



# Positive Parenting

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



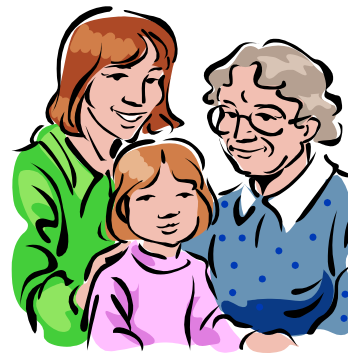
## Month of the Young Child

April is the Month of the Young Child, focusing on the needs of young children and early childhood issues. More than thirty public and private organizations in Michigan sponsor Month Of the Young Child. Anyone may join in or sponsor a celebration. There are both statewide and local celebrations. Join in and celebrate at local events or on your own with these ideas:

✦ **Purple Ribbon Campaign.** Wear a purple ribbon to show that you care about children and are aware of their needs. Display it on your clothing, your car, or your door, and ask your

- child to wear one too!
- ✦ Go to a park with your family and have a picnic. Let your child help decide what to bring for lunch.
- ✦ Take a family photograph.
- ✦ Get library cards for yourself and your children if you don't have them. Spend a Sunday at the library.
- ✦ Take a walk with your child.
- ✦ Read a book to your child.
- ✦ Plant flowers with your child.
- ✦ Make your children's favorite meals with their help.
- ✦ Donate food, books, toys, or clothing to a local shelter.

- ✦ Make sure your child's immunizations are up to date.
- ✦ Learn how to properly install your child's car seat.
- ✦ Play your child's favorite game with her.
- ✦ Check your smoke detectors and hold a home fire drill.
- ✦ Enjoy your family!!!



Volume 3, Issue 4

April 2005

### Special Points of Interest:

- ☺ Month of the Young Child
- ☺ River Rouge Center Opens
- ☺ TV Turn-off Week
- ☺ Book Recommendations
- ☺ Playgroups
- ☺ Let's Talk
- ☺ Springtime Activities
- ☺ Infant Massage

## River Rouge Center Opens



The Guidance Center's Family Resource Center is pleased to announce the opening of its new River Rouge Center. The Fewes Methodist Church serves as the location for our resource room. The church address is 456 Palmerston in River Rouge. Playgroups will begin this month and the center hours are Tuesday and Thursday from 9:00 AM to 2:00 PM. Call Shari at (734) 785-7705, ext. 7053, for more information. We look forward to serving you at our new site!



# Television Turn-Off Week

The week of April 25th through May 1st is TV Turn-Off Week! The goal of this week is to

encourage family bonding and enrich your social and family lives. Try a family art project together to wake up imaginations! A good one to try may be “TV Stars”. Kids can make up their own television shows with their own TV. This will help channel their creative energies into art that has star power!

1. Cut construction paper to cover

a tissue box so it looks like a TV. Attach with glue.

2. On another piece of paper, draw a picture with crayons (or use a photograph). Glue the picture to the tissue box.

3. Draw, cut out, and glue stars around the picture.

4. Create designs on the box using glitter. Dry.

5. Kids can change channels by adding more pictures on the other sides of your tissue box TV!

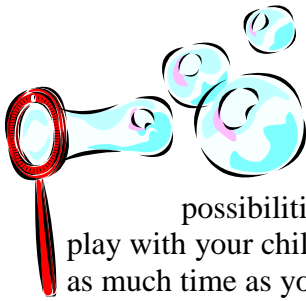
You can also tell a family story (or a “circle” story). Sit in a circle.

The first person starts the story with an original sentence. The

next person in the circle adds a sentence to the first one. Keep adding sentences to create a story! Appoint someone as secretary if you’d like to keep your story on paper! This is a great way to develop kids’ imagination, creative thinking, logic, and memory! Find other ways to stimulate your child’s thinking. Draw pictures of places you would like to go, go to a park together, or finger paint together!



## Homemade Springtime Fun



Now that the weather is warming up, a world of possibilities opens up for play with your child. Try to spend as much time as you can outside with your child. Make a pair of binoculars by taping two paper towel tubes together and decorating however you please, with glitter, crayons, paper, or whatever else you have around the house. Then take a walk with your child using the binoculars. Ask him what he sees and look at different types of birds, trees, and bugs. Describe what he sees with him to reinforce the experience in his memory. For instance, “Do you see that bluebird? Oh, I see a blackbird over there – he’s bigger than that bluebird we just saw!” You do not need to know what kind of bird, tree, or bug it is, just describe it. This encourages both language and observation skills.

Take a nature walk. Make a list of things you can find outside (rocks, leaves, acorns, pinecones, clovers, and maple seed helicopters). Give your child an empty egg carton and have him/her put each item in a different compartment as it is found. A simple but fun activity for preschoolers is hopscotch or just drawing on the driveway or sidewalk with chalk. Encourage your kids to draw their favorite animal, pictures of themselves, or something they see outside.

Another wonderful outdoor activity is bubbles. These can be used with children of any age, even babies. Be careful around your baby’s eyes with bubbles, however. Here is a simple recipe for bubbles that can be used outside or indoors on those rainy days. Keep in mind that inside bubbles can cause slippery surfaces!

