



Growing Together

Newsletter for
parents of preschool children

Developmental

Children deserve respect

One way to show your child that you love her is to treat her in a way that respects her needs, rights, and feelings as a human being.

She is a small child, and she has much growing to do.

There is much that she doesn't know or understand, so it is her parents' job to help her, while always trying to show respect for her judgment.

Treat her as you would wish to be treated. Remember that she will learn and grow best when you are patient, supportive, kind and understanding.

Try not to rush her or to impose on her unrealistic expectations of what she should be able to do.

Listen to her — her words and her actions — and use these messages as your guide to help her grow, one step at a time, to be an adult who can respect herself and others. □

Social Skills

All children need special people

Your growing child needs people. He needs to see, listen to and feel people as a natural part of the world around him.

In addition to his parents, who are the most important people in his world, there are other special people who are very important: grandparents, relatives, friends and caregivers.

From these special people — and his parents — he learns that he belongs and that he matters.

Parents and other special people provide an atmosphere in which the young child learns that he is important.

They notice the child, talk to him, laugh with him when he is happy and show their concern when he falls and hurts himself.

They say "hello" to him in a special way because he belongs to them and they belong to him. In all these interactions they send a message to the child: "You are important. You matter. We care. You belong."

Long before he can understand specific words, the child gets this message.

But it is a fact of modern life that in today's world, families get scattered. Most often children live in one community while their special

people may be scattered from coast to coast.

When this happens, the child doesn't get all the messages he needs because his special people simply are not part of his daily life.

If this is the case for your family, you may well protest: "But, what can I do? There are no special family people here."

One simple solution is to try for regular visits to your child's special people so that he has a number of contacts with them.

Such visits are extremely important and they are well worth the time and effort.

Another solution is to find substitute "special people" among your own circle of friends.

Each time they are in your house, they would be especially aware of ways they could pay attention to your child.

You might also have a relationship with one or two older people who could serve as substitute grandparents.

And you might be pleasantly surprised at how delighted such older couples would be to play the role. □

Different children = different discipline

To some people discipline means punishment.

To others it means teaching right from wrong.

To still others it means setting clear behavioral limits and making certain that children know and respect these limits.

But what we are all saying is that discipline is the process by which we “civilize” our children and teach them to live within the constraints of our society.

It is difficult to generalize about discipline. Children’s personalities differ widely and what works with one child may be a complete failure with another.

As a child grows and develops, his responses change and the method of discipline or “civilizing” must also change if it is to be effective.

Parents who have more than one child usually become aware very early of the often very different personalities of their children.

The shy, sensitive child will respond to verbal correction or even to a stern look. Because of a strong desire to please, the parents may need to show comfort and reassurance to this child instead of punishment.

On the other hand, the vigorously active and impulsive child will let the verbal correction go in one ear and out the other. Such a child must be strongly motivated before he will teach himself to control his impulsive behavior.

And don’t think that girls will always respond to verbal correction and explanation while boys always require sterner measure. It isn’t necessarily so!

The personality and not the sex of the individual child is the key to successful discipline.



The age and developmental level of a child is equally important. Behavior which might be expected of a two-year-old will be unacceptable in a 10-year-old.

For instance, a very young child

has few ways of expressing anger. It is a rare two-year-old who has not bitten (or been bitten by) another child who takes a favorite toy or interferes with some ongoing play.

Undesirable behavior? Yes, but not an earth-shaking calamity. Correct the behavior—but recognize that this is a normal way for a two-year-old to express anger, frustration or aggression.

The same behavior in an eight or 10-year-old would be cause for considerable concern because such behavior is not appropriate at that age.

Discipline is not about punishment but about education—education in the art of being human.

It means helping a child to understand that falls from grace are part of growing up and not a sign of being a bad or worthless person. □

Games & Activities

Mirror, mirror, on the ...

Here’s an intriguing “mirror” game to play that can involve just the two of you ... or as many people as want to play.

No props are required.

One person is the leader. The other player(s) sits or stands facing the leader.

The leader begins by doing very simple actions, like raising an arm overhead, or tilting his/her head to one side. The other player(s) must mirror or duplicate what the leader does.

Depending on the age and size of the players, the actions can get more complicated and difficult as the game progresses.

Players will want to take turns being the leader.

Serve refreshments afterward for everyone. □

'Which ones go together?'

Here's a language learning game that helps children understand how objects are related.

Materials: Handy household and clothing items which have something in common (such as their use) but which also have basic differences:

Some examples:

tissue	handkerchief
pen	pencil
comb	brush
fork	spoon
shoe	boot
glove	mitten
glass	cup
paper clip	rubber band

Select one item and ask a child to: "Find the one that goes with this."

When she makes a selection, you can ask, "How are the items alike?" and "How are they different?"

