

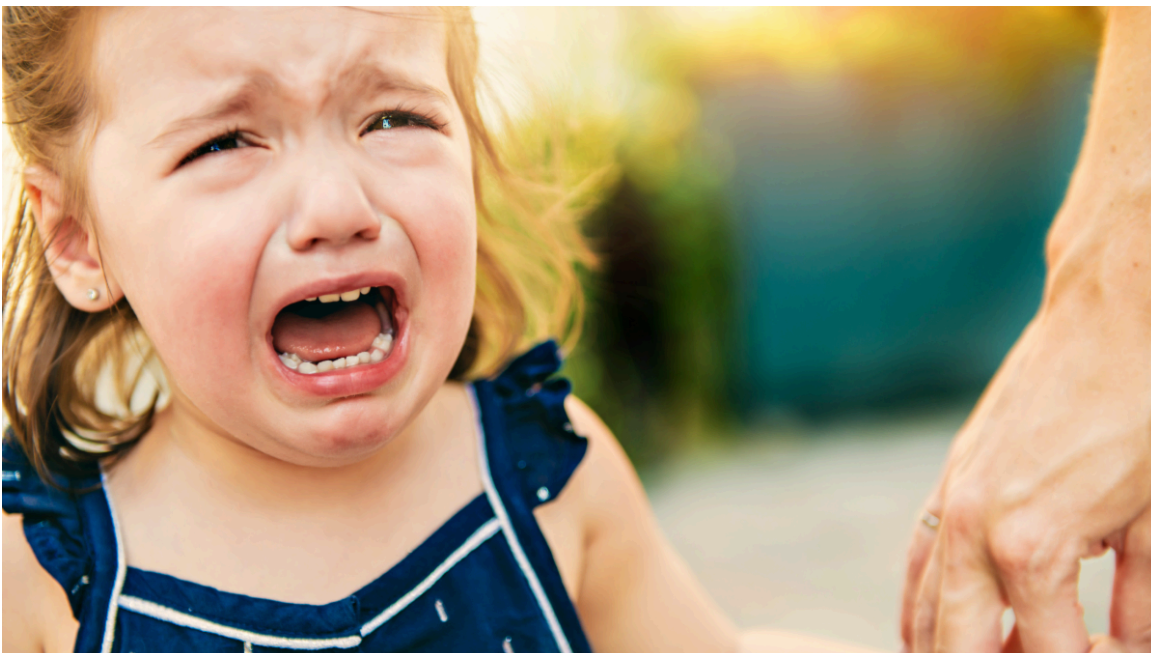


April, 2026 | Issue 45



Nurture the Future is a program of The Guidance Center that offers free resources and preventative education in the Downriver area to develop strong families and inspire and assist parents as they raise children. Please share this newsletter with your friends and family and encourage them to sign-up for this newsletter by clicking the link below.

[Newsletter Sign-Up](#)



Ask the Expert:

Q. How Should I Respond When My Child is Whining?

By: ParentsTogether Foundation, March 2026

Your child is whining for the third time in five minutes and you feel your patience wearing thin. Before “stop whining” leaves your mouth, here’s what’s really happening: your child is communicating in the best way they know how in that moment.

Saying “stop whining” isn’t going to hurt your child, but when we tell kids to stop a behavior without teaching them what to do instead, we’re not actually solving anything. Kids whine because they don’t yet have the skills to express themselves, or they’re so frustrated that they’ve forgotten how. They need us to acknowledge what they’re feeling *and* show them a more effective way to communicate.

These three phrases do the real work: they acknowledge your child’s feelings, teach them what effective communication looks like, and reminds them that how we speak to people matters. You’re not just stopping the whining — you’re teaching them emotional awareness and communication skills.

Here’s what to keep in mind:

- Affirm the emotion first — feeling heard reduces the need to whine
- Teach what TO DO, not just what to stop doing
- Remind them that more appropriate communication gets better results
- Model the tone and voice you want them to use
- Be patient — learning new skills takes time

Your child isn’t trying to drive you up the wall. They’re learning how to get their needs met, and you’re teaching them how to do it in a way that actually works. That’s a skill they’ll carry into every relationship they have.

Three Things to Say Instead of “Stop Whining:”

“I can tell this is important to you. Use your strong voice to tell me what you need.”

Why it works:

- Acknowledges their feelings and needs (feeling heard reduces the need to whine)
- Teaches them how to communicate better (instead of just telling them what NOT to do)

“Oh no! [Pretend to look around, in their ears, behind them, etc.] Where did all your ‘pleases’ go?”

Why it works:

- Humor breaks the tension and can pull your kids out of a whiny mood
- Gently reminds kids to use their manners without shaming them

“I’m not going to change my mind about this, but I’m happy to talk about _____ or _____.”

Why it works:

- Sets a clear boundary and changes the conversation
- Giving kids a choice about something, like what you talk about next, gives kids a sense of control and removes the power struggle

Whining is a skill issue, not a behavior issue. When you teach kids how to communicate effectively instead of just telling them to stop, you’re giving them tools they’ll use forever.

Mark Your Calendar for Upcoming Events

The Guidance Center’s Head Start program invites you to a

Community Baby Shower

as we honor

Expectant Parents

Join us to celebrate the arrival of your little one at a free baby shower! Guests will enjoy continental breakfast and a gift bag, along with parenting games and prizes.

Thursday, April 30, 2026
10am–1pm

Wayne County Community College District - Downriver Campus
Rooms EPAC 3 & 4, 21000 Northline Road, Taylor, MI 48180

Only 22 spots available. Registration required at:
guidance-center.org/baby-shower

For questions please contact Leslie Windless at lwindless@guidance-center.org or 734-262-6836.



