



Texas Association of Parent Educators

NEWSLETTER OF TAPE HOSTED BY CENTER FOR PARENT EDUCATION
<http://parenteducation.unt.edu/tape>

Volume 5 Issue 1

April, 2012

A Message from the President

TAPE Talk!

Sandy McClintic

President (2011-2013)

I am excited to report that our TAPE website has had a "rebirth"! The University of North Texas has undergone a major website update over the past several months and the Center for Parent Education provides our "window on the world"! We can be found at <http://parenteducation.unt.edu/tape>. We are now busy updating and adding new information to our webpages.

You may not have been able to view us over the past several months but your TAPE board has been busy working behind the scenes. We have had several meetings to improve our Recognition System by making it more user-friendly and with more electronic features. In the next few weeks look for the new and improved online Recognition System!

Our Online Webinars have been very well received and we are anxious to provide another webinar on June 7th. Our guest presenter is last year's Arminta Jacobson Professional Award winner, Eve Sullivan, founder of the Parent's Forum. The title of her presentation is "Parenting Education in the World". We will send out webinar details soon!

This year our professional development opportunity will come to you as the Parent Educator Institute in Dallas, TX on April 27th. This event is collaboration between the Texas AgriLife Extension Service, TAPE, UNT Center for Parent Education, and Texas Woman's University. The event title is *Connecting with Families*. The annual TAPE meeting will be held during the Institute. More information about the Institute can be found on page <http://parenteducation.unt.edu/sites/default/files/parenteducatorconferenceflyer.pdf>

We are a growing organization and look forward to getting to know each other better. You will see TAPE programming making an effort to include more members and to promote more interaction between its members. We encourage TAPE members to contribute articles to the newsletter. Please submit either your article ideas or

articles to Sadguna Anasuri, Ph.D., CFLE at sanasuris@gmail.com.

On a final note I would like to congratulate Dr. Arminta Jacobson for her selection as a National Council on Family Relations Fellow and for being named the Elaine Millikan Mathes Professor at the University of North Texas. Cheers Arminta! You so deserve this recognition!!

Best to All,
Sandy

NCFR Fellow Status

Arminta Jacobson, Ph.D., CFLE



The National Council on Family Relations (NCFR) has conferred its organization's prestigious Fellow status on Arminta Jacobson, Ph.D. Dr. Jacobson is the Elaine Millikan Mathes Professor at the University of North Texas (UNT). She is the founding director of the Center for Parent Education (CPE) and for 19 years has directed the Annual Conference on Parent Education, a national/international forum for exchange of knowledge and networking among researchers and practitioners. Other international work includes developing a vibrant collaboration with the University of Monterrey, in Mexico.

Under her leadership the Center for Parent Education has been a leader in the field of parent education and has served as a model for other states. She also founded the Texas Association of Parent Educators. Dr. Jacobson has served as Principal Investigator for the Texas HIPPY Corps Project since 1992, and director of state evaluation since 1997. The HIPPY project is a parent education home visitation program for parents of preschoolers.

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Mission Statement

To build a network of professionals and opportunities to increase knowledge and skills in the fields of parent education, parent involvement, and family support in order to promote education in schools, communities, and state.

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Mark Your Calendars April 27, 2012

Parent Educator Institute: Connecting with Families

<http://parenteducation.unt.edu/sites/default/files/parenteducatorconferenceflyer.pdf>



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2012 Parent Educator Institute: Connecting with Families

Texas AgriLife Research and Extension Center

Dallas, Texas; April 27, 2012; 9 am—3 pm

More details at <http://parenteducation.unt.edu/tape>

Helping Them Think Before They Send

Idara Berry* & Cindy Estrada*

Many individuals have had that awkward dream before; the one where they imagine they woke up late and run to school or work, only to realize that they have left their clothes behind once they get there. The pain of this imagined public humiliation wakes one up in a panic, never having been so happy to awaken before the alarm sounds off. When children participate in sexting, the electronic distribution of sexually explicit material, the effects are similar to being trapped inside this dream of ongoing embarrassment and tarnished reputations. With the advances in cell phone technology, it takes approximately 5 seconds for a child to take a nude picture of themselves or someone else and send it to another individual. It takes 10 seconds for this person to receive it, forward it to all their contacts, and upload it to the web. In less than a minute millions could have access to this photo and a life could be ruined. This is the current reality of cyber-bullying and sexting that calls for family educators' expertise. And, in order to help parents and their children cope with this issue, the following is what one needs to know.

