



# Positive Parenting

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



## What to Expect on the First Day of School



Starting school for the first time, whether it be preschool or

kindergarten, is an exciting time for children. However, it can also be very stressful, especially if the child is not used to being away from home for long periods of time. To help your child transition smoothly into the school setting, talk with them about what they can expect on the first day of school. This will help prepare them for the adjustment and may make things a little easier on the first day. Here are some things you can do to help your child feel more relaxed about the first day of preschool or kindergarten.

- Visit the school with your child before the first day. Many schools have an orientation day, or go by and

see if it is open. Walk in if you will not disturb the teachers, or just try and peek in the window so your child can see where he will be going to school.

- If possible, try to meet the teacher and the administrators of the school. Knowing his teacher will not only make your child more comfortable, but will also provide you with some anxiety relief.
- If you know children who will be in your child's class, invite them to play with your child before school begins. You can also get numbers of the children in his class from the school if you do not know anyone. The more familiar faces your child sees the first day of school, the more relaxed he will be.
- Tell your child what his teacher's name will be if you

are unable to meet him or her before school begins.

- Buy a lunchbox or schoolbag together. Make shopping for school a special event.
- Tell your child what the first day will be like. Remind him that parents do not stay in school. This may not make the goodbye easier, but at least it will not be a surprise.
- Talk about things your child will do in school: paint, draw, play outside, etc. Emphasize that school is fun.
- Do not be late for pick up on the first day. This may really make a child nervous about coming back to school.

Have a wonderful first day of school!



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### Special Points of Interest:

- ☺ First Day of School
- ☺ FRC Expansion
- ☺ Nurturing Parents
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- ☺ Cooking With Kids
- ☺ Great Books for Kids
- ☺ Infant Massage
- ☺ Let's Talk Language Tip
- ☺ Great Parents, Great Start playgroups

## Family Resource Center Expansion



The Southgate Family Resource Center is proud to announce the opening of three new Resource Centers to serve the Downriver community. The centers will be

opening in October of 2005. Located at the Taylor Head Start at Eureka Dale school, the Lincoln Park Head Start at Calvary church, and the Flat Rock Head Start, the centers will include a lending library, a resource library, and a line of literacy bags. The sites will be staffed by a Parent Service Worker who will be happy to assist visitors with anything they may need. The

Southgate site is currently accepting donations of gently used clothing and toys for our new sites. We would also appreciate donations of diapers and wipes. For more information on donation drop-offs or our new centers, please call us at (734) 785-7705, ext. 7053.

# Fabulous Books For Children Ages 0-5



It's never too early to start reading to your child. Reading is enjoyable: the rhythm of words, the familiarity of your voice, and the individual

attention your child receives from you is most comforting. Reading aloud, even to the youngest child, develops listening, comprehension and attention skills. Read to your child and watch their

literacy skills, vocabulary, and imagination grow in leaps and bounds. Board books for babies and toddlers are ideal. They're sturdy and useful for language development. Babies love to see other babies like themselves in situations which introduce the world around them. Some great board books: Splash! by Roberta Grobel Intrater and Look Look! by Peter Linenthal. Kids also like books they can relate to. Books that name objects and backdrops in their everyday world help them develop a much better understanding of that world. They also reinforce the association of

reading with everyday life. Some particularly good books for this are: Once Upon a Potty by Alona Frankel and Hugs and Kisses by Roberta Grobel Intrater. Interactive books that involve the children are great for getting a child excited about a book. Children can answer simple questions and predict outcomes to simple situations. Some books great for interacting are: Where's Spot? by Eric Hill and 123 To the Zoo by Eric Carle. Enjoy your books!

\*information taken from [www.penguin.com.au](http://www.penguin.com.au)

## Cooking With Kids

Even young kids can be involved in meal preparation. Kids can wash vegetables, help mix ingredients, and help make shopping lists. It is important to help children realize at a young age the importance of eating a nutritious diet. Their eating habits will resemble yours. Here are a couple of healthy, easy recipes that your children can help with.

### Tuna Pasta Salad

3/4 cup elbow macaroni  
1/2 cup celery, sliced  
3 tbsp. salad dressing or low-fat mayo  
6 cans (1/2-oz.) tuna, water-packed  
1 cup seedless red grapes, halved

Cook macaroni according to package directions. After draining, toss macaroni, tuna, celery, and grapes together. Mix in salad dressing. Serve warm or chill until served. Store leftovers in the refrigerator. Makes 4 servings, about 1 cup each.

Your kids can help mix the salad dressing in!

