

parenttalk Hot posts from our daily blog

HAPPY BIRTHDAY, AMELIA BEDELIA

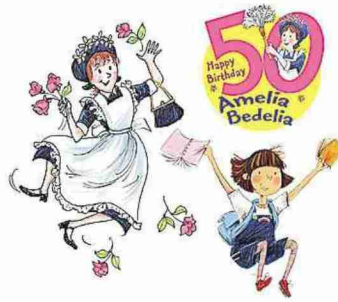
The beloved, literal-minded housekeeper Amelia Bedelia just celebrated her golden anniversary.

Amelia Bedelia made her way onto bookshelves in 1963, and she's still entertaining children of all ages as she tries to do everything right, yet nothing ever goes according to plan, whether she's dressing the chicken in overalls or dusting the furniture with dusting powder — literally.

There are close to 40 Amelia Bedelia books, with the first 12 written by Peggy Parish and the next 27 penned by her nephew, Herman Parish, after her death. Although several illustrators brought Amelia Bedelia to life through the years, her classic apron and bonnet always stayed the same.

To celebrate Amelia Bedelia's momentous day, Greenwillow Books (an imprint of HarperCollins) proclaimed Jan. 29 Amelia Bedelia Day, encouraging schools, libraries and parents to host a party in her honor. Greenwillow Books designed an event kit featuring party games such as Pin-the-Pie-on-Amelia Bedelia, educational activities, name tags, sticker sheets and more. You can find it at bit.ly/VPRmT8.

— JENNIFER BERGER



TANTRUM TREATMENT: EMPATHY

You're in the supermarket, and your child wants to buy a pack of gum. You say no, and the inevitable happens: He throws a tantrum.

Most parents would get caught up in managing the outburst. Jonice Webb, a Boston-area psychologist, recommends trying to understand the cause. "If you can feel empathy for your child and respond to your child's emotion, you'll get much farther than if you're just reacting to their behavior," she says.

Webb, who wrote the new book "Running on Empty: Overcome Your Childhood Emotional Neglect" (Morgan James, \$19.95), suggests ways for parents to be more emotionally attentive.

Pay attention to who your child really is. "And reflect it back to her," Webb says. Feel an emotional connection to your child. "Strive to feel what your child is feeling, whether you agree with it or not," she says. Respond competently to your child's emotional need. "Help your child name and manage her emotion," says Webb. Teach self-forgiveness by modeling compassion. "When your child makes a poor choice or mistake, help him understand what part of the mistake is his, what part is someone else's, and what part is the circumstance," Webb says.

And show your child that you like as well as love her. "Warm, caring hugs, laughter and truly enjoying your child's personality all go a long way toward conveying that feeling to your child," she says.

— VALERIE KELLOGG



FOTOLIA PHOTO



GETTING INTO SHAPE AFTER CHILDBIRTH

For many new parents, even the best-laid exercise plans take a backseat when the daily grind sets in. If you're looking to bounce back after baby, Lisa Druxman, postnatal fitness expert and founder of Stroller Strides, a Long Island-based mommy and me exercise class, offers tips to help new moms stick with a fitness routine all year long.

Establish a schedule. "Walking is one of the first activities your doctor will allow you to do following childbirth, and it's a great way to get some fresh air and regain strength," said Druxman. Change up your course. "Establishing a routine is key to sustaining a fitness regimen all year, but that doesn't mean you can't get creative with it," said Druxman.

Beat boredom with intervals. It's easy to turn your stroller outing into a total body workout by mixing it up with walking, running and toning intervals. Incorporate impromptu exercise. "Fitting fitness into the nooks and crannies of your day will create a stronger, fitter you in 2013," said Druxman.

And let fitness be fun. You won't be able to stick with a fitness routine if you don't find it rewarding.



— JENNIFER BERGER