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Summer fun for Kids Mean?

Summer fun for kids can mean worry and upsets for parents. It is a time for those minor accidents and upsets. Some parents have found workable techniques for dealing with these summer mishaps. L. Ron Hubbard, in his book *Child Dianetics*, gives some tips and simple techniques many parents have found helpful in keeping summer fun from becoming summer frustration.

During the summer you have kids out and about on field trips. If they're hurt it can ruin the whole day," says Norva Jackson of Los Angeles, a parent, school director and camp counsellor. "If you know Dianetics techniques you can save the day. These techniques allow parents to let their kids be more self determined over these minor upsets and help speed up the healing process of any injuries... and kids tend to become less accident prone."

According to Hubbard, if your child is injured you should hold him and comfort him, but don't talk or allow any noise until the child recovers from the initial shock. Have him tell you how he hurt himself or get him to point to the area or show you what happened. Have him go over the incident several times until he starts feeling better. Eventually the child will start smiling and return to play.

Vicky Dougherty, director of a children's camp in Pasadena, California, and mother of a four and a half year old, has used Dianetics techniques along with medical first aid to help injured children. A little girl had fallen on her face in a game of tag and cut herself. Ms. Dougherty immediately gave her

similar Dianetics techniques and the child recovered quickly enough to be able to soon return to play.

Dianetics techniques emphasize that a child, like an adult, has a right to his own self-determinism. "The main consideration in raising children is the problem of training them without breaking them," Mr. Hubbard writes. "You want to raise your child in such a way that you don't have to control him, so that he will be in full possession of himself at all times upon that depends his good behavior, his health, his sanity."

According to Mary May, director of a Columbus, Ohio day care center and mother of three, with 16 years experience in child care, "Parents are often frustrated because they have no source of answers for problems they have with their kids. They equate misbehavior with badness. Applying Dianetics techniques they become more tolerant and can allow their children to be more free, more able to create their own space..."

"Child Dianetics" offers useful techniques to parents when their children get bored or frustrated, simple exercises they can do with their children, for as little as half an hour a day. For example, to keep a child occupied on a long trip a parent can help the child recall pleasurable moments he has had. The parent should make a game of it, as children love to recall happy moments. These techniques can assist in raising a child's self-confidence and increase his attention span.

What's the best thing a parent can do in any season? "A good stable adult with love and tolerance in his heart," according to Hubbard, "is about the best therapy a child can have."