



# Positive Parenting

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



## Children's Book Week

Children's Book Week is celebrated November

14 through the 20 this year. This week is traditionally celebrated the week before Thanksgiving. Encourage your child to read by making it fun and interactive—for you and your kids. Try acting out the stories together. Let your child choose the story. Ask him to turn the pages. Point to pictures and ask him to tell you what they are. For pre-readers, let them tell you a story of their own. You can do this either according to the pictures in the book, or let them tell you something they

made up. To read to toddlers and preschoolers, make your inflection enjoyable. Use different voices for different characters. Read in a rhythmic manner, varying your pace. Read at a time when they are more likely to pay attention, like right before bedtime. Make story time a routine with your child, and read at least once a day at the same time together, if not more. Kids relate to the story better when they have something to reinforce it. Try doing an art project that goes along with the story. For instance, if you read *Curious George* together, why not make a monkey mask out of construction paper with your child? Check out the Family Resource Center's

literacy bags, which have activities in them relating to the book included in the bag. Some activities are pre-made, and some you can do at home with just a few of your own materials. You can apply for a library card at the Family Resource Center, and you can check out the literacy bags and keep them at home for a week! The bags are suitable for kids up to five years old. Remember, you lead by example—if your child sees you reading and enjoying it, chances are they'll enjoy it too!

**\*For further reading, check out: <http://toddlerstoday.com/resources/articles/readingrules.htm>**



The Guidance Center

Volume 3, Issue 11

November 2005

### Special Points of Interest:

- ☺ Children's Book Week
- ☺ National Family Week
- ☺ Progressive Dinner
- ☺ Family Meals
- ☺ Safe Toys for Children
- ☺ Infant Massage
- ☺ Let's Talk Language Tip

## Come Have Dinner!

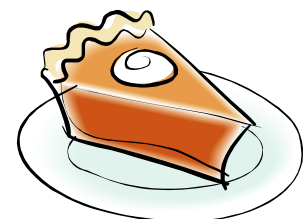


Look for details in our December newsletter about our Progressive Dinner for the Grand

Opening of our new satellite sites and our Grand Re-opening of the

existing ones. Each site will feature a different course, so while you eat you will get a chance to tour the Resource Centers and check out what we have to offer. Staff will be at each site to assist you with any questions you may have, and you will have access to sign up for library cards so you may use our library. Information about playgroups will be given out and

our Children's Closet will be open for you to take from or donate to. We look forward to seeing you there. The date will be announced in December's newsletter.



# National Family Week



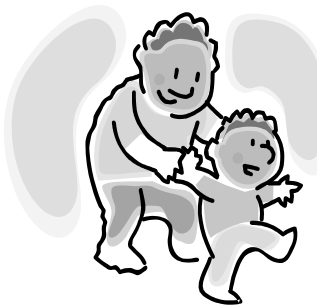
November 20th begins National Family Week! Celebrate with your family and plan a week of setting aside some extra special time to play together. Have a family sleepover on Friday or Saturday. Drag out those sleeping bags, rent a couple movies, and make some popcorn! Sleep in the living room together. (If you want to do it more like a campout, make S'mores!) Hold a family reading night. Each person can pick a favorite book to be read, or tell a favorite story! Take a trip to the library together and let everyone pick out a special book. Make a family tree. Find pictures of all the members of your family and paste them onto a tree. You can cut a tree out of brown construction paper—the pictures will be the leaves! Or, you could publish a family “book” together. Fold construction paper in half and put a picture of someone in your family on each page. Underneath the picture,

write facts such as name, age, and favorite food. Don't forget to hug each other every day, and say “I love you.” Delight in your family!



plan a week of setting aside some extra special time to play together. Have a family sleepover on Friday or Saturday. Drag out those sleeping bags, rent a couple movies, and make some popcorn! Sleep in the living room together. (If you want to do it

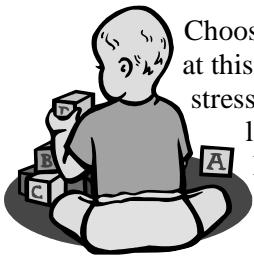
## Let's Talk Language Tip



**Let's Talk Language Toddler Tip:** Create a course so your toddler can crawl over, under, and around objects as he/she explores his/her environment. For example, pile a group of pillows on the floor that he/she can crawl over. Let him/her crawl under a table and chase you around a chair. See if he/she can imitate you crawling backwards. Place a toy just above his/her reach and encourage him/her to reach up to get it. This provides physical and cognitive benefits for children.



## Safe Toys for Kids



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!

# The Family Who Dines Together Stays Fine Together



Dinner together as a family unit is a tradition that sadly, in our hustle bustle society has all but

vanished. It was the time when people actually talked to each other.

When 1500 children in a nationwide study were asked what they thought made a happy family, they didn't list things like money or cars-their number one answer was doing things together. Children want parents to show interest in their activities, do things with them and TALK with them. Back in the day the dinner table was a time when everyone sat down together and shared their day. Everyone was on the same level; everyone was an important part of this element called "family". Now of course there are so many activities that there are a number of excuses to keep this

from happening. How much communication do we have with our children if we are never in the same room with them?

**The definition of a family meal: Everyone eating together, NO TV!**

Research shows that kids who have family meals with their parents five or more times a week are much less likely to get involved in drugs or other risky behavior, says Ann Tom of the family center, a research and outreach agency at the university of Hawaii-Manoa.

How to do it? How about at least a regular day once a week? Keep it simple. Have the children help so that they can learn about nutrition, following recipes and the responsibility of helping with the clean up.

The benefits include improved

**communication, shared learning,** and even better **nutrition.** The aim is to help your kids feel supported and nurtured and really connected to their families. It increases their desire to do what's right.

**It is our opportunity to pass on our values to our kids.**

*\*Cited from Star Bulletin Hawaii*



## Nutritious Recipes



### Funny Face Bagel

1/2 bagel                      cream cheese  
carrots                        sliced cucumbers  
bean sprouts                salad tomatoes  
red bell peppers

Here are a couple of nutritious kid friendly recipes that kids will love to make and eat!!!

Take half of bagel and spread cream cheese on it. Use 2 cucumber slices for eyes with carrot slices atop for eyeballs, a sliced salad tomato for a nose, a red pepper slice (sliced lengthwise) for a mouth, these may be used for ears as well, and bean sprouts for hair.

### Yogurt Snack

Vanilla Yogurt              Plain Granola Cereal

Take a pint of vanilla yogurt and put it in a bowl. Mix it with granola cereal, stir and serve.

### Awesome Owl Snack

peanut butter	1 rice cake
2 banana slices	2 raisins
6 froot loops	1 cheese triangle

Spread peanut butter on the rice cake. Add banana circles for eyes. Add 2 raisins on the banana slices to finish off the eye. Add 6 froot loops above the banana slices for the eyebrow. Add 1 cheese triangle under the banana slices to form the beak.

Enjoy these delicious recipes! For more, go to <http://www.theideabox.com/ideas.nsf/recipe>.

## 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 Sarah at (734) 785-7705 ext. 7360.**

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

U.S. Postage <b>PAID</b> Non-Profit Permit No. 55 Wyandotte, MI
---