

Rudenko Alina V.

Games and fairy tales that cure



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This book contains not only practical recommendations, but also real keys to solve many children's problems. It is written with great love for children and addressed to mothers, fathers and everyone who works with children.

Using this practical guide, you can help your child get rid of aggression and whims, stubbornness, shyness, anxiety, bad habits and many other ailments. The main thing is to read carefully and put all the games and exercises to life.

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EDITOR'S NOTE

Sometimes you may find yourself in front of a bookstall and have no idea what book to choose. They may be about education or psychology, like: "How to Deal with Harmful Habits?", "How to Overcome Child's Fears?" or "How to Cope with Aggression?" There are so many books for parents by very respected authors who definitely know how to educate and what should not be done.

Dear moms, dads, grandparents, I advise you to pay attention to this book. Its author is a young woman, but she is already a mother and a certified experienced child psychologist. And the book she has written is really different from the others.

Playing is intrinsic for children, and Alina Rudenko offers adults interesting and useful games to play with their kids in order for the babies to grow cheerful, independent, kind, brave and healthy. In my opinion, it is in this book that many parents will find solutions for numerous "insoluble" problems of education. The book is very kind, it is written with great love for children and great knowledge of child psychology. Fairy tales, games and expert comments by a psychologist — what else smart parents may need if they want their child not only to be just brought up, but to grow up a really happy person!

AUTHOR'S NOTE

INTRODUCTION, OR WHY WE HAVE WRITTEN THIS BOOK

There is no child who has never been mischief or greedy, or hasn't fought, or has never been afraid of anything in their life.

In your hands you've got a book that will help your child cope with difficulties. Here you will find "remedies" for nastiness, stubbornness, greed, shyness, cruelty and other disorders. How can they be treated? Of course, with the help of games and fairy tales! For example, if your child is afraid of sleeping alone and sees monsters everywhere, you will fail convincing them that monsters don't exist — the child just won't believe you. Those monsters are real for them. They feel lonely and defenseless, because if their parents don't see monsters, how could they help their child? So what can be done? By reading a fairy tale "Amulet for Courage" to your child, you will help them cope with their fears themselves. And when they grow up, it will be easier for them to overcome any difficulties.

In this book you will find detailed descriptions of several causes that result in children's bad habits, so if we don't eliminate those causes, a bad habit is

sure to come back. For example, if a kid is constantly biting nails and does not want to get rid of this habit, smearing their fingers with mustard or punishing the kid won't solve the main problem. Obviously, there are reasons why they are acting like that, and it is those reasons that should be eliminated. How? By playing with your child!

The book describes the games, playing which you will teach your child to sympathize, to be kind, to solve any disputes peacefully, and thus you will help your child to become self-confident.

I wanted to write a book that would be a kind of a guide in a "foreign" language — the language of a child. Our children have the best understanding of two languages: the language of our love and the language of games and fairy tales. The book will help you improve one language and master the other one. And the collection of games and fairy tales here will guide you through.

Yet, the most efficient remedy for all childhood disorders is a happy and friendly family.

AGGRESSION



Children often become aggressive if someone behaves aggressively towards them. That is, they “hit back” to us, adults. Moms and dads don’t always pay attention to the way they communicate with their child. Aggression in the family may not necessarily be in the form of snaps or slaps. Mom’s sharp and loud voice, dad’s offended silence and even excessive prohibition and criticism can lead to a child’s aggressive behavior.

To diagnose, play a “Day on the Contrary” game. If you are certain that the reason for the child’s aggression isn’t in the family (this also may be true), it is necessary to find out its origin. How can this be done? Draw together. Little kids may use paints. Older ones may be suggested drawing with pencils. It is worth mentioning that using fiber-pens or markers for some reason isn’t that effective.

Suggest your child the following ideas for drawing: “My friends”, “Me in the kindergarten”, “Me in the class of...”, have them draw their grandparents or other adults. Let the child make a drawing, while you sit and watch.

Do not start worrying if your child draws in red or black. Children often use these colours because they are the best contrast to white paper. To make sure, ask them to draw something



good, such as mom or a favorite toy. Only if the “bad” and “good” drawings don’t differ a lot, you may say you have found the reason.

You should also pay attention to this: if your child either draws someone too large, densely shaded, with raised hands, painted eyes, a big open mouth, or refuses to draw at all. This may be a reason for asking about this person or situation in more detail.

In any case, if you as a mother (or a daddy) notice something in the picture that disturbs you, talk about it, share your worries with other parents, a tutor in the kindergarten or a children psychologist.