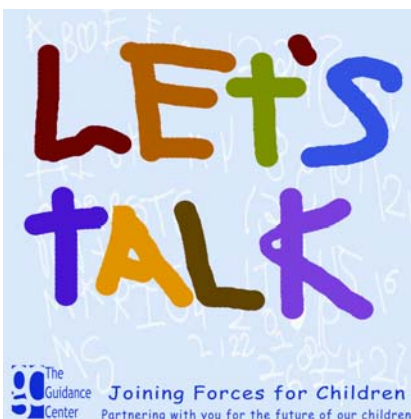
### Veggie Pizza

1 refrigerated pizza crust, 12" diameter  
3/4 c. canned tomato puree  
1/2 small green pepper, thinly sliced  
1 cup mozzarella cheese, shredded  
1 tsp. oregano leaves

1 small onion, sliced  
1/2 tsp. garlic powder  
1 c. fresh mushrooms, sliced  
Preheat oven to 450°. Place crust on ungreased pizza pan or baking sheet. Mix puree, oregano and garlic powder. Spread evenly over crust. Place vegetables on top of puree. Sprinkle with cheese. Bake until cheese melts and vegetables are tender - about 15 minutes. Makes 4 servings. Kids can help with spreading the puree and sprinkling the cheese.



## Let's Talk Language Tip



**Let's Talk Language Preschool Tip:** Start a "Feelings" calendar with your child. When your child is sad or happy, have them make a frown or smile face on the calendar. Talk about why your child feels this way. Then you can sing the song "If You're Sad and You Know It Make a Frown", "If You're Angry and You Know It Stomp Your Feet", and "If You're Happy and You Know It Clap Your Hands". The calendar and songs have wonderful emotional and social benefits for preschool age children and will help them learn to recognize emotions in themselves as well as others.



# Tips for Being a Nurturing Parent



A healthy nurturing relationship with your child is built through countless interactions over the course of time. It requires a lot of energy

and work, but the rewards are well worth it.

## Help Your Children Feel Loved and Secure

We can all take steps to strengthen our relationships with our children, including:

- Make sure your children know you love them, even when they do something wrong.
- Encourage your children. Praise their achievements and talents. Recognize the skills they are developing.
- Spend time with your children. Do things together that you both enjoy. Listen to your children.

Learn to use non physical options for discipline. Many alternatives exist. Depending on your child's age and

level of development, these may include simply redirecting your child's attention, offering choices, or using "time out."

## Make Sure Your Children Are Well Cared For

To take good care of your children, be sure they:

- **Eat nutritious foods.** Try to make mealtime a fun, learning experience. Regular meal times help you to be sure your children are getting the right nutrition at the right time. Be prepared for messy mealtimes when children begin feeding themselves.
- **Receive good medical care.** Care begins before babies are born. After birth, regular medical visits allow your children's doctor to monitor their development, immunize them against various diseases, and address any questions, concerns, or frustrations you have about your children's health or behavior.
- **Develop good sleep habits.** Healthy, happy children need regular sleep. Most infants sleep a lot. As babies grow older, they sleep less and

less. Soon, their routine includes regular time awake combined with naps: eventually, they no longer even need naps. Children feel best if they have a regular bedtime. Having a bedtime routine helps children settle down and prepare for sleep. Most children under the age of 12 need 10 to 12 hours of sleep to feel their best.

**Are kept safe.** Infants should never be out of a parent or caretaker's sight unless they are in a crib or another equally safe place. As soon as children begin to crawl, it is important to child-proof your home. Toddlers need supervision and frequent reminders about behaviors that are dangerous. Children this age will usually listen when you say "no" but may quickly forget what you said and may also be testing the limits of what they can do. Choose caregivers carefully to be sure your children are safe, even when you can't be with them.

Cited from:

<http://nccanch.acf.hhs.gov/topics/prevention/index.cfm>

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## Build Your Child's Self-Esteem

Most parents (and educators) want their young children to have a good sense of their self-esteem. Self-esteem means having "good feelings" about yourself. With young children, self-esteem means the extent to which they expect to be accepted and valued by the people who are important to them. Here are some ways you can help build your child's self-esteem.

### 1. Look at each child as unique.

Avoid comparisons with siblings or classmates. Focus on assets your child has, not the ones he doesn't. Accept the child for what he is rather

than what you want him to be.

### 2. Keep your expectations realistic.

Base your expectations on the child's needs. Fit them with children's ages. Help children set realistic goals.

### 3. Give freedom to make mistakes.

Learn from the experience and give children problem solving skills so they'll try again. Help kids develop the courage to be imperfect.

### 4. Give encouragement.

Recognize efforts rather than waiting to praise a

completed task. Focus on children's strengths and encourage positive self-talk.

### 5. Keep a sense of humor.

Encourage children to see the humorous side of things, but be careful not to appear to be laughing at them.

\*\*Information cited from:  
<http://ohioline.osu.edu/hyg-fact/5000/5263.html>

[http://www.kidsource.com/strengthen\\_children\\_self.html](http://www.kidsource.com/strengthen_children_self.html)

## 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 Rachel at (734) 785-7705 ext. 7215.**

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