

# PARENTING

## Events

© **FRI, MARCH 19** — Kids' night: Corning Museum of Glass; treasure hunt, films, Ben Franklin, flame worker demonstration, refreshments; 5-8 p.m.; Corning Museum of Glass, One Museum Way, Corning; free; 607/937-5371.

© **SAT, MARCH 20** — Camp-in: overnight for families with children 8 and older; features games, performances by RMSC Players on "Energetic Personalities—electricity is an amazing force," snack and breakfast; begins at 6 p.m.; \$30 per person, \$25 for members; Rochester Museum and Science Center, 657 East Ave., Rochester; 716/271-4320, ext. 342.

© **SAT, MARCH 20** — Dyeing eggs naturally: using fruits and vegetables; Beth Pessen, leader; Rochester Civic Garden Center, 5 Castle Park, Rochester; 10 a.m.-noon; \$6 for members, \$10 for non-members; 716/473-5130.

© **MARCH 20, 21, 27, 28** — "The Hardy Boys at Skull Bone Island": Rochester Children's Theatre; 2 p.m.; from \$10 per person; School of the Arts, 45 Prince St., Rochester; 716/232-4382.

© **SAT, MARCH 20** — Science Saturdays: "Polymers, Plastics and other Neat Stuff": hands-on activities, displays and demonstrations for children 10 and older; 1 and 2:15 p.m.; Rochester Museum & Science Center, 657 East Ave., Rochester; free with museum admission; 716/271-4552, ext. 331.

© **SUN, MARCH 21** — Nature program: "Peepers, Creepers and waking up, Sleepers!"; hike to look for signs of spring; for families with school-age children; 10:11:30 a.m.; Mendon Ponds Nature Center, 3914 Clover St., Honeoye Falls; \$1 per member, \$2 per nonmember, \$3 per member family, \$6 per nonmember family; 716/334-3780.

© **SUN, MAR. 21** — "The Wizard of Oz": presented by All Saints Academy; West High School, Painted Post; 3-5 p.m.; call Beth, 607/962-6636 or All Saints, 607/936-9234.

© **SUN, MARCH 21** — Almeta Whittis: stories; 2-3 p.m.; Children's Center, Bausch and Lomb Public Library, 115 South Ave., Rochester; free; 716/428-8325 or 428-8324.

© **MARCH 21, 28** — Sunday drop-in: create your own masterpiece using folk traditions showcased in "Self-Taught Artists of the 20th Century" exhibition; with Pat Pauly; for all ages; 1:30-3:30 p.m.; Memorial Art Gallery, 500 University Ave., Rochester; free; 716/473-7720.

© **SAT, MARCH 27** — Egg hunt: and brunch; Colgate Rochester Divinity School, 1100 S. Goodman St., Rochester; 10 a.m.; adults \$6, children \$4, under 2 free; for reservations call 716/271-1320.

© **SAT, MARCH 27** — Music of March: hike to identify sounds and signs of spring; for families with school-age children; 9:30-11 a.m.; Mendon Ponds Nature Center, 3914 Clover St., Honeoye Falls; \$1 per member, \$2 per nonmember, \$3 per member family, \$6 per nonmember family; for information, call 716/334-3780.

© **SUN, MARCH 28** — Nature program: For tiny tots; hold and feed chickadees; especially for children 3-5; 1-1:45 p.m.; Mendon Ponds Nature Center, 3914 Clover St., Honeoye Falls; 50 cents per member, \$1 per nonmember, \$1.50 per member family, \$3 per nonmember family; call 716/334-3780.



Greg Francis/Staff photographer

## Spin me a song

Lisa Ryan of Rochester spins son Matt, 3, during a family concert by the Dinner Dogs at Ellwanger-Barry Nursery School in South Presbyterian Church, Rochester, March 13. The Ryans are parishioners of Our Lady of Lourdes Church, Brighton. The Dinner Dogs' next performance is 11:15 a.m. on March 20 at Webster Community Center, 985 Ebner Dr., Webster.

## WIN schools offer parenting aid

By Lee Strong  
Associate editor

ROCHESTER — Chalk in hand, Martha Tollers moved back and forth in front of the chalkboard.

She drew circles and squares representing females and males, respectively, connected them with solid and dotted lines showing their interrelationships, and wrote in dates and events significant to their lives.

The diagram was a genogram, a tool she uses as a therapist to help individuals and families better understand themselves and their relationships. It also lists such events as desertions, divorces and suicides that many families try to keep "secret."

"Secrets are powerful," Tollers noted. "Some families have very powerful secrets. The longer they are kept, the more toxic they become."

Tollers was leading the last session of a six-part parenting workshop March 10 at St. Boniface School. Offered by the six WIN schools in conjunction with the St. Joseph Neighborhood Center, the workshop came in response to parents' requests, explained Mary Tiede-Wood, St. Boniface School's psychologist.

"The parents, actually, themselves kind of voiced a need for this kind of thing," Tiede-Wood said.

The first workshops were held during the 1997-98 school year. They were group discussions during which parents raised concerns or asked questions, Tiede-Wood observed.

"As needed, we would come up with information on these (concerns) and link them up with someone who could help," she said.

For the most recent workshop series, the schools and St. Joseph's Center decided to bring in a professional — Tollers — to lead the discussions, Tiede-Wood said. The sessions covered such topics as potty training, anger and sibling rivalry.

Patrick and Lisa Brillian, parents of 4-year-old Kelsey and 3-year-old Colin, attended all six sessions. They appreciated, for example, the information they received about discipline.

"For me, it was learning more patience with them," Patrick Brillian acknowledged.

"They were good at giving alternatives," Lisa Brillian said of the workshop. One of the lessons she learned was that if children misbehave, "you make the consequences of the action fit."

In addition, she said, "You really have to stand by what you are telling them, or the next time they'll know they'll get away with the behavior."

The value of the workshops has been more than just providing information, Tiede-Wood noted.

## Ten commandments for raising children

By Martha Tollers, CSW

1. Call your child by name. Frequently.
2. Look at your child. Make frequent eye contact.
3. Use short sentences. Children don't hear many words.
4. Find ways for your child to save face. Shame and humiliation only do harm.
5. Treat your child with respect.
6. Choose your battles and then really mean it.
7. Do not use physical force — yanking, pushing, hitting.
8. Offer ultimatum only if you mean it and stick to it.
9. Keep consequences separate from emotion and showing love.
10. Treat your child as you would have wanted to be treated when you were a child.

"People were supporting one another," Tiede-Wood said. "They were finding out there's other people with the same concerns."

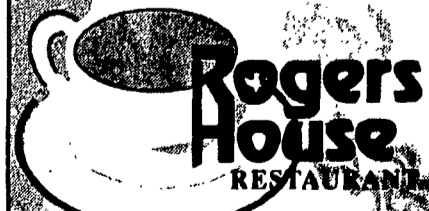
Lisa Brillian echoed that sentiment, praising the value of "just being able to talk to other parents and know they're in the same situation — you are not alone."

Tollers acknowledged that, "By and far, most parents are well-meaning, but they don't know alternative ways to do parenting."

For parents who missed the workshops, more are planned.

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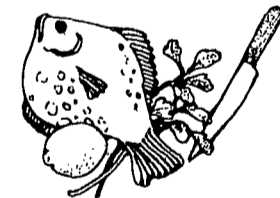
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