With younger kids, you may use toys. Invite your child to play “The sandbox” or “The best friends.” Let the child name the toys by the names of their best friends, the tutor or other adults. The child may suggest the rules of the game themselves. Let the kid tell what they do, how they play. In this game you only help by playing the role of the toy that the baby offers, and watch from outside. Analyzing the situation won’t be difficult as in the child’s play everything is clear — who is good, who is bad, who the child is afraid of, whom they love, and who is angry. The only thing you will have to think of is how to change the situation.

PSYCHOLOGIST'S COMMENT

Aggression is a natural and necessary human feeling.

You should not suppress aggression — a child can fall ill or direct their aggression on themselves (auto-aggression).

Recommendations to parents to help reduce children's aggression

- ▶ Reduce the number of prohibitions. However, gradually get to the point that the bans left are 100 % respected.
- ▶ Mum, dad, and other adults in the family should stick to one education system. If dad tells the kid off, mom, of course, can take the pity (because she is the mother), but she should necessarily emphasize that dad is right.
- ▶ Don't discuss controversial moments of upbringing in the child's presence.
- ▶ Take up sports and engage your child.
- ▶ Don't be aggressive towards the child.
- ▶ Don't apply physical punishment to the child.
- ▶ If you notice that your child is beginning to behave aggressively, before the aggression reaches its peak, try to distract the child's attention to something they are interested in.
- ▶ Teach the child to cope with their aggression themselves.
- ▶ Talk to your child. At the outbreak of aggression, take the child away and ask them about the abuser: "What exactly happened? What did they do? Who are they? Where do they live? Where is their mother?", etc. Let the child spill out their aggression verbally. Suggest the child making up a fairy-tale about the offender.
- ▶ Don't compare children — don't provoke jealousy.
- ▶ Examine the Drug Card to identify the causes that hide beyond the aggressive behavior.

MIRROR

Let us carefully examine ourselves, that is, parents in the mirror. After all, the child's behavior that we don't like is often only the reflection of ourselves, even if we don't notice it.

Take a closer look at your child and give yourself answers (be honest) to the following questions:

- Do you speak in loud voice in your family?
- How do you usually react if the child does not obey you?
- Do you shout, at least sometimes, at your subordinates (shop-assistants in the store, service workers, etc.)?
- Do you ever beat your child?

THE REVERSE SIDE OF A MEDAL, OR ON THE PRACTICAL USE OF AGGRESSION

The positive side of aggression is the ability to be competitive in adult life, the ability to defend own position and themselves. Imagine a totally unaggressive child. In what way would they protect themselves? And if you have a boy, would you like him to be able to stand for himself when he grows up? Teach your child a few socially acceptable ways of aggression, and your child will grow up as a self-confident person. What does it

mean? For example, even if in response to a threat or insult your child is now trying to hit their abuser, later, as they grow older, they will be able to understand your words: "It isn't right to beat people. It is better if you learn to negotiate, talk to people and tell them what exactly you don't like in their behavior." Recite the words that your child can say to their offender, and one day or another you will be able to change your child's behavior.



ON EXERCISE AND RELAXATION, OR ON PHYSICAL LOAD AND RELIEF THAT HELP TO COPE WITH AGGRESSION

To start with, do the following exercise. Try repeating your child's movements during one hour. One, two, three... Here we go!

If you have performed this exercise faithfully, now you are reading this book... lying on the couch. Tired, right? Where is it that they get so much energy?

They are moving endlessly! They never (!) sit still. And if they do, they aren't quiet, if they are, it isn't for long, and if it is for long, this means that they are sick. A healthy child changes their position all the time,

moves their foot, scratches behind the ear, swings on a chair, hops...

For developing normally, a child needs a lot of movement, but in the world of adults you often have "to sit still", "not to wiggle", "not to get in the way of adults" ...

If the child cannot dispose of their energy through movement, they accumulate it in the form of discontent, impatience and aggression. Therefore, the best remedy for bumps and bruises is sports and exercise. Dosage: take daily, in large amounts, choose the sports correctly.



