



# Positive Parenting

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



## Positive Discipline

Sometimes we get involved in power struggles with

children, especially as they grow older and begin to realize the power of the word "no". What strategies can parents use to help their children grow up responsible, caring, and respectful to others?

- **Give choices.** This helps children feel more independent and that they have some control over their lives. You can say, "You can drink

your milk now or later during snack time. It's your choice."

- **Give incentives.** Try not to argue, but say, "After you finish cleaning up you may watch television." Make it appealing to kids.
- **Prepare children for transitions.** Give warnings before it is time to stop an activity. Try a five minute warning and a one minute warning. This helps children get ready to stop what they are doing.
- **Give children a voice.**

Let them help write house rules, or decide what chores they would like to do for the week. A helpful strategy is a family job chart, in which each member has different tasks assigned.

- **Provide structure.** Help your child create routines. For example, the night before, lay their clothes out for the morning and remind them what time breakfast will be.

Choose your battles, and have fun with your children!



The Guidance Center

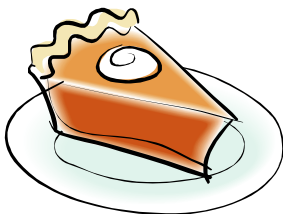
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### Special Points of Interest:

- ☺ Infant Massage
- ☺ Discipline
- ☺ Play
- ☺ Language Development
- ☺ Let's Talk Tip
- ☺ Picky Eaters
- ☺ Winter Fun
- ☺ After Baby Comes

## Progressive Dinner



**Due to the busy season, the Family Resource Center has rescheduled the Grand Opening**

**and Progressive Dinner for the month of January. Sorry for any inconvenience. Please look for the date in next month's newsletter!**

## 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.



# Winter Fun



outside, there are a lot of fun indoor activities for winter. Go ice skating at

Winter is here, and that means we will all be spending a lot more time inside. If your kids are out of school because there is too much snow on the ground, or if it is too cold for them to play

a local indoor arena. Make snowflakes together to hang on the windows. Get white paper and fold in half three times. Cut out designs from the edges and the middle, taking less from the middle so it will stay together when you unfold it. Make hot chocolate with marshmallows (add a candy cane for mint flavor if you'd like) and cuddle up under a blanket and read a favorite book with your kids. Draw pictures of warmer weather and talk about things you will do in the spring and summer.

This can be a great learning opportunity for little children as you

talk about the changes of the different seasons. Make forts using sheets on chairs or couches. Crawl inside and tell stories or read books together. If you want to go outside, bundle up and go make snow angels, snow pies, and snow men. Winter is a fantastic season to spend quality time with your child. Remember to dress in layers and protect hands, face, and ears from wind chill!



## Let's Talk Language Tip



**Let's Talk Language Infant Tip:** Sit on the floor facing your baby. Let your baby experience balls of different texture and size. Roll a ball to your baby and help him/her roll it back to you. Show baby how to drop the ball from the air. Help baby bounce the ball, saying "Bounce, bounce." Encourage your baby to push the ball. This game provides physical and social benefits for babies.



## Stimulating Language Development



right from the beginning. The exposure to language from the start is important because it helps the brain to make the connections needed to develop language skills. Describe the things you see around the house. "See the blue chair?"

Parents can stimulate language development in many different ways. The first and most important way is to talk to your child all the time,

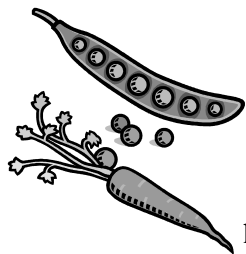
"The television is turned off." Keep a running narrative of what you are doing with your child. "We're going shopping. I'm writing a list of things we need. Let's go get in the car." Point out things while you are driving. "Do you see the big truck?" As your child gets older, model for him by providing feedback. If the child says, "Me hurt!" say "Oh, you got hurt. Where does it hurt?" Repeat his words back to him correctly, but don't tell him he said it wrong - just model the right way to say it. Expand on what your child says as well. For example, if the child says, "More milk!" say, "You want some

more milk. Milk tastes good, and it helps you grow." Keep talking about what you are doing, and what the child is doing. Name things for your child - this is easy to do when reading! Read to your child every day! These things will all help your child develop his language skills well.

\*Tips cited from: <http://memorytalk.com/children.html>



# Ten Do's for Dealing with a Picky Eater



Children can be picky eaters, especially when they are toddlers and preschoolers! What can parents do to help their child develop healthy

eating habits and keep a nutritious diet? The following are ten tips from [www.americanheart.org](http://www.americanheart.org).

1. Introduce healthier elements into foods that your child already likes. Blueberry pancakes, carrot muffins, fruit slices over a favorite cereal.

2. Include your kids in the prep work. By being involved in grocery shopping and food preparation your kids will have more “buy in” and be more likely to eat the meal.

3. Don't buy unhealthy foods. Remember the saying “Out of sight, out of mind”. When they get hungry they will be more likely to eat the carrot sticks, drink the 100 percent

juice and grab an apple.

4. Schedule snack time and stick to it. Most kids like routine. Try to have snacks incorporate two food groups. For example, offer cheese and whole grain crackers or apple slices with low-fat yogurt or cottage cheese.

5. Have healthy finger foods available. Kids like to pick up foods, so give them foods they can handle. Fruit and veggie chunks are great finger foods.

6. Kids know when they are full, so let them stop. Don't force the clean plate rule. Overeating is one of the major reasons we get too many calories.

7. Encourage kids to “eat colors”. This game works well with younger kids. Food that is bland in color often lacks nutrients. Eating a variety of brightly colored foods provides more nutrients in greater variety.

8. Don't cut out treats altogether. Think moderation. A scoop of ice cream or a serving of Oreos is all right on occasion. If you cut out all the goodies, your kids will be more likely to overeat when they do get them.

9. Eat at the dinner table, not in front of the TV. Eating in front of the TV is distracting, and kids may not notice that they're full because they're wrapped up in the show. Eating as a family is a great time to catch up.

10. Be a good role model. The best way to influence kids is by example. Don't expect them to eat spinach if you won't touch it.

Enjoy your mealtime!



## The Benefits of Play

Play is children's work. There are many reasons play is important to children's lives:

- \* Play helps children grow strong and healthy. Running, jumping, rolling, throwing, and swinging all build muscles and burn energy. Body coordination improves through physical play.
- \* Play allows children to learn about the meaning of things in the world. Games help children learn what words mean, like “stop” and “go.”
- \* The process of play helps children learn about people. They learn to take turns and share. They learn how to listen and talk to other

children and follow rules. Play also helps them understand themselves and others. Children can learn what they like and don't like through play.

- \* Children enjoy play, and it is easier to learn when we are relaxed.
- \* Play is practice for being a grown-up. Playing helps children learn to pay attention and to stick with a job.
- \* Children develop their imagination when they play, and learn to follow directions as well.

Play helps children grow in four ways: physically, mentally, socially, and emotionally. Play develops the control of both large and small muscles.

Children do a lot of experimenting when they play – they discover things for themselves, which develops their mental ability. Play helps children relate to other children socially, and helps children learn how to regulate their emotions and recognize the emotions of others around them. Make sure your child plays every day and keep television to a minimum! Provide appropriate activities for play, and arrange play dates with other children whenever possible.

Information from: <http://www.nncc.org/series/good.time.play.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.

## After Baby Comes



If you are a first time mom with a baby under twelve months old, consider the Family Resource Center’s After Baby Comes program. 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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