



Positive Parenting

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



Toddlers Need More Than Rules

Do you ever wonder why your toddler, who knows the words “no” and “don’t”, still gets into the cupboards? It’s not to drive you crazy, and it is most likely not a deliberate act. What, then, is so difficult about “Don’t get into the cupboards”?

***Toddlers can’t think in abstract terms.** A rule is an abstraction with a gap between the action you’re talking about and the words. Add negatives, yet another abstract concept, and little ones get more confused. All they hear is “cupboards” which draws more attention to them.

***They are in the present.** A toddler may have trouble remembering a rule you told him yesterday.

***Toddlers can’t think of two**

things at once. If she’s doing something, it’s hard for her to think of another thing.

***They are curious, curious, curious.** He wants to find everything.

***They have poor impulse control.** The emotional pull that comes from doing something she’s enjoying, like throwing a block against a wall, makes it very hard to stop herself.

***Toddlers don’t understand cause and effect.** He can not link his action to the consequence, especially if there’s a time gap between one and the other.

***Avoid negatives.** Say, “Keep the cupboard door shut”.

***Keep rules simple.** A long explanation of “why” will just confuse a toddler more.

***Be consistent.** Stick to your rules.

***Watch your expectations.** Concepts such as playing games with rules or using words to express emotions is most likely developmentally beyond a toddler.

***Stay firm.** You’re the boss, and sometimes you have to say no without discussion.

Create and maintain boundaries for your toddler!

*cited from www.parentstages.com



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Special Points of Interest:

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- ☺ Magic Carpet Ride to Reading
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- ☺ Literacy Tips for Preschoolers
- ☺ Everyday Learning
- ☺ Teaching Positive Behavior

Magic Carpet Ride with SpongeBob



The first Magic Carpet Ride of the new year is proudly brought to you by Downriver Cares AmeriCorps partnering with Jumpstart AmeriCorps of Dearborn. Everyone’s favorite sponge, SpongeBob SquarePants, will be there to read stories, take pictures, and do crafts. Come join SpongeBob and friends at Southland Mall on Saturday, January 15th at 1:00 p.m. The Magic Carpet Ride to Reading is in the West Court by Olga’s Kitchen.

The closest entrance is Borders. Hope to see you there!



Great Parents, Great Start Playgroups

Baby/Toddler Playgroup (Ages zero to three)

Mondays: 10:30 AM to 12:00 AM

January 3, 10, 24, 31

Preschool Playgroup (Ages three to five)

Tuesdays: 1:00 PM to 2:30 PM

January 4, 11, 18, 25

Preschool Playgroup (Ages three to five)

Wednesdays: 10:00 AM to 11:30 PM

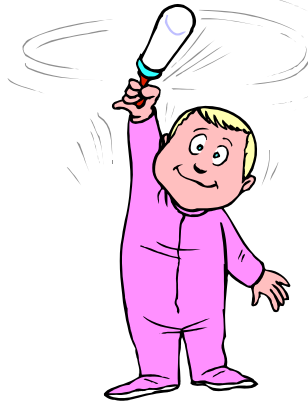
January 12, 19, 26

Preschool Playgroup (Ages three to five)

Thursdays: 1:00 PM to 2:30 PM

January 6, 13, 20, 27

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



Baby/Toddler Playgroups (Ages zero to three)

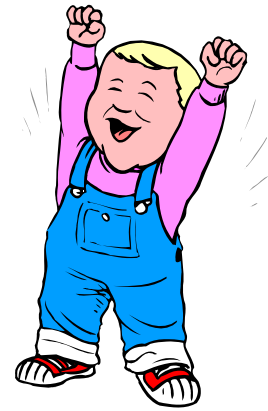
Wednesdays from 10:30 AM to 12:00 PM

January 5, 12, 19, 26

Thursdays from 10:30 AM to 12:00 PM

January 6, 13, 20, 27

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 January: 4, 11, 18, 25.

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.

Everyday Learning

Chances are, your toddler or preschooler asks questions about everything — and gets into everything within his reach, too! While children at this young age don't need structured learning, there are ways to teach your toddler how to recognize letters, numbers, and colors through everyday play. Try some of these tips (from other parents!) to make learning fun for your little one.

