



Positive Parenting

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



Healthy Nutrition



Good nutrition is a habit that needs to start early. Giving your child good eating habits

now will help them eat well for a lifetime. The most important thing you can do to help your child develop good eating habits is to model them. To do this, you need to eat with your child on a regular basis. Today's families are busy and may not always have an opportunity to share meals, but you should try to eat together as much as you can. Some of the benefits of getting together for meals are making sure your child is eating nutritious foods and allowing you to find out your child's food likes and dislikes. The meals your child eats at home will set the tone for meals she chooses on her own. To encourage more good eating habits, try buying

a variety of healthy foods like fruits, veggies, and whole grain breads. Set specific times for meals and snacks. Limit sugary, high-fat snacks, and avoid adding a lot of salt to foods. Encourage your child to drink lots of water or milk, and avoid caffeine in drinks and foods that you serve your child. Be a good example by trying to avoid these things yourself. If your child is a picky eater, look at parenting magazines or kids' cookbooks to find recipes aimed at children's tastes. Try to find recipes with ingredients that your child likes, and include her in the shopping, cooking and serving. It may keep her interested. Try shredding or chopping veggies and adding them to pancake or muffin mixes. Grated apples are super for holding together ground beef or turkey for burgers!!! Don't show anxiety if your child doesn't eat a meal here or

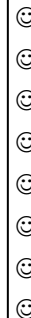
there, and try to relax if she only wants to eat a single food for a week. Don't cater to a picky eater by cooking "special" meals for her. Include something you know she likes in the meal like a slice of bread or a piece of fruit. If these techniques don't work, there are people who can help, like a registered dietitian who specializes in children's nutritional needs. Give your child advice on how to choose healthy foods in restaurants. Encourage her to include veggies in her meal when ordering out. Make sure that desserts and fast food are eaten in moderation. Try to get your child to look for the healthier selections at these restaurants, such as grilled chicken sandwiches or baked potatoes (without all the butter or sour cream). For more information, go to http://kidshealth.org/parent/nutrition_fit/nutrition_habits.html.



Volume 4, Issue 1

January 2006

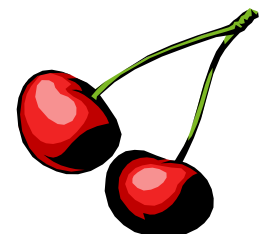
Special Points of Interest:



Healthy Snacks

Kids like to eat colorful foods, so try to provide a variety of healthy snack alternatives for them. Here is a list of some fun foods kids like to eat.

- Carrots
- Apple slices (try some caramel dip with it!)
- Strawberries
- Grapes
- Cherry tomatoes
- Cherries (pitted)
- Cheerios
- Oranges
- Pineapples
- Peaches



Realistic Expectations About Chores



Expectations you might have for your child would be easy, everyday chores. When kids are bored

or they do not have anything meaningful to do, you can give them a family chore. The “I’m bored” whining will stop. Your child will feel she is a needed family member. She will learn

new skills and feel more capable – at home and at school.

To achieve these results:

- **Teach how to do a job** before handing it over to your child.
- **Don’t expect perfection.** Never redo you child’s work.
- **Do chores together.** Do not expect your child to work alone.
- **Have fun.** Play music. Sing songs together. Beat the clock. Take turns.

- **Praise your child’s** contributions to the family.
 - **Point out a chore’s natural rewards.** If a child finds a coin while vacuuming, she gets to keep it. If she makes cookies, she gets to eat some of them.
 - **Do not nag your child about chores.** Help her make a chart where she can see what’s expected of her each day.
- Children will love chores if you do them with a positive attitude.

Let’s Talk Language Tip



Let’s Talk Language Toddler Tip: To help make clean up easier for your child, cut out pictures of the toys and tape them on the containers they go in or shelves they go on. This way your child can practice matching objects to pictures, while simultaneously organizing his/her toys. This provides language benefits for children and also promotes cognitive development.



Making Music For Toddlers



Making instruments for your toddler is an inexpensive way to help them learn rhythm and patterns. Studies have linked the importance of music early in life to greater success in solving math problems and spatial reasoning. Playing on drums or a piano can help improve hand-eye coordination. Toddlers also love to find out what effects their actions have on objects. Producing music is a wonderful and fun way of finding this out. Try these ideas to make simple

musical instruments for your child.

- Wrap rubber bands around an open shoebox to make a guitar. Supervise closely as your child plucks at the rubber bands. Use different widths of bands to vary the pitch.
- An easy instrument is simply a pot and a wooden spoon. Consider giving your child a drawer in the kitchen that contains spoons and pots to bang on.
- Make maracas by filling water bottles with dry beans or rice. Be sure to glue the lid on tightly. Decorate the outside any way you want. You can also make these with empty toilet paper rolls. Make

sure to cover the ends completely so the filling cannot come out.

- You can use jingle bells as a filling for shakers. Coffee cans make great drums.

Be creative – see what other instruments you can make! Use cotton balls to make softer sounds inside water bottles. This will also encourage language as you can discuss different sound volumes. Have fun together!



Get That Out of Your Mouth

By Linda Stanko of Everybody Ready

Babies put everything in their mouths. This is natural, but it can be dangerous. Here are some common poisons in your home or workplace that must be kept out of reach of children:

Medicines

- Vitamins and cold medicines
- Prescription medicines

Cleaning products

- Laundry and dishwashing detergents
- Drain cleaner, oven cleaner, ammonia and bleach

Car and other Garage products

- Antifreeze and windshield washing solution
- Engine oil and carbon monoxide exhaust

Gardening products

- Pesticides
- Fertilizer

Other Home supplies

- Furniture Polish
- Paint and paint thinner

Check all for possible harm. To prevent this from happening as much as you possibly can:

- Keep all poisons out of sight and out of reach.
- When using a poison, always keep it in your sight and in your reach.
- Every time you give a medicine, check and re-check the label. This will ensure you are giving the right medicine in the right amounts to the right person.
- Call medicine by the correct name. Don't confuse your child by calling the medicine a drink or a candy.
- Store all poisons in their original containers.
- Put the Poison Control Center phone number on or near every phone in your house.

If your child does put poison in her/his mouth, remain calm. If your child is

not breathing or if you can't wake him or her call 911. Keep the following information ready:

- Your child's age and weight
- The container or bottle of the poisonous product.
- The time that the child put the poison in her/his mouth.

For more information about how to prevent poisonings, check out the website of the American Academy of Pediatrics at:

www.aap.org/family

Another resource is the American Association of Poison Control Centers:

www.aapcc.org.

Home Safety Guidelines

To keep your home safe for your baby, follow these simple safety rules. Make sure all outlets have covers on them to prevent little fingers from reaching into them. All electrical cords should run along walls and not under rugs. Make sure your cords are in good repair. Wash your walls and woodwork frequently with soapy water to remove possible lead dust (especially if your home was built before 1978). If you have any peeling paint, carefully scrape and repaint with lead-free paint. Keep all window securely closed. If you

use a baby gate, make sure it is secured to the wall properly and the baby cannