 3) Take stickers with you wherever you go. You can also reward your child with them when you're away from home. Children love to wear them on their clothes.
- 4) These charts are beneficial for teachers as well as parents
- 5) When your child completes a whole week (or month) earning stickers consecutively everyday, give them a special treat. Go out for pizza, go to the show, or let them invite a friend to stay over for the weekend.
- 6) (Important)...Never, ever forget to use plenty of smiles, hugs, kisses, and praise along with the rewards. Hugs and kisses go a long way. It is important to let your children know they are loved and special.

*Article written by: Tammy Embrich
Tammy is an Internet Marketer and is the
Owner of: www.onestopwebemployment.com
And Owner of: parentzone.blogspot.com*

5 Tips to Prepare Your Family for Entrepreneurship

1. Coordinate your schedules. Each week, sit down and coordinate your work/errand/family schedule with your husband's, so there are no surprises.
2. Your marriage is a partnership; don't try to do it all alone. Ask your husband for help with the housework and the children.
3. Carve out family time every weekend, so you can maintain a sense of balance, and your children and husband do not feel pushed aside.
4. Schedule quiet time during the day when the kids are home for the summer. Ask them to read or play quietly for an hour, letting you focus on work. Follow it with family time.
5. Let your children help. Helping you out in your business, even in very small ways, will encourage their support and understanding.

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Is Your Life Balanced?

Is your life balanced? Your life may be out of balance if you feel overwhelmed by the number of items on your to-do list; if you feel like there are so many things you want to do, you'll never be able to do them all; if you feel like if one more person asks you to do something, you'll scream.

A balanced life is one in which we are the master of our schedule, we do only what we want to do, and we are in control. A balanced life is having the time for all the things that have meaning to us. Sound impossible?

Here are three tips to start balancing your life:

1. Figure out where your time is going. Before you can create balance, it's important to know what activities are zapping time out of your schedule. For two days, keep a time journal.

Write down every task you do, and how much time you spend on it. Don't cheat! If you spend an hour surfing the net, write that down. The point of this exercise is to take an honest look at what is draining your time.

2. Determine what activities really feed your soul. Activities that feed your soul will make you come alive. They will feel fulfilling to you, and you will genuinely enjoy them. There are things we all do that drain our energy. These are activities you feel obligated, or pressured to do, or they are "mindless" activities that you might do to avoid something else.

When you've completed your time journal, go back and look through the activities that you spent time on. Think about each one, and mark next to it whether it was fulfilling or draining.

Now, begin the process of weeding out the draining activities. It may take a few weeks to get through what you've already committed to, and to break habits – like surfing the net when you should be working on a project. But, when scheduling new activities, or, when you're on the brink of starting something that's a draining activity, really think about how it's going to serve you and if you truly want to engage in it.

3. Say no. You do not have to accept every invitation, you do not have attend every gathering, or accept every project. When someone asks you to be involved in something, tell them it sounds interesting, and you'll check your schedule and get back to them.

Take some time to really think about how the project would serve you and what your intentions for participating would be. If you feel yourself only wanting to accept the project to make someone else happy, it's a good sign that this is not the project for you. Graciously thank the other person for thinking of you, and simply let them know you can't commit to it at this time.

Saying no is not an easy thing to get used to. But, you can do it in a way that is loving, and that is not adversarial.

Changing your life so that it is more balanced will not happen over night. It will take some time to get used to cutting out activities that drain you. But, once you feel how wonderful it is to have control of your schedule, and to only engage in activities that feed your soul, it will become easier and easier!

Jenn Givler is a Business Empowerment Coach. She specializes in teaching new entrepreneurs how to get started in their business. Jenn can help you find your passion, create your business plan, and begin effectively marketing your business. For weekly business tips and advice check out her e-zine: www.jgivlercoaching.com/newsletter.html

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COMMUNITY HAPPENINGS

October 17th—Royal Oak Chamber Coffee. Join us for coffee and networking at our popular Chamber Coffee, hosted by Leon & Lulu, located at 96 W Fourteen Mile Rd in Clawson. No reservations are necessary and this is a FREE networking event.

October 22nd—REDESIGN YOUR LIVING AREA Instructor: M. Emanuel
Are you tired of your furniture placement? Don't know what to do to change it up? Bring a photo of a room you want to redesign and get ideas for a refreshing makeover. Wed. 10/22 6:00-8:00pm \$20 SCSAE Room 105 1 Night Please go to www.lakeshoreschools.org to register.

October 23rd - 7pm-8pm Mona Vie Tasting Party at Heads Up Salon in Shelby Twp. Please contact Donna Bombard for more info 586-677-5750.

October 28th - The Women of Wealth Series Part 1 at Olga's Kitchen in St Clair Shores, Networking begins at 6:15pm. For more info contact Bridget at winofmacomb@gmail.com

November 13th - Women In Networking PM meeting to be held at Biggby Coffee in Roseville on Gratiot and 696. Networking starts at 6:45-8pm. Please bring plenty of business cards and RSVP to Bridget Goudelock 586-634-0732.

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