The main kinds of sports and their benefits

KIND OF SPORT	BENEFIT	AGE
<i>Swimming</i>	Wonderful training and tempering. Develops the respiratory system. Water “extinguishes” aggression. You can beat the water without harming yourself or anyone else	From the first weeks of life
<i>Gymnastics</i>	Develops such basic physical qualities as flexibility, coordination of movements, strength, and endurance. Develops a sense of rhythm. A child learns the culture of movements, becomes agile and mobile. From an early age a child learns about the principles of proper nutrition	From 3–4 years old
<i>Ballroom dancing</i>	Develops basic physical qualities and strengthens the muscular system. Forms a good posture, develops emotionality, self-confidence, and physical liberty	From 3–4 years old
<i>Ballet (choreography)</i>	This is the basis for many sports, such as gymnastics, figure skating, dancing, synchronized swimming, etc. Children are taught to appreciate themselves as a personality. In addition to the development of basic physical qualities, ballet dancing instills interest in beauty	From 3–4 years old
<i>Football</i>	This sport teaches not only how to interact with other team members during the game, but also how to help each other. Also develops the speed of reaction and the ability to focus attention instantly	From 3–4 years old

KIND OF SPORT	BENEFIT	AGE
<i>Martial arts (karate, sambo, boxing, etc.)</i>	It is a symbiosis of strength, power, endurance, speed, agility and flexibility. As well as a good aid for increasing self-esteem of those children who drive their aggression inside themselves	When the child begins to understand that the techniques learned while training can only be used for self-defense
<i>Tourism</i>	The advantage of this sport lies in the fact that most practice takes place outdoors. Tourism can combine various sports (swimming, athletics, etc.). Teaches how to act in a team and make joint decisions, how to help each other and how to render help in time	From birth
<i>Morning exercises (especially as the whole family)</i>	Excellent for teaching discipline, instills love for sports. A good way to spend time with the whole family. Helps struggling against laziness	From birth

Any sport you choose:

- perfectly disciplines and develops self-control;
- helps to be healthy, and so to cognize the world actively;
- helps to find friends;
- teaches the child not only to win, but also to lose;
- teaches to use your free time rationally;
- makes a friendly family (if you play sports all together).

So, the best and the most natural way to cope with aggression is to do sports!

FAIRY TALES, GAMES, PSYCHOTHERAPEUTIC TECHNIQUES AND PROCEDURES

What do you do when you are upset and distempered? Imagine that someone has offended you or something goes wrong. Or you have to do something you would not like to. As a rule, we are able to cope with such feelings. An adult can tell someone what is bothering them and get a sort of certain relief. Or comfort themselves by taking a warm bath. If something goes wrong, an adult makes conclusions and sets a new goal.

And what can a child do if they are "raging" inside? After all, they aren't only unable to handle strong feelings, but also unable to understand what is going on with them.

Therefore, teach your child to understand what happens to them, and you will render invaluable help not only in the struggle against aggression, but also against fear, anxiety, insult...

The following games and techniques will help your child:

- to express their feelings verbally and to make conclusions;
- to feel that they are understood and supported in the family and that they will be given help to handle any situation;
- to express the aggressive emotions that they cannot yet understand.

GAME "DAY ON THE CONTRARY"

Choose one day (or at least a few hours) when you can change roles with your child. What does it mean? For this day (an hour, a few hours), invite them to do whatever they want, if it is safe for life and does not hurt anyone. And one more rule: it should not concern shopping. You can do whatever you want, but we won't buy anything. This agreement can even be put on a piece of paper and signed by the "Supreme Judge". You choose the Supreme Judge together with your child. It may be the other parent or any other adult that your kid trusts. The judge must monitor observing the rules and resolve all issues under debate fairly.

So, you can walk through the puddles, but with rubber boots on. Eat in bed, but clean up afterwards. Go to a place that is usually forbidden. Taste illicit cakes, watch your favorite cartoons almost endlessly...



It takes only one day or just a few hours, but during this time you:

- remove your child's stress from continuous prohibitions;
- give them unforgettable impressions;
- find out the most secret wishes of your baby;
- restore your child's trust;
- find out the reason for their aggressive behavior.

GAME "GIFT AND LESSON"

Let's play when the whole family sits down for dinner, because dinner isn't only food, but also the opportunity to be together and share impressions from the day. So, when everyone has gathered at the table, invite everyone to recall one best and one sad event of the day. The "good one" should be greeted and praised together with the child, and the "frustration" should be a reason to learn a lesson. First, mom or dad shows an example and helps the child to find something good or instructive in their mishap.

Examples:

- Today, one man failed me and I could not carry out a very important thing, but now I know that this person can't be relied on.
- It's a pity that the weather today was bad and we could not go out to the nature, but then we would not have played this board game and would not have had such a great time at home.
- I was upset that I could not meet my friend. But I realized how good a feeling I have about him.

It is necessary to finish the game with something positive. If the child speaks only of the bad, try to turn their attention to something positive and help them look at the situation "from a different side". Gradually, the kid will be involved in the game and will begin to find positive moments in the events of the day.

SOME TRICKS TO REPLACE "PARENTS' NAGGING"

Remember how many times a day you remind a child of some kind of business or make them fulfill some "request". And every new repetition sounds stricter and louder. What kind of response will be there eventually?