



Positive Parenting

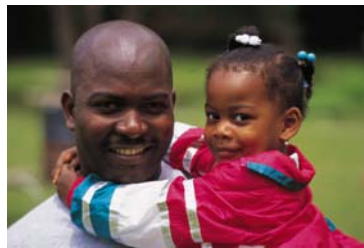
By The Guidance Center's *Family Resource Center* and



March Into Parenting Awareness Month

March has been designated Parenting Awareness Month in Michigan. While we celebrate people raising children all year long, March is a time that we especially recognize the effort and heart put into bringing up children. Parents and caregivers are children's first and most influential teachers. The most important parenting skill is giving children love, concern, and respect at all times. This helps them become secure and develop a healthy sense of self. Give your children choices whenever possible, but make sure they are acceptable choices for you as well. For example, if your child has a meltdown because he has to stop watching

television, tell him that his choices are to move on to another activity such as coloring or to go to a safe place to calm down.



Make sure your rules are understood by children. Explain that it is for their safety or well-being. Help children express their feelings - little ones especially have difficulty with this. Name the feeling for them. For example, "You seem to be frustrated. What can we

do to help you calm down?" Spend as much time as possible with your children. Routines such as story before bedtime or family dinner together help your child understand that you love them and they are important to you. Tell your child you love him every day, and that you feel lucky to have him. Most of all, set examples by what you say and do. Model the behaviors you would like your child to adopt. And ask for help if you need it. The statewide Parent Help Line is toll free and 24 hours. Call 1-800-942-HELP for assistance.

Enjoy your kids!



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Special Points of Interest:

- ☺ Parenting Awareness Month
- ☺ Teaching Positive Behavior
- ☺ Tips for Young Children's Success
- ☺ Let's Talk Tip
- ☺ 10 Steps to Positive Parenting
- ☺ Crafting

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. 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

Parenting Awareness Month Activities

Whether you are a new parent or have several children, the Prevention Network has an activity for you to celebrate Parenting Awareness Month. Take a look at the list below and try out an activity or two this March. Let your parent voice be heard!

- Create a list of community resources for parents and distribute the list at schools, libraries, places of worship, etc.
- Ask your local library or bookstore to display parenting books and information during Parenting Awareness Month
- Ask your local publications (newspapers, school newsletters, church handouts, etc.) to feature articles on healthy parenting
- Take time to read a new parenting book this March
- Create a handout of parent-child activities happening locally during March and April that can be distributed at schools, libraries and other locations
- Design a Parenting Awareness Month display for a local library, school, agency or business
- Ask your local library to create a list of parenting resources (books, magazines, videos, etc.) and make copies available for area parents
- Compile a calendar of parenting groups and activities that are available in your area including playgroups, classes, story hours, etc. and distribute the calendar through local schools
- Discuss Parenting Awareness Month with friends and members of your family
- Plan special activities to honor parents and caregivers during March
- Encourage your school district to host a family activity night—fun for parents and children
- Host your own workshop or discussion group with other parents and share advice
- Ask your employer to include a short list of parenting tips with March paychecks
- Organize a resource fair at a local library or school to highlight the many services and activities available for families



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 should be 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 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



Let's Talk Language Tip

Let's Talk Preschool Language Tip: Reading Nook

Independent preschoolers readily explore books. Take a corner of your child's room and make it into a cozy area. Throw large pillows and a basket of books into the corner. Snuggle up with your preschooler and show how fun it is to look at the book in this fun cozy space. This new place in your home will be a routine favorite.

10 Steps to Positive Parenting

1. Show love and affection.
2. When necessary, take time to cool down.
3. Compliment your child.
4. Set basic rules and limits.
5. Develop a set of shared meanings, values, and goals.
6. Introduce your child to books.
7. Listen and talk to your child.
8. Be the kind of person you want your child to be.
9. Offer guidance.
10. Tell your child "I Love You" each and every day.



Look for more parenting tips at www.preventionnetwork.org

Celebrate National Craft Month!

Parents, take some time this March to celebrate National Craft Month with your children.

Crafts are a fun and engaging way to spend time with your children. Projects are available for every age group and can often be completed using household items. For a simple project, use a shoebox and rubber bands to make a toy guitar or provide a variety of differently shaped dry cereals and string to create edible jewelry.

Beyond being fun, crafts promote healthy development in young children. Crafting gives children an outlet for creativity and a chance to test new ideas. Activities that use basic math skills

and simple direction-following can promote cognitive development. Assembling materials can provide sensory stimulation, encourage improved hand-eye coordination and help develop fine motor skills.



Many local craft stores host activities and offer discounts on craft supplies during March. Also, check local libraries and community centers, which may

have monthly crafting opportunities for young children and parents.

One special project to consider for National Craft Month is creating a scrapbook or photo album of the last year. Have fun decorating the pages with your child, while creating a lasting memory that you can enjoy together as your child gets older. Try to include photographs, captions, artwork, stories and reminders of important events. When you are finished, you will have a creative keepsake of your child's early years. If you enjoy the activity, it can become a yearly tradition.

For a list of the nearest craft stores and additional craft ideas, go to www.craftplace.org

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.

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 offers a free infant massage class to parents of babies ages one month to crawling. 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. **For more information about ABC, call Andrea at (734) 785-7705 ext. 7159.**

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