The majority of teens and young adults realize that digital abuse is a prevalent and harmful issue for their generation (about 75%), but according to studies only half of them believe that what they post electronically could harm them in the future (Siegle, 2010). This outlook is especially disturbing because research also indicates that about a quarter of 14 to 17 year olds admit to participating in some form of naked sexting, and sixty-one percent of these did so under pressure (Siegle). Young girls are especially vulnerable, as are adolescents who are responsible for paying their personal cell phone bill. Research indicates that females are most often the ones exposed in sexts, and adolescents who pay their own phone bill were almost six times more likely to send sexually explicit material than those adolescents who had their parents foot the bill (Lenhart, 2009; Siegle, 2010).

Keeping this in mind, a good place for parents to start would be to address adolescents' naïve belief that they are invulnerable to the consequences of sexting and cyberbullying. Internet safety and rules must be established by parents with their kids in open dialogs. Along with this, parents must also address their child's sexuality. Adolescence is a time when many kids are discovering their sexuality, so it is not strange for them to want to express it; parents need to be encouraged to view this as an opportunity to discuss their family values related to sexuality and positively educate their kids.

It is important that parents clarify that the technology in and of itself is not the problem, but the inappropriate use of the technology. For those adolescents who believe that cyberbullying with sexting is a rare occurrence, parents should let them know that according to research, one in five of those who have received sext messages have forwarded them to others (Siegle, 2010). And for those teenagers who see no harm in forwarding sext messages, the reality is that according to Texas law, this act would be considered as participation in child pornography, obscenity, and trafficking, crimes punishable by a \$4,000 fine and or up to 1 year in jail. Therefore, they must think before they push "send."

References:

Lenhart, A. (2009). *Teens and Sexting*. Retrieved from <http://www.pewinternet.org/Reports/2009/Teens-and-Sexting.aspx>

Siegle, D. (2010). Cyberbullying and sexting: Technology abuses of the 21st century. *Gifted Child Today*, 32(2), 14-16.





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Stay abreast with the latest in parenting research and news
Participate in lively discussions and forums



Proper Discipline in Parent Interactions
Kimberly Pedoto* & Samantha Westgard*



ADD/ADHD It is a disorder characterized by persistent, frequent, and severe attention difficulties (easily distracted by extraneous stimuli, does not seem to listen when spoken to directly, easily bored, difficulty focusing deliberate attention to completing a task or learning something new) and impulsivity (unable to curb immediate reactions or think before acting) that is persistent in 2 or more settings such as school, home, and/or social activities (McCleary, 2002). Symptoms of ADD/ADHD, unlike a broken arm that has a cast to allow people to identify the fact that there is an issue, are unseen physically and therefore many cannot identify the issue, and thus respond properly in daily disciplinary interactions. Discipline is here defined as behavior modification, rather than punishment. To discipline means “to teach”, as its derivative is the word disciple. Merely living with a child who has ADD/ADHD can be difficult, as you are unable to fully understand her behaviors and her responses to the actions of others. Proper interactions and discipline of ADD/ADHD children is important due to the fact that there is a bi-directional effect of interaction between children and parents (McCleary, 2002).