- ★ Sing the alphabet song while you wash your hands with your child. This ensures that kids wash long enough and it gives them a letter lesson at the same time!
- ★ Try bath toys in different shapes and colors. Name them for your child while playing in the bathtub with them.
- ★ Use names of favorite objects for

letter recognition. For example, "T is for Teddy, M is for Mommy."

- ★ Count out things you put on your toddler's plate at dinner. You can count out carrots or green beans.

Above all, never stop talking to your child! This is the number one way to encourage learning and language development. Have fun with it!

****Cited from: www.parentsoup.com**

Teaching Positive Behavior

Often we think of the word "discipline" as meaning "punishment." But discipline actually means "to teach," and can be an effective way to teach positive behavior and positive ways to play and express feelings. Punishment, on the other hand, may concentrate too much on what is wrong rather than teaching what is right. Try these tips for smart discipline to help your child learn positive behaviors:

- ✘ **Childproof your home.** Young children are active explorers and will get

into everything. By moving dangerous or breakable items out of reach, you can avoid having to say "no."

- ✘ **Use distraction.** Redirect your child if they are doing something you don't want them to do. Engage them in an appropriate activity.
- ✘ **Tell your child what they can do, not what they can't.** This helps young children learn acceptable behaviors. For example, "Please put your feet on

the floor. Chairs are for sitting on," instead of "Don't climb on the chair."

- ✘ **Use routines and consistency.** Knowing what to expect makes it easier for children to behave better

Consistent and loving discipline leads to a well-balanced child who has love and respect for his caregivers.

****Cited from www.zerotofive.org**

Healthy Downriver Expo

SAVE THE DATE

The Healthy Downriver Family Expo is coming!

When: Saturday, March 19th, 2005
from 9:00 AM to 2:30 PM.

Where: Southgate Davidson Middle School on Trenton Road between Pennsylvania and Eureka.

The theme this year is "What Our Children Need that Money Can't Buy". There will be door prizes, parent workshops, refreshments and lunch.

This year Everybody Ready will be sponsoring the keynote speaker, Mr. Kenneth J. Horn, a contributing author, presenter,

parent, teacher and school director. He is well known for his lively style, keen sense of humor and ability to translate brain research into readily understood terms. You will enjoy his talk on "Different Genders, Different Brains, How Could Learning Be the Same?" Also at the Expo will be Susette Hart doing break-out sessions in both the morning and the afternoon. Her topic will be "Recipe for Success". Providing every child with the right ingredients for life will help them grow up healthy, caring and competent. Discover the Developmental Asset ingredients that are bringing sweet success to

families across the country while providing every child with the best opportunity to reach their fullest potential. Susette is the mother of nine children. She is on the Executive Board for the Clarkston Coalition for Youth and part of the Alliance of Coalitions for Healthy Communities in Oakland County. She often addresses organizations and groups throughout the area on the benefits of the "40 Assets, What Every Child Needs to Succeed."

Every parent, teacher, and caregiver will learn from these two dynamic speakers!

Please join us!!

Tips For Literacy in Preschoolers

You can build literacy and language skills in your child by using these tips!

- * **Read to your child everyday.** Make this a warm and loving time when the two of you can cuddle close.
- * **Give everything a name.** Build comprehension skills by playing games that involve naming objects. Say things like "Where's your nose?" Or, touch your child's nose and say, "What's

this?"

- * **Say how much you enjoy reading.** Tell your child how much you enjoy reading with him. Talk about "story time" as the favorite part of your day.
- * **Read with fun in your voice.** Read to your child with humor and expression. Use different voices. Ham it up!
- * **Know when to stop.** Put the book away for awhile if your child

loses interest or is having trouble paying attention.

Reading skills last a lifetime. Books open doors!!!



Let's Talk Language Tip



Let's Talk Language Infant Tip:

Tell your baby what you are doing while you are doing it. Talk about what you see as you are driving or shopping. Continuous talking to baby helps him or her learn new words every day. Remember that baby can understand much more than he or she can say! Babies will talk sooner if spoken to often.



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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