



**BIRTH TO THREE FAMILY CENTER
Ipswich, MA 01938**

FEEDBACK FORM SUMMARY - JUNE 2007

ALL PLAYGROUPS

One thing I've recently learned about parenting is:

- Two is even more fun than one.
- Accept the fact that boys are wild.
- When your child is over two and they start to have tantrums, it isn't fun.
- Pick and choose your battles. I've realized what is important and what is trivial. Patience is the key!
- To really talk to my kids and listen to them. It is important for their self-esteem.
- To avoid "Do not ..."
- There is always more to learn!! Different issues at different ages!
- Every day something changes and you need to adapt.
- To let things go and not sweat the little things. CPR class was great, too.
- My mood and demeanor directly impacts my 3 year old's mood and disposition. It so important to stay calm and stay happy! (Even when - or especially when - frazzled and stressed!)
- Just go with it! Letting go of the little things and following the little man's lead!
- Not to be too concerned about what he is "supposed" to be doing at a certain age. It helps to get feedback from other parents on where their kids are.
- Communication - avoid saying "do not..."
- To admit when you are afraid to try something new - especially new foods!
- You can't plan anything! Let you kids be in control of what they would like to do and it will make a parent's life easier.
- I've learned that it is better to relax a little more and to let the smaller stuff (i.e., some frustrations) melt away more easily. I've also learned that the more you rush children, the longer they take!
- There's always room for improvement.
- Even 5 year olds are constantly changing.
- Sometimes you can't push things too much.
- Mediating sibling issues.

- No matter how hard you try to avoid it... you will, at one time or another, become "that mother" in the grocery store with the screaming child. Just ask the patrons at Market Basket what happened in aisle 8 yesterday!
- As kids are getting older, you as a parent almost have to "keep in line" other kids. Meaning, you have to be your child's advocate and tell other kids (whose parents don't keep their kids in reasonable line) for the better of a group. This can be aggravating because keeping and raising your own kids is hard enough.
- It's important to take care of myself, as a parent, because ... all family members are important to make a happy and healthy family.
- The children learn a lot by just watching each other
- Even mistakes can become learning opportunities.

One parenting issue I still have concerns or wonder about is:

- Best way to handle 2 year old temper tantrums.
- Challenges dealing with tantrums and time outs.
- Entering the toddler years brings out lots of frustration with how to discipline and be consistent.
- Discipline and learning/teaching boundaries. It's so hard to know when a "time out" is appropriate or when to just ignore a behavior. Also to teach how to get my child to speak up for herself and to protect her space/boundaries.
- Discipline - appropriate ways to discipline children based on their personalities.
- How to prevent my child from acting up when others are.
- Discipline and making sure we do the right things.
- With 3 children with very different personalities, I worry about being consistent when I discipline them.
- How to get my child to listen and do what is asked of her.
- How to yell less when I'm tired.
- Letting go of my anger when my daughter is in a mood swing.
- 3's are tough! They're not listening or paying attention. The tempers, etc. I find I can lose my mind and patience. I wish sometime I could deal with it better. I'd never hurt them, of course, it's just how I feel inside.
- Feeding in a chair. She hates sitting in a chair - I have to hold and feed her.
- Feeding and development. How do I raise a healthy eater? Stop feeling guilty about not making my own baby food. At what point should I try new things.
- Getting healthy foods my kids will eat.

- Potty training before preschool.
- How to handle siblings!
- Mediating sibling issues.
- I want to make certain my children are confident and self-assured. I wonder about how to ensure that. I also wonder how to keep my 4 and 2 year old from fighting.
- Giving my kids the right tools to become good people
- Sharing
- Speech and language development
- Concerned about separation anxiety when we have to make the adjustment to preschool.
- Normal socialization/peer interactions. How to encourage while not getting too involved.
- Helping my children have confidence and feel good about trying new things.

Suggestions/Comments

- Keep doing what you're doing
- Birth to 3 is a fun place to come to every week
- We love Birth to 3!
- This is such a wonderful resource for parents. Thank God I found you!
- Program is great. He can prepare for preschool.
- Bto3 is a great place. We will be sad when we can not longer attend. "4" is coming soon!
- Thanks for everything!!
- Thank you for everything!
- This is a great group. (6-12 mos.) I'd like to have the opportunity to connect with moms outside the center, too.
- *Having some 3 year old groups in the morning. Afternoon is hard with nappers.
- This program is great. We have fun. Thank you!
- You're doing great!
- Bto3 is a wonderful resource for families in Ipswich. In three years it has made us feel a real part of this community. Thank you!
- It's great - we love every thing about Birth to 3 and look forward to coming every week. One of the best things about Ipswich - we are so lucky to have it!
- You guys are great! We appreciate all you do for our family and the community

- We love you guys!
- Playgroup is so wonderful for my kids. They look forward to coming every week. Everything you do is wonderful! Thank you!
- We love Dianna - she's great. Great program! We're very lucky to have this program available in our community. Thank you
- Keep up the good work and positive spirit. Recycle more!

**Birth to 3 does a morning group on Thursdays at 9:30 AM for 3 year olds September through June.*