



# Positive Parenting

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



## Positive Discipline

Sometimes we get involved in power struggles with children, especially as they grow older and begin to realize the power of the word "no". What strategies can parents use to help their children grow up responsible, caring, and respectful to others?

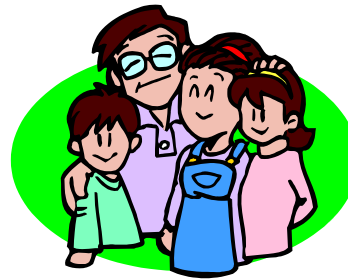
- **Give choices.** This helps children feel more independent and that they have some control over their lives. You can say, "You can drink your milk now or later during snack time. It's your choice."
- **Give incentives.** Try not to argue, but say, "After you finish cleaning up

you may watch television." Make it appealing to kids.

- **Prepare children for transitions.** Give warnings before it is time to stop an activity. Try a five minute warning and a one minute warning. This helps children get ready to stop what they are doing.
- **Give children a voice.** Let them help write house rules, or decide what chores they would like to do for the week. A helpful strategy is a family job chart, in which each member has different tasks assigned.

- **Provide structure.** Help your child create routines. For example, the night before, lay their clothes out for the morning and remind them what time breakfast will be.

Choose your battles, and have fun with your children!



Volume 2, Issue 12

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### Special Points of Interest:

- ☺ Positive Discipline
- ☺ Romulus Family Resource Center
- ☺ Let's Talk Language
- ☺ Playgroups
- ☺ Books for children of all ages

## Romulus Center Opening



Don't forget to join us on December 15th from 10:00 AM to 6:00 PM for our open house celebrating the grand opening of our new Romulus Family Resource Center. Get out of the cold and see what we have to offer. We have a lending library including our literacy bag line available for checkout, and our staff is happy to help parents locate any resources they may need. Our center is located at the Burton Center Head Start building at 35408 Beverly Road in Romulus. Call Shari at (734) 785-7705 ext. 7053 with any questions. Keep an eye out for the announcement of the opening of our River Rouge center coming next year.

### Resource Center Contacts:

**Southgate:** Theresa Galvan  
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**Romulus:** Shari Stewart  
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# Great Parents, Great Start Playgroups

**Baby/Toddler Playgroup** (Ages zero to three)

Mondays: 10:30 AM to 12:00 AM

December 6, 13

**Preschool Playgroup** (Ages three to five)

Tuesdays: 1:00 PM to 2:30 PM

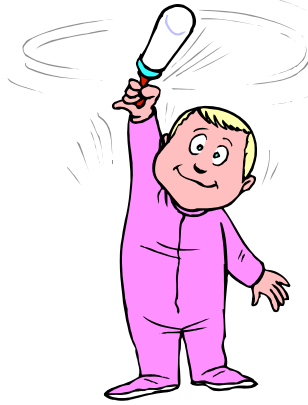
December 7, 14

**Preschool Playgroup** (Ages three to five)

Thursdays: 1:00 PM to 2:30 PM

December 2, 9, 16

**For more information or to register, call Andrea at (734)785-7705 ext. 7159.**



**Baby/Toddler Playgroups** (Ages zero to three)

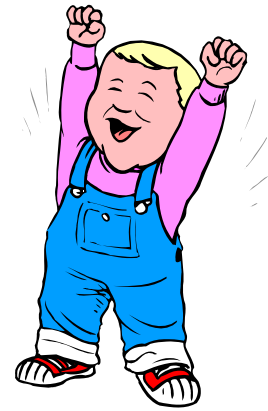
Wednesdays from 10:30 AM to 12:00 PM

December 1, 8, 15

Thursdays from 10:30 AM to 12:00 PM

December 2, 9, 16

**For more information or to register, call Sarah at (734)785-7705 ext. 7159**



**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.

Playgroups are offered on Tuesdays from 5:30 PM to 7:00 PM at the Family Resource Center. Playgroup dates for December: 7,14.

