



Positive Parenting

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



Parents As Teachers

As a parent, how can you help your child make the most of their world? Parents as Teachers is a home visiting, literacy-based program that services children prenatal to five years of age and their parents. Your parent educator will come to your home each month with a different, developmentally appropriate activity designed to expand your child's learning through everyday experiences. Parents are involved in screenings that are periodically done. Parents are their child's first and best teachers. Parents as

Teachers provides easy ways to ensure enriching learning experiences for your child. Parent-child weekly interaction groups are also an option for those participating in the program. To learn more or to register, call Andrea at (734) 785-7705, ext. 7159.

Childcare providers and professionals:

The Guidance Center's Family Resource Center would like to invite you to participate in the Parents as Teachers Prenatal to Three Born to Learn training. This week-long training provides

useful tips for using the curriculum with a home visit demonstration by an experienced parent educator. The dates are from February 28th to March 4th and costs \$675 a person. For more information and to register, please visit the national Parents as Teachers website, <http://www.patnc.org>. Any local questions can be directed to Sarah at (734) 785-7705, ext. 7159.



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Special Points of Interest:

- ☺ Parents as Teachers
- ☺ Let's Talk Language
- ☺ Playgroups
- ☺ Healthy Downriver Expo
- ☺ Parenting Your Preschooler
- ☺ Making Music with Kids
- ☺ Kid For a Day
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Parenting Your Preschooler

The Burton Center would like to invite you to a free workshop entitled "Parenting Your Preschooler". Co-sponsored by the Romulus Community Schools Early Childhood Initiative, Romulus Public Library and the Family Resource Center, the workshop runs for four weeks in March. Each session presents a different aspect

of positive parenting. The sessions will be held on Tuesday evenings from 6:00 PM to 7:00 PM beginning March 1 and continuing on the 8, 15, and the 22. The workshops will be held in the Family Resource Center room at the Burton Center, located at 35408 Beverly Road in Romulus. There is also free childcare available. To

register or to find out more information, call (734) 532-1953 or call Shari at the Resource Center at (734) 532-1900, ext. 1911.



Great Parents, Great Start Playgroups

Baby/Toddler Playgroup (Ages zero to three)

Mondays: 10:30 AM to 12:00 AM
February 7, 14, 21, 28

Preschool Playgroup (Ages three to five)

Tuesdays: 1:00 PM to 2:30 PM
February 1, 8, 15, 22

Preschool Playgroup (Ages three to five)

Wednesdays: 10:00 AM to 11:30 PM
February 2, 9, 16, 23

Preschool Playgroup (Ages three to five)

Thursdays: 1:00 PM to 2:30 PM
February 3, 10, 17, 24

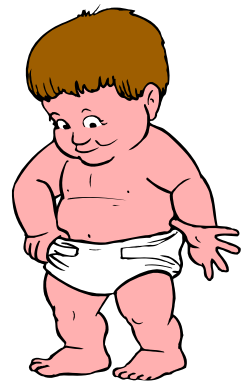
For more information or to register, call Andrea at (734)785-7705 ext. 7159.



Baby/Toddler Playgroups (Ages zero to three)

Wednesdays from 10:30 AM to 12:00 PM
February 2, 9, 16, 23
Thursdays from 10:30 AM to 12:00 PM
February 3, 10, 17, 24

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

February: 1, 8, 15, 22.

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.

Kid For a Day

Sometimes parents get so frustrated with their misbehaving child that they forget how much fun it can be to be a kid. So, here are some ways you can be a kid again - for a day, or for as long as you like!

- ◆ Read the funnies - throw the rest of the paper away.
- ◆ Eat dessert first.
- ◆ Do a cartwheel.