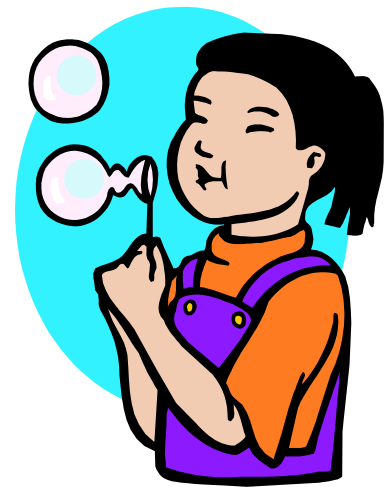
### Bubble Mix

1 cup water

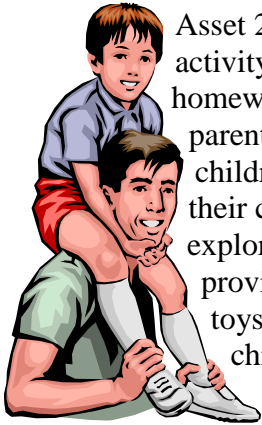
2 tablespoons Light Karo syrup (in a grocery store) or 2 tablespoons glycerin (usually at pharmacies)

4 tablespoons dishwashing liquid

Mix all the ingredients together and have fun!



# Tips for Young Children's Success



Asset 23, stimulating activity and homework, encourages parents of young children to support their children in exploration and provide stimulating toys that match children's emerging skills.

Parents are sensitive to children's dispositions, preferences, and level of development. They are their child's first and most important teachers.

- With toddlers, spend time outdoors with them. Look at grass

and leaves together and watch cars and people go by. Ask toddlers to describe what they see.

- With preschoolers, play fun games like "Simon Says" to help them learn to play with others, take turns, follow instructions, and have fun at the same time.

- Play "Follow the Leader". Have preschoolers do challenging motions, like hopping on one foot, walking backward and skipping.

- Do creative crafts together. There are many websites, such as [www.crayola.com](http://www.crayola.com) that will give you plenty of ideas.

- Make music a part of children's environment. There are many wonderful tapes and compact discs

right in your local library.

For all children, take time to visit parks, malls, aquariums and museums so that they can see many different and interesting things.

Be available when children ask questions but don't just answer, ask more open-ended questions to get them thinking or guide them to resources that will help them learn more.

Taken from What Young Children Need to Succeed. Jolene L. Roehlkepartain and Nancy Leffert

## Book Recommendations



### Preschool Books:

Eating the Alphabet - Lois Ehlert

Dr. Seuss's ABC - Dr. Seuss

Chicka Chicka ABC - Bill Martin Jr.

ABC - Brian Wildsmith

I Spy Little Letters - Jean Marcollo

I Spy Little Numbers - Jean Marcollo

Bob the Builder Let's Count - Kelli Chipponeri

### Kindergarten Books:

Corduroy - Don Freeman

Where the Wild Things Are - Maurice Sendak

Curious George - H.A. Rey

Green Eggs and Ham - Dr. Seuss

Just Me & My Dad - Mercer Mayer

The Very Hungry Caterpillar - Eric Carle

### School Age Books:

Come Back, Amelia Bedelia - Peggy Parish

Goosebumps Series - R.L. Stine

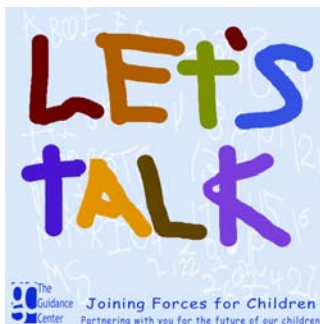
Michigan Chillers - Jonathan Rand

Charlotte's Web - E.B. White

The Lion, The Witch, and The Wardrobe - C.S. Lewis

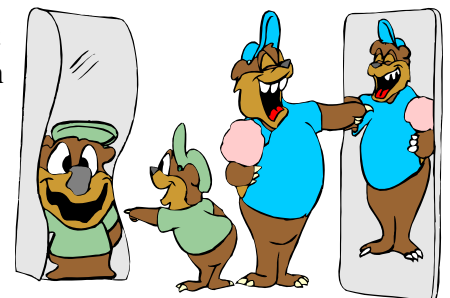
All available at the Family Resource Center!

## Let's Talk Language Tip



**Let's Talk Language Preschool Tip:** Make faces in the mirror with your child. Move your tongue, make a kiss, and wiggle your nose. Talk with your child about all of the things they can do with their eyes...blink, stare, and wink. Feel and talk about different textures...soft cotton, hard soap, smooth walls, and slippery sink. Smell different things...toothpaste, soap, shaving cream, bath powder, etc. This provides cognitive and language benefits for preschoolers as they learn

new vocabulary and how to utilize their different senses.



## 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.

**Please call 734 282-5497 with any questions.**

### **The Guidance Center**

The Guidance Center’s mission is to enhance the development and mental well being of children, adults, families and communities through the delivery of creative, innovative, and quality programs. Services will be delivered with excellence and professionalism in an atmosphere of caring, hope, and respect.

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

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.



***After Baby Comes*** is a support program that offers a home visit, weekly playgroup, and infant massage. In order to qualify for this program, you must be a first time parent with a child under the age of one year. **For more information about ABC, call Rachel at (734) 785-7705 ext. 7215.**

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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