

# ADDITIONAL NOTES – MORNING WITH MAGGIE

## 1. Why do parents need to be mean sometimes?

Parents are meant to be the 'alpha' people in the house. This means our kids need to know we are the ones who keep healthy boundaries and structures and we will be their main protectors if the need arises.

For those who have highly spirited, strong willed 'rooster' children this means there will often be times you have to be 'mean' – where children lose privileges or need to do things to show they have to make things right and be accountable for their actions.

**Read more on this here:** <https://www.maggiedent.com/blog/mean-loving-parent-matters/>

## 2. Roosters and Lambs

Something we don't talk about much anymore is that children are born with a certain temperament.

I call the temperament spectrum, "the rooster and lamb continuum". Imagine the cartoon character Linus (from the Peanuts comic strip); he would be a lamb. Lambs are generally quieter children, more accommodating and content with life. They make us look like fantastic parents. Roosters... well they're the opposite.

**Read more on this here:** <https://www.maggiedent.com/blog/childrens-temperaments-roosters-and-lambs/>

## 3. School Transition :

***Is my child ready to start school? How can I help my child to succeed at school?***

No matter how much we want our children to be ready to start formal learning, some are not ready when our education system expects them to be. Also, due to the 'push down' of formal learning into early years, sometimes we need extra support in helping our children cope while at school. The range of school starting ages, even amongst Western countries demonstrates the complexity of these issues.

**Read more on this here:**

<https://www.maggiedent.com/blog/important-information-re-school-starting-age-wa/>

<https://www.maggiedent.com/blog/best-play-based-nature-based-early-years-centres-schools-wa/>

<https://www.maggiedent.com/blog/top-tips-parents-preschoolers/>

<https://www.maggiedent.com/blog/sensitive-kids-starting-school/>

<https://www.maggiedent.com/blog/little-boys-beginning-big-school/>

<https://www.maggiedent.com/blog/school-readiness-helping-parents-decide/>

## 4. Sleep Issues

<https://www.maggiedent.com/blog/sleep-glorious-sleep/>

### **Night Terrors**

<https://www.maggiedent.com/blog/top-tips-night-terrors/>

<https://www.maggiedent.com/blog/sleep-night-terrors-bedwetting/>

### **Bedwetting**

<https://www.maggiedent.com/blog/top-tips-bedwetting/>

## 5. Body Safety

Children need to learn very early in life that their body is theirs', not to be violated by others. So rather than simply talking 'birds and bees', we now need to teach body safety and protective behaviours without instilling fear or shame into our children. We also need to educate all of our children and teens in how to hold on to their own values, and how to have respect for themselves and others, so that they can conduct respectful relationships.

### **Read more on this here:**

<https://www.maggiedent.com/blog/keeping-kids-safe-unsafe-people/>

<https://www.maggiedent.com/blog/top-tips-resources-teach-children-body-safety-protective-behaviours/>

## 6. The Power of a Good Dog

<https://www.maggiedent.com/blog/good-dog-helps-kids-care/>

## 7. Resilience

<https://www.maggiedent.com/blog/little-things-are-big-things-building-resilience/>

### **And finally... some useful videos:**

<https://www.maggiedent.com/blog/post-type/video/>