

Better Parenting: “NO” is Not a Four Letter Word

By Sonia Spackman

Our kids need to know that we are able to say “no” and mean it. Yet, they rarely thank us for having the guts to set limits. Instead, they may pout, stomp around, run to their room, whine or talk back. More times than not this leaves us angry and/or confused.

So, why are our kids so testy when we do what we think is best for them? Many kids who do not have external controls often act out as a way of getting us to provide enough control for them to feel confident about their place in this world. Many kids need to test limits to make sure they are firm. Some kids use anger, some use guilt, some are sneaky, while others prefer to use “forgetting” to test our firmness when we say “no.”

It helps us to remember our kids hear the word “no” far too often. There are other ways to get the point across. “No” is a fighting word. Our kids may start a war against “no” in clever ways. They may try to get us to do all the thinking and explaining while they stand back judging what we say. They may start most often with, “Why?” or “Why can’t I?” or “Why do I have to?” Does this sound familiar?

Parent who are busy reasoning with their kids like this do not have the time or energy to deal with this battle. Caring parents who feel guilty about saying “no” often have been hooked into doing a lot of arguing with, and thinking and explaining to their kids. All the kid has to do is interrupt the parents from time to time with, “But Dad, it’s just not fair. You just don’t understand.” Soon the parent is worn out and gives in. “All right! Just take it! But this is the last time.”

You can turn the tables on your kids, forcing them to do most of the thinking. State your decision without using the word “no.” Then, whatever your kid says, just agree that it is probably true and repeat your decision. This is called Negative Assertion. Here’s how it works in practice:

Teen: “I need some money to go to the movies.”

Dad: “Feel free to use your allowance.”

Teen: “I need more money.”

Dad: “That’s sad. But there will be more coming on Saturday as usual.”

Teen: “I promised the guys and I am short right now.”

Dad: “I’m sure that’s true...and... you’ll be getting more money on Saturday, like I said.”

Teen: “But I won’t have enough money for gas for the car.”

Dad: “I’m sure that’s true too...and... there will be more on Saturday.”

Teen: “Gee! Why is it so hard for you to give me a little money?”

Dad: “You know the answer ... but you’ll be getting more money on ...

Teen: “I know, I know. You don’t have to say it again.”

Remember, we must be convincing that we are not angry, confused or frustrated. We must have that darling “lilt” in our voice. If we don’t our kids will focus on our anger, confusion or frustration instead of what they need to be thinking about. Stay cool on this parents, I assure you it works.

I used it on my stepchildren and foster children with good results.

If you have suggestions for column subjects or have parenting questions feel free to contact me at soniaspackman@msn.com.

Resources: Cline/Fay Institute, Inc. from copyrighted purchased for “Special Thoughts on Raising Kids”

Vernonians Attend No LNG Rally *continued from front page*

rejecting LNG exports. I’m inspired to be one of many voices from all walks of life joining this common call for Governor Brown and state leaders to protect our home.”

“These would be the largest fossil fuel export projects on the West Coast, so we are speaking out and asking Governor Brown to help defend our state from exporting fracked gas as LNG,” said Sarah Westover, LNG Organizer of Rogue Riverkeeper. She added, “This issue impacts hundreds of families, hundreds of rivers, and the stability of our climate, and we stand united against LNG exports anywhere in Oregon.”

LNG is super-cooled methane gas that requires massive amounts of energy and freshwater to produce. Energy companies have been working for ten years on two proposals for large gas pipelines and LNG terminals in Oregon, and the companies now intend to use the proposed terminals to sell fracked gas to overseas markets.

“The Jordan Cove LNG terminal poses an unacceptable safety risk to our community,” said North Bend resident Jody McCaffree. “We are also concerned about the impacts this project would have to existing jobs in the timber, fishing, crabbing, clamming, oyster, tourism and



recreation industries in Coos Bay area.”

Concerned citizens traveled to Salem on buses and carpools from Coos, Douglas, Jackson, Clatsop, Columbia, and other counties to send a clear message to Governor Brown, state agencies, and elected officials that Pacific Northwest residents are united against LNG exports.

For more information and images from the rally, visit columbiariverkeeper.org, Riverkeeper’s facebook page, and www.nolngexports.org.

About No LNG Exports Coalition: The “No LNG Exports” Coalition formed to stop the Jordan Cove LNG and Oregon LNG terminals and pipelines and to stop fracked

gas exports in the Pacific Northwest. Members include: 350 PDX, 350 Eugene, 350 Corvallis, 350 Salem, Cascadia Wildlands, The Center for Biological Diversity, Columbia Pacific Common Sense, Columbia Riverkeeper, Community Alliance of Lane County, Food and Water Watch, Landowners United, Northwest Environmental Defense Center, No KXL Pledge of Resistance Portland, Pipeline Awareness Southern Oregon, Raging Grannies Oregon, Rogue Climate, Rogue Riverkeeper, South Umpqua Rural Community Partnership, Sierra Club, and Waterkeeper Alliance.

For more information visit www.nolngexports.org.

WANTED Volunteers for Jamboree

The Vernonia Friendship Jamboree and Logging Show is an annual event which welcomes visitors, residents and old friends to celebrate and showcase our community with food, music, activities and events.



The Jamboree Committee - your friends and neighbors who make this event happen each year.

WE NEED YOU!

Join the Committee!
We meet the 2nd Wednesday of each month.

**WE NEED YOUR
SKILLS**

IDEAS

INTELLIGENCE

ENERGY

We could use your help with:

- Set up/Tear down
- Traffic Control
- Logistics
- Planning
- Info Booth
- Music Coordination
- Electrical Specialist
- Vendor Coordination
- Parade Assistant
- Parade Registration

VOLUNTEER AND GET ONE OF THE YELLOW T-SHIRTS!



For more information to volunteer and help make Jamboree happen contact:

**Megan at (971)254-6826 or
Volunteer@VernoniaFriendshipJamboree.com.**



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