**For more information about ABC, call Rachel Rosin at (734) 785-7705 ext. 7215. To register for playgroup, call Lisa at (734) 785-7705 ext. 7159.**

## Safe Toys for the Holidays



Choosing toys for children at this time of year can be stressful for caregivers. A lot of toys on the market now are louder than ten children together in a small room. Age appropriate toys can improve cognitive, social, and language skills. Play helps children become aware of their environment as well. Always look for the safety notice on the package to find out if a toy is safe for a child under three years old. Avoid toys with tiny parts or balls that can lodge in a child's airway and block breathing. Latex balloons are unsafe for young children because they can cause choking if a child mouths the balloon and it pops. Avoid sharp edges and points, along with projectile toys such as play

darts that can cause eye injuries or cuts. Any toy with strings, straps or cords longer than seven inches can be a potential choking hazard, and watch out for electric toys that can possibly burn a child. Newborns like toys they can touch and squeeze. Black and white toys are wonderful up to five months of age to stimulate vision development. Children ages one to three love toys they can push or pull, pound on, or shake. Toys with different items in them such as feathers or jingle bells are fun for this age. You can make your own using empty plastic bottles. For three and four year olds, try nontoxic art supplies. Kids this age love to create art projects. Pretend play is a big pleaser for this

age too, so kitchen sets and toys, play money and play phones work well. Puppets are fun for three and four year olds also. Encourage them to put on a show for you. Five to nine year olds like arts and crafts sets and active playthings such as jump ropes. Building toys are fabulous for any age - almost all children like to stack and knock over. Books are always a wonderful gift as well. For babies, choose board books with pictures and no words. Toddlers like books with one to two words on each page that label the pictures they see. For preschool age, pick books with a short story and interesting pictures. Older children will start reading books with more words - choose based on the child's level. Have fun shopping!



# Winter Fun



If your kids are out of school because there is too much snow on the ground, or if it is too cold for them to play outside, there are a lot of fun indoor activities for winter. Go ice skating at a local indoor arena. Make snowflakes together to hang on the windows. Get white paper and fold in half three times. Cut out designs from the edges and the middle, taking less from the middle so it will stay

together when you unfold it. Make hot chocolate with marshmallows (add a candy cane for mint flavor if you'd like) and cuddle up under a blanket and read a favorite book with your kids. Draw pictures of warmer weather and talk about things you will do in the spring and summer. This can be a great learning opportunity for little children as you talk about the changes of the different seasons. Make forts using sheets on chairs or couches. Crawl inside and tell stories or read books together. If you want to go outside, bundle up and go make snow angels, snow pies, and snow

men. Winter is a fantastic season to spend quality time with your child. Remember to dress in layers and protect hands, face, and ears from wind chill!



## Toys

By Linda Stanko, cited from a presentation by Ken Horn

The best toys are those that require the child to maneuver, manipulate, and construct his or her own patterns.

The brain and its response patterns are shaped by experience. How are toys shaping the brain?

- A good toy is 90% child and 10% the toy.
- Electrical toys are 90% toy and 10% child.

Video games change the dopamine levels in the brain.

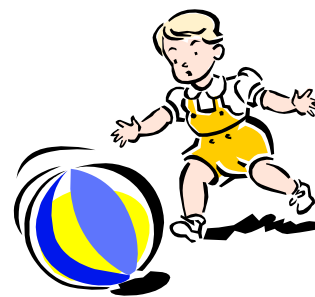
Computers are tools: they do not provide the hands-on experiences that the young brain needs.

“Computers are tools, but they don’t replace the dreamers.”

Louis B. Gerstner, CEO of IBM

Studies show that kids who have

had little or no experience with computers until 5<sup>th</sup> grade are just as skilled with computers by 7<sup>th</sup> grade as those who started as toddlers.



## Let’s Talk Language Tip



### “Let’s Talk” Language Infant Tip:

Speak in “parentese” to your baby. Use a clear, high-pitched expressive voice, with a rising tone at the ends of phrases and sentences. Use simple words, but not baby talk. Babies prefer speech with these characteristics. This kind of speech helps them begin to understand the structure of language.



## 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.**

### **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.



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