You can add or subtract items, or increase the difficulty by making the similarities a bit harder to understand. Thinking and reasoning is definitely required. □

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Raising a positive child is an art!

Raising children who are fun to be around is an art.

Three important parts of that art are speaking positively, encouraging skills, and conveying reasonable expectations.

- **Speaking positively.** Children reflect what they see and hear.

If they are surrounded by criticism, pessimistic thoughts and unfriendly talk, they will learn to speak and act accordingly.

If they are surrounded by encouragement, praise, and positive thinking, they will learn to reflect those qualities.

- **Encouraging skills.** When children are praised for their efforts rather than their accomplishments, they learn that the process of learning is important and mistakes are all right.

- **Reasonable expectations.** Children most often live up (or down) to the expectations their parents have for them.

Once you set an expectation, you will consciously convey that to your child. With positive encouragement and feedback, chances are those expectations will be met. □

Something New!

"Grandma Says" is a twice-monthly special message that includes general parenting tips, words of encouragement, and children's book reviews.

To receive your free issues, go to:

www.GrowingChild.com/

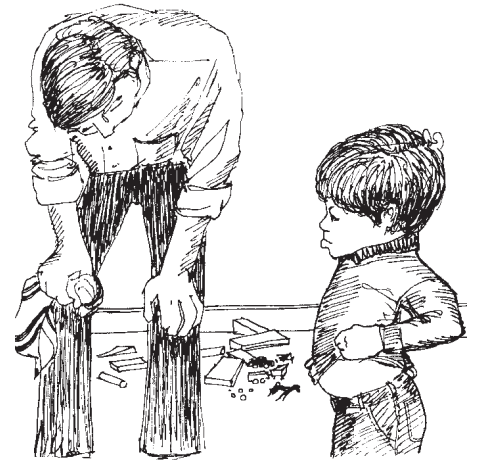
FreeGrandmaSays

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'I don't like you anymore!'

When parents make a decision their children don't like, youngsters can find many ways to express their displeasure. However, parents need not feel threatened when their children heartily protest.

Crying or yelling, "I don't like you, you're a mean daddy," really means that the child doesn't like the restriction placed on his freedom. We can all understand those feelings.



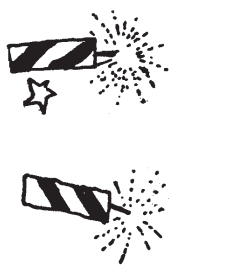











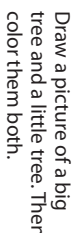








While it isn't easy sometimes to put up with children's protests, (and they can be unsettling as well) parents who look past the moment know they will have to take some unpopular stands sometimes.

Allowing children the right to be unhappy and to voice that unhappiness are necessary parts of learning how to deal with frustration.

Parents can accept their children's right to dislike their decisions by saying, "I know you'd rather keep on playing, but you need a nap," or "I'm sorry you don't want to go to bed now, but it's time."

In using statements like these, the child's feelings are recognized, while the decision stands. □

July, 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3 Plan to watch some fireworks.</p> 	<p>4 Independence Day!</p> 	<p>5 Play with clay.</p> 	<p>6 Put your feet in a tub of cold water. Wiggle your toes.</p> 	<p>7 A ball is an inexpensive, versatile, and fun toy!</p> 	<p>1 Canada Day. Where is Canada?</p> 	<p>2 Plan a family get-together time for this weekend.</p> 
<p>10 Visit a neighbor.</p> 	<p>11 Today is Monday, what's tomorrow?</p> 	<p>12 How tall are you?</p> 	<p>13 Make up a silly story: "I saw an elephant in the grocery store and it was just getting ready to ..."</p> 	<p>14 Wear a hat today.</p> 	<p>15 Draw a map that shows where you live.</p> 	<p>16 Go on a picnic!</p> 
<p>17 Take a walk outside. Where is your shadow?</p>	<p>18 Draw an interesting picture to put on the fridge.</p> 	<p>19 Empty wastebaskets.</p>	<p>20 Read a new book or story.</p> 	<p>21 Send grandma a note and tell her what you've been doing this summer.</p> 	<p>22 Play outside with a water sprinkler. Adults, please supervise young ones.</p>	<p>23 Balance on one foot. Then the other. How far can you hop on one foot?</p> 
<p>24 Look for butterflies. Ramadan begins at sundown.</p>	<p>25 Do you like to eat corn-on-the-cob? Buy some for lunch tomorrow.</p>	<p>26 If you could pick any pet, what would it be?</p> 	<p>27 Create a new "summer sandwich." Then eat it!</p>	<p>28 Make a paper airplane. Fly it outside.</p> 	<p>29 Draw a picture of a big tree and a little tree. Then color them both.</p>	<p>30 Visit an outdoor market.</p> 
<p>31</p>						