- ◆ Spin around in circles until you're so dizzy you can't stand anymore.
- ◆ Put on Wonder Woman underoos!
- ◆ See how high you can bounce bouncy balls.
- ◆ Blow lots of bubbles in your drink.
- ◆ Tell stories with no point.
- ◆ Give someone an Eskimo kiss.
- ◆ Sing into a hairbrush.
- ◆ Blow on a dandelion puff and watch it

- go all over.
 - ◆ Stop whatever you're doing once in a while for recess.
 - ◆ Skip, don't walk.
 - ◆ Watch TV in your pjs.
 - ◆ Refuse to eat crusts.
 - ◆ Swing on a swing and jump off in mid-swing.
 - ◆ Hide your veggies under your napkin
- *cited from Shopper Plus

Building Creativity in Kids

Kids are really creative – just think of all the excuses they can think of so they don't have to clean their room! There are many ways to encourage constructive creativity in your child. For younger children, remember that it is not the end product of creation that counts, but the process. Give your child some crayons and paper and let him scribble and draw. Drawing progresses

from scribbles to representational, recognizable forms. Let your child experiment with scissors – they can cut paper or even play-dough and develop their fine motor skills while doing it. Let them create with play-dough, for older kids. Finger painting is a fun activity that is also a great tactile experience for children – just be prepared to get messy! Display their artwork in your home to

encourage their confidence in their creative abilities. Ask them to create things in new ways – tell them you're interested in seeing what they can do. Don't expect their crafts to look like the example you or someone else may set for them. Have fun with it!

*Some information cited from: http://www.crayola.com/parents/powercreativity/tips_for_raising_kids.cfm

Save the Date: Healthy Downriver Expo

When: Saturday, March 19th 2005

Where: Southgate Davidson Middle School

Time: 9:00am-2:30pm

What children really want is love, respect, more free time, more contact with extended family and the natural world, and healthier, more peaceful lives. Join other parents and learn ways to provide these things that money can't buy. Kenneth J. Horn, a contributing author, presenter, parent and teacher will begin the day greeting us with a lively, humorous, and informative topic entitled "Different Genders, Different Brains, How Could Learning Be the Same?" There are also workshops presented

by a team of experts including these Parenting Sessions:

- Managing Family Stress
- Keeping Your Family and Home Safe
- Identifying Learning Problems and Getting
- Information for Your Child Zero - Graduation
- Using Literature, Games and Activities to Help Your Child Cope and Learn
- Learn about Health and Nutrition and Participate in a Community Garden

There is a \$5 registration fee that includes breakfast and lunch! Door

Prizes will be awarded, including one family pass to The Henry Ford. Over 60 community information tables with resources will be at the expo as well! Join us there!

For Information Contact:

Southgate Family Resource Center at (734) 246-7845

Due to limited space, no child care will be provided.



Making Music With Children



Making instruments for your toddler is an inexpensive way to help them learn rhythm and patterns. Studies have linked the importance of music early in life to greater success in solving

math problems and spatial reasoning. Playing on drums or a piano can help improve hand-eye coordination. Toddlers also love to find out what effects their actions have on objects. Producing music is a wonderful and fun way of finding this out. Try these ideas to make simple musical instruments for your child.

- Wrap rubber bands around an open shoebox to make a guitar. Supervise closely as your child plucks at the rubber bands. Use different widths of bands to vary the pitch.
- An easy instrument is simply a pot and a wooden spoon. Consider giving your child a drawer in the kitchen that contains spoons and pots to bang on.
- Make maracas by filling water bottles with dry beans or rice. Be sure to glue the lid on tightly. Decorate the outside any way you want. You can also make these with empty toilet paper rolls. Make sure to cover the ends com-

pletely so the filling cannot come out.

- You can use jingle bells as a filling for shakers. Coffee cans make great drums.

Be creative – see what other instruments you can make! Use cotton balls to make softer sounds inside water bottles. This will also encourage language as you can discuss different sound



Let's Talk Language Tip

Let's Talk Language Infant Tip:

Arrange the furniture so your baby can hold onto the couch and walk over to the coffee table without having to let go of anything. This encourages balance. After your baby becomes more confident, make larger gaps between the furniture so your baby has to walk a few steps unassisted. This provides cognitive and physical benefits for babies ages 9-12 months.



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. 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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