Parent’s behaviors affect children, just as children’s behaviors affect parents, sometimes leading to parental stress. Certain parental behaviors and discipline techniques can actually exacerbate ADD/ADHD behaviors and increase conflict. Such *inappropriate discipline* should be avoided for the care and well-being of both the child and the family unit. A number of practical strategies, however, can minimize the frequency of disruptive behavior caused by the child’s lack of emotional control. These practical strategies, labeled *appropriate discipline* provide ways in which to avoid conflict with your exceptional ADD/ADHD child. Both types of discipline are discussed in this article, and examples of each are provided while research knowledge in the field of Family Sciences is summarized and combined, in order to provide a comprehensive resource for caregivers of ADD/ADHD children. [More online resources available at <http://parenteducation.unt.edu/addadhd-resources>]

[This week’s authors of articles: *Idara Berry, *Cindy Estrada, *Kimberly Pedoto and *Samantha Westgard, Undergraduate Students at Texas Woman’s University, Practicum Students at the University of North Texas Center for Parent Education]

Left and Below: Speakers, participants and special moments from the 2011 Annual Conference on Parenting and Parent Education



2012 Parent Educator Institute:
"Connecting with Families"
April 27, 2012



- 8:30—9:00 am Registration
- 9:00—9:10 am Welcome
- 9:10—10:00 am **Keynote: Crucial Connections**
Lucy Long, Ph.D., Executive Director,
Practical Parent Education
- 10:15—11:20 am **Breakout Sessions I**
 - ADHD**
Dr. Linda Ladd, Texas Woman’s University
 - Communicating with Families**
Dr. Arminta Jacobson, University of North Texas
 - Depression and Suicide Ideation**
Dr. Sandra McClinctic, Texas Woman’s University
 - Childhood Obesity**
Annie Tinsley, Texas AgriLife Extension Service
- 11:30—12:30 pm **Lunch—TAPE Awards Session**
- 12:45—1:50 pm **Breakout Sessions II**
 - Communication with Kids: Why Yelling Doesn’t Work**
Debbie Farr, University of North Texas
 - Bullying**
Tamara McGaughy, Texas AgriLife Extension Service
 - Autism/Asperger’s**
Dr. Pam Weber, Texas Woman’s University
- 2:00—2:30 pm **Endnote: Endless Opportunities**
Elaine Zweig, Ph.D., Academic Chair,
Child Development and Education, Collin College
- 2:30—3:00 pm Closing remarks

Texas AgriLife Research and Extension Center
17360 Coit Road, Dallas, TX 75252

Six (6) Clock Hours for all Attendees

For Registration details:

<http://parenteducation.unt.edu/sites/default/files/parenteducatorconferenceflyer.pdf>

"You know your children are growing up when they stop asking you where they came from and refuse to tell you where they're going."

P. J. O'Rourke



Membership in TAPE is an important responsibility — are you a current member?

NEWSLETTER OF TAPE HOSTED BY CENTER FOR PARENT EDUCATION

Meet the Board: Elaine Shiver



Elaine Shiver is Program Director of the Texas Parents as Teachers Program, an international program for parents of children ages prenatal to five. Sponsored by the Mental Health America of Texas and provided through various school districts, and community organizations throughout the state, Parents as Teachers has received strong support from foundations, corporations and other community organizations. Elaine has been an advocate for children's services as staff member and volunteer for almost forty years. She has a Master of Science Degree in Social Work from the University of Texas at Arlington with an emphasis in Administration and Planning, was previously a Program Director with the Department of Human Services in Protective Services to Children, and has served twenty five years in her current position.

Present and past board positions include the Parents as Teachers National Center, the Dallas Child Guidance Clinic, The ARC of Dallas, Mental Health Association of Dallas, the Mental Health Association in Texas, Dallas Suicide and Crisis Center, and Texas Association for Infant Mental Health. She has also been a member of advisory boards for the University of Texas at Dallas, the University of North Texas, the Dana Center/University of Texas, and Baylor University; and she has served on the Central Allocations Committee of the United Way of Dallas.

