



# Positive Parenting

By The Guidance Center's *Family Resource Center* and



## Fetal Alcohol Syndrome

What is fetal alcohol syndrome? Commonly referred to as FAS, it is a range of permanent birth defects caused by alcohol use during pregnancy. These defects can be physical, mental, behavioral, or a combination of any of the three. There is *no known* safe amount of alcohol during pregnancy. Researchers believe that even one or two drinks while pregnant may cause damage to the unborn baby. Some children with FAS have facial characteristics such as wide set, small eyes or a flattened nose. Some children afflicted have small physical stature. FAS can cause learning difficulties, hyperactivity, and poor reasoning skills in children. There is no cure for FAS, and because effects are so

similar to other afflictions such as autism or ADHD, it is hard to diagnose.

A human fetus has a reduced capacity to eliminate alcohol. This means that alcohol concentrations are higher *in utero* than in the rest of the mother's system. Alcohol also tends to stay there longer. The fetus becomes more drunk than its mother with every sip she takes. At the point when the mother feels tipsy, the fetus could have already passed out. As one doctor put it, "for the fetus, the hangover may last a lifetime" (Dorris 147).

So what can we do as a community? Promote awareness of FAS throughout our churches, libraries, and schools. Awareness is the key to

prevention. Talk to would-be mothers about it and stress that alcohol is not recommended for anyone trying to get pregnant – alcohol is most damaging during the first few months of pregnancy, when many women do not even know they are pregnant. Emphasize that there is no known safe amount and the fetus can be harmed by alcohol in any stage of pregnancy. Taking a drink while pregnant is not worth the damage it could cause to a child. If a woman needs help to stop drinking during pregnancy, there are organizations that can help. Some websites to check out:

[www.nofas.org](http://www.nofas.org)

[www.acbr.com/fas/](http://www.acbr.com/fas/)

Resources: Dorris, Michael. The Broken Cord. 1989



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### Special Points of Interest:

- ☺ Fetal alcohol syndrome
- ☺ Month of the Young Child
- ☺ AmeriCorps activities
- ☺ Building self-esteem
- ☺ Parents As Teachers
- ☺ Infant Massage

## AmeriCorps Spring Activities



Last year AmeriCorps members started a community garden at the Aquinas building. We need your help this year to make it flourish again! We want to promote children's interest in gardening. If you or anyone you know is interested in volunteering time in the garden, please call Randy Ross at (734) 785-7705 ext. 7050 for more information. Gardening is a wonderful learning opportunity for children and can be a great parent-child activity!

Look for us at Southland Mall on May 15th at the Magic Carpet Ride to Reading with our special guest Corduroy!



# Parents As Teachers, Playgroup, and FRC Events for April

## Parents As Teachers Events

☆ *Infant/Toddler Playgroup* (Ages 0-2 years)  
Fridays: 9:30 AM to 11:00 AM - Family Resource Center  
April 2, 9, 16, 23, 30

☆ *Preschool Playgroup* (Ages 30 to 60 months)  
Wednesdays: 9:30 AM to 11:00 AM - Family Resource Center  
April 7, 14, 21, 28

☆ *Preschool Playgroup*  
Thursdays: 9:30 AM to 11:00 AM  
April 1, 8, 15, 22, 29

☆ *PAT Group Meeting*  
Tuesday April 27th from 9:30 - 11:00 AM

**For more information or to register, call Wanda at (734)785-7705 ext. 7126**



## After Baby Comes Events

☆ *ABC Playgroup*  
Wednesdays: 12:30 PM to 2:00 PM - Family Resource Center  
April 7, 14, 21, 28

**For more information or to register, call Rachel Rosin at (734) 785-7705 ext. 7215**

## Month of the Young Child

April is recognized as Month of the Young Child. The Family Resource Center will be hosting special activities and fun things for families to do together. If you would like more information about these events, please call (734) 785-7705, ext. 7053 for dates and times. Or feel free to stop by the Family Resource Center in the Aquinas Building to talk to the staff.

## Great Parents, Great Start Playgroups

**Baby/Toddler Playgroup** (for children ages birth to three):  
*Mondays from 10:30 AM to 12:00 PM* - Family Resource Center  
April 5, 12, 19, 26

**Preschool Playgroup** (for children ages three to five):  
*Tuesdays from 1:00 PM to 2:30 PM* - Family Resource Center  
April 6, 13, 20, 27

*Thursdays from 1:00 PM to 2:30 PM* - Family Resource Center  
April 1, 8, 15, 22, 29

**Call Andrea at (734) 785-7705 ext. 7159 to register or for more information.**

## Cooking With Kids

Even young kids can be involved in meal preparation. Kids can wash vegetables, help mix ingredients, and help make shopping lists. It is important to help children realize at a young age the importance of eating a nutritious diet. Their eating habits will resemble yours. Here are a couple of healthy, easy recipes that your children can help with.

### Tuna Pasta Salad

3/4 cup elbow macaroni  
1/2 cup celery, sliced  
3 tbsp. salad dressing or low-fat mayo  
6 cans (1/2-oz.) tuna, water-packed  
1 cup seedless red grapes, halved

Cook macaroni according to package directions. After draining, toss macaroni, tuna, celery, and grapes together. Mix in salad dressing. Serve warm or chill until served. Store leftovers in the refrigerator. Makes 4 servings, about 1 cup each.

Your kids can help mix the salad dressing in!