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FROM BUMP TO BACKPACK

BIRTH TO KINDERGARTEN TRANSITION FAIR



THURSDAY, APRIL 30, 2026
10AM-1PM

Wayne County Community College District - Downriver Campus, Rooms EPAC 3 & 4
21000 Northline Road, Taylor, MI 48180



All are welcome to this free resource fair to help your child transition from diapers through early childhood and into kindergarten. Join us for resources, activities, vendor tables, light refreshments, and giveaways!

Free backpacks (while supplies last)
Paint a onesie craft
Presentations on breastfeeding, safe sleep, kindergarten readiness, and more!

VENDOR SPACES STILL AVAILABLE!

No registration necessary. For questions contact Leslie Windless at 734-262-6836 or lwindless@guidance-center.org.



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Did you Know?

Meta has been found negligent in landmark social media trials

By: Sophia Compton, FOXBusiness

Jonathan Haidt, a social psychologist and author of "The Anxious Generation," says mounting concerns over social media's impact on children have hit a "turning point." Speaking on FOX Business' "The Big Money Show," Haidt pointed to a closely watched social media trial, citing internal Meta communications in which employees described Instagram as "a drug" and acknowledged they were "basically pushers."



"What we learned is that the companies really behaved abominably," Haidt said. "Congress created the problem, and now I'm thrilled to see tweets and statements from senators and congressmen [from] both parties saying, 'We've got to do something about this.'"

Haidt said the recent jury verdict could mark the beginning of a much larger wave of litigation. "We believe that there are literally millions of victims,"

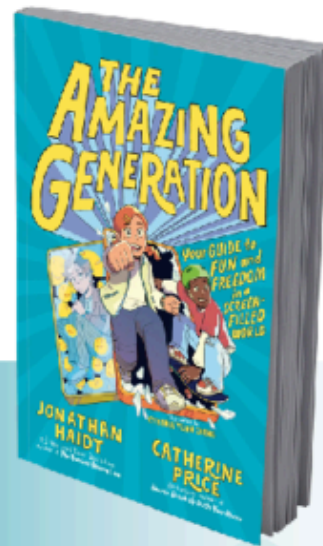
Haidt said. "Hundreds of kids are dead." With "millions of potential plaintiffs," he warned, the financial consequences for tech companies could be enormous. "I think we're looking at a giant case of karma coming for these companies," Haidt said. "They were able to exploit kids for decades and now their deeds are catching up with them."

[Read More](#)

BOOK CLUB

The Amazing Generation

by Jonathan Haidt and
Catherine Price



Tuesday, May 19, 2026
5:30-7pm

The Guidance Center's Center for Excellence
13111 Allen Road, Southgate MI 48195

The Amazing Generation: Your Guide to Fun and Freedom in a Screen-Filled World is aimed at kids and tweens (ages 9-12) and offers a positive, practical guide to managing smartphone use and living a more fulfilling "analog" life. Inspired by Haidt's *The Anxious Generation*, it uses facts, a graphic novel, and real-life stories to empower young people to take control of their tech use, focusing on fun, confidence, and real-world connection rather than just restrictions.

Read together with your child and come ready to discuss *The Amazing Generation*. Parents and kids will have a chance to meet separately and then come together for games and dinner.

**Free books available: text 734-308-0768
for your copy! (while supplies last)**

**RAFFLES &
GIVEAWAYS
INCLUDED!**



Register at

www.guidance-center.org/book-club2

Group discussion and dinner provided.

For more information contact Allison Smith at
asmith@guidance-center.org or 734-308-0768



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REGISTRATION

Nurture the Future in the Community

Family Fun at Sports & Splash

The Guidance Center's Nurture the Future program and Early Head Start/Head Start partnered with the Downriver YMCA for "Sports & Splash" on March 12th. Fathers and father figures were invited to bring their little ones for an evening of gym activities, food, crafts, and a visit from Detroit Tigers mascot PAWS. Afterwards, families got to splash in the pool for a busy evening of activities and family bonding.



Best Fenced in Playgrounds in Metro Detroit

The #1 question at Little Guide is Fenced in Playgrounds - If you've got little runners, you know the peace of mind a fully enclosed play space brings. We've made it easy with a go-to map of the best fenced-in playgrounds —perfect for planning safe, stress-free spring outings.

[Start Making Plans Now](#)




**THE
GUIDANCE
CENTER**
NURTURE THE FUTURE
Family Resources & Support



We want to hear from you!

**Are you a
parent?**



[tgc.surveymonkey.com/r/
NTFparent](https://tgc.surveymonkey.com/r/NTFparent)

**Do you work with children
under the age of 4?**



[tgc.surveymonkey.com/r/
earlychildstaff](https://tgc.surveymonkey.com/r/earlychildstaff)

**Do you work in a
K-12 school?**



[tgc.surveymonkey.com/r/
School-Parents](https://tgc.surveymonkey.com/r/School-Parents)

What is Nurture the Future?

Nurture the Future is a parent support program offered by The Guidance Center to families in Downriver communities. Parents and caregivers of children pre-birth through young adulthood have access to a variety of resources including workshops, support groups, family-centered activities, and informational resources.

We are interested in obtaining input from different stakeholders in our community. Your input helps us to target programming to best meet the needs of the Downriver Community. All of your responses will be anonymous and confidential.

We kindly ask that you share this flyer with friends and family with children who live in the Downriver area



"Spring's greatest joy beyond a doubt is when it brings the children out" - Edgar Guest



The Guidance Center

Nurture development. Foster resilience. Cultivate well-being.



The Guidance Center | 13101 Allen Road | Southgate, MI 48195 US

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