Elaine is a native of the High Plains area of Texas, from a farming and ranching background. She is the mother of three grown children that all live in the state, and she enjoys travel, horseback riding, skiing, and reading. ■

TAPE Board Members

MEMBERSHIP in TAPE is open to all professionals, students, and groups who share our mission. TAPE Board Members include a variety of dedicated professionals: students, teachers, trainers, Extension agents, and agency directors:

- ◆ **President: Sandy McClintic**
SMcClintic@twu.edu
- ◆ **VP Membership: Victoria Calvin**
victoria.calvin@unt.edu
- ◆ **VP Credentials: Elaine Zweig**
EZweig@collin.edu
- ◆ **Secretary: Maggie Jover**
m-jover@tamu.edu
- ◆ **Treasurer: Arminta Jacobson**
arminta.jacobson@unt.edu
- ◆ **Members at Large:**
 - Sadguna Anasuri (2011-2013)
sanasuri@gmail.com
 - Helen Nygaard (2011-2013)
Helen.nygaard@psid.edu
 - Katie Rose (2010-2012)
Krose1@twu.edu
 - Elaine Shiver (2011-2013)
efshiver@aol.com
- ◆ **Past Presidents:**
 - Beth Thompson
ethompson@hcde-texas.org
 - Linda Ladd
lladd@twu.edu
 - Kendella Baker

Attention Upcoming Webinar: Parenting Education in the World June 7, 2012 At 12:00—1:00pm (CST)

Eve Sullivan

Author, "Where the Heart Listens"

A handbook for parents and their allies in a global society
Winner, Arminta Jacobson Award for 2011
Council Member, National Parenting Education Network
Graduate of Harvard School of Education

Her presentation "Parenting Education in the World" will look at the roots of present-day parenting education, including Belgian 'parent schools' of the 1940s and the International Federation for Parenting Education founded in 1964 in Paris. She will mention some parenting education initiatives in other countries, including the U.K., as well as those in the U.S., and discuss the challenges of getting parenting education and support accepted by policymakers, funders, agency and program directors and parents themselves.

More details will be posted at <http://parenteducation.unt.edu/tape>

(contd. from Page 1—NCFR Fellow)
She has also provided leadership for the development of Parent Teacher Education Connection and nationally disseminated online training modules for pre-service teachers which are incorporated into college classes across the nation. The project has generated graduate student research, collaborative work at other universities, and fostered knowledge of working with families in the teacher education field. She has been an active member of NCFR's Texas affiliate, the Texas Council on Family Relations (TCFR), for 40 years including serving as its President for two years. She has received both the Meritorious Service Award and the Moore-Bowman Award for Outstanding Service and Continuing Support of Families in Texas. Dr. Jacobson has participated in the NCFR Annual Conference for more than 25 years. ■

Texas Association of Parent Educators (TAPE)

Annual Renewal: April, 2012

MEMBERSHIP FORM 2012-2013

<http://parenteducation.unt.edu/tape>

The purpose of TAPE is to promote parenting education, parent involvement, and family support in the schools, communities, and the state as well as create opportunities to increase member knowledge and skills in these fields as well.

Name _____

Organization _____ Your Role _____

Preferred mailing address _____

City/State/Zip code _____

Preferred Phone _____ Fax _____

Email Address _____

Include my demographic information in the Texas Registry of Parent Educator Resources on-line data base
(Check one) Yes No

Circle areas below – If you can share some professional time with TAPE!

TAPE Leadership
Training activities
Newsletter

Organizing a local affiliate
Professional Development
Other (s) _____

Membership
Recognition System

Select the membership level that best fits your professional needs:

_____ \$15 **Student Membership:** Member receives all TAPE communications and has voting rights.
Must enclose a copy of their student ID.

_____ \$50 **Professional Membership:** Member works in the field of parenting education, family support, or parent involvement. Receives all TAPE communications and has voting rights.

_____ \$100 **Supporting Organization Membership:** Non-voting membership in TAPE. The organization receives, through a single point of contact, all TAPE communications, including newsletters.

_____ \$150 **Practitioner Organization Membership:** Organizations with five or more TAPE members may purchase a Practitioner Organization Membership. Each individual member receives all TAPE communications, including newsletters and pays dues at a reduced rate. If the organization falls below five TAPE members, its participating members would become Individual members with the next membership renewal.

Send completed form and membership dues to:

Dr. Arminta Jacobson,
UNT Center for Parent Education,
University of North Texas,
1155 Union Circle # 311335
Denton, TX. 76203-1335

For more information email: parenting@unt.edu