### Veggie Pizza

1 refrigerated pizza crust, 12" diameter  
3/4 c. canned tomato puree  
1/2 small green pepper, thinly sliced  
1 cup mozzarella cheese, shredded  
1 tsp. oregano leaves  
1 small onion, sliced

1/2 tsp. garlic powder  
1 c. fresh mushrooms, sliced

Preheat oven to 450°. Place crust on ungreased pizza pan or baking sheet. Mix puree, oregano and garlic powder. Spread evenly over crust.

Place vegetables on top of puree. Sprinkle with cheese. Bake until cheese melts and vegetables are tender - about 15 minutes. Makes 4 servings. Kids can help with spreading the puree and sprinkling the cheese.



## Let's Talk Language

**“Let’s Talk” Language Infant Tip:** Young babies like being close to their families. Researchers say you should start reading to your baby at birth. Even though your baby does not understand your words, he/she loves to sit on your lap, hear your voice, and have special time with just you. You will feel relaxed and your baby will learn to think of reading as a pleasant activity. When your baby loses interest in reading, play a game, or do something else together.

# Building Self-Esteem

By Linda Stanko of Everybody Ready



As an adult, if you are a parent, a business person, a teacher, a lawyer or an Indian chief – how

important is having a feeling of self worth? I could not function as an adult if I had little or no self-esteem. Where do you think it comes from? From the time we are born our self-esteem is influenced by those around us. If we think back to when we were children, who touched our lives and made us feel important? That is a feeling of self worth. I can remember two teachers in particular who encouraged me to completely change directions in my life by giving me that feeling. Our parents were a huge part of who we have become, but

everyone in a community touches a child's life. After all, what are children but adults in training? Just remember, your feelings are the same throughout your life, only the physical changes. I believe if we can remember this when we come in contact with children we will treat them with respect, as we would any person, and encourage feelings of self worth in them.

- Something that we can do for our children and grandchildren, is give them unconditional love! Self-esteem flourishes with the kind of no-strings-attached devotion that says "I love you no matter who you are or what you do."
- Pay attention to children. What they say matters – get down on their level and make eye contact.
- Teach limits. Children need rules. Knowing that certain things are

set in stone will help to feel safe and secure. Let them know you trust them to do the right thing.

- Give them choices; they gain confidence when they know you trust them to make a decision.
- Support healthy risks. Let them explore something new – there's always a chance of failure but without risk there is little opportunity for success. Let them experiment safely without intervening. Foster independence.
- Mistakes happen – this is how we all learn. Admit your own mistakes – acknowledging and recovering from your mistakes sends a powerful message to your child – it makes it easier for them to accept their own shortcomings.

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## April Showers (the Month of the Young Child)

Everybody Ready invites you to help meet the needs of our youngest citizens. During the month of April we are collecting books and educational toys to benefit child care centers when they send staff for training.

Donors will be eligible for a drawing for free movie tickets, tickets to the Detroit Science Center, and other cultural events. (2 tickets given per name drawn.) For suggestions of suitable items, visit our website at: [www.everybodyready.com](http://www.everybodyready.com). Cash donations are acceptable.

Drop off sites will be starting **April 1 until April 30:**

- Everybody Ready office, 1 Heritage Center, Suite 230, Southgate
- The Guidance Center Bookstore, 19401 Northline, Southgate
- Southgate Family Resource Center
- Grosse Ile Presbyterian Church
- Bacon Memorial Library, Wyandotte
- Lincoln Park Library

**Please check our website for more locations.**

Your gift will:

- bolster the equipment resources of child care centers

- encourage additional training of staff
- give children access to more educational toys and books

In the words of psychologist Dr. Karl Menninger, "What is done to children, they will do to society." Won't you help? For more information please call: (734) 282-5497. Thank you for your support.



## Mission Statements

### **Everybody Ready**

**Our Vision:** All children will be physically, intellectually, emotionally, socially and spiritually prepared to enter kindergarten “Ready to Learn, Ready to Succeed, Ready for Life” through the love, nurture and support of their families, their caregivers and their communities.

**Our Mission:** Everybody Ready engages the community to support families and caregivers as they meet the needs of children 0-5.

Please check out our website [www.everybodyready.com](http://www.everybodyready.com). On it you will find upcoming events for children 0-5, and information telling you all about Everybody Ready. Look for our open quarterly meetings. We always have a keynote speaker talking about issues of young children.

**Our next meeting will be April 21st from 9:30 to 11 am, at the Center for Excellence at The Guidance Center, 13111 Allen Road in Southgate. Please call 734 282-5497 to hold your spot!**

### **Family Resource Center**

The Guidance Center’s Family Resource Center’s mission is to provide comprehensive, research-based family support services to enhance families’ capacity to support the growth and development of all family members — adults, youth, and children, as well as the community.

## Infant Massage

The Family Resource Center is pleased to offer a free infant massage class to parents of babies ages one month to crawling. Learn to nurture your baby with infant massage. The many benefits of infant massage include:

- ◆ Bonding – enhances communication and encourages positive interaction.
- ◆ Relief for baby from discomforts such as teething, colic, congestion, gas, and emotional distress.
- ◆ Relaxation – helps baby sleep deeper and longer.
- ◆ Helps parents feel more competent and confident in their parenting role.

Our qualified instructor will guide you through the infant massage process with demonstrations and handouts for you to keep. For more information, please call the Family Resource Center at (734) 785-7705, ext. 7053..



Family Resource Center  
15601 Northline  
Southgate, MI 48195  
(734)785-7705 ext. 7053

Everybody Ready  
One Heritage Place  
Suite 230  
Southgate, MI 48195  
[everybodyready@yahoo.com](mailto:everybodyready@yahoo.com)  
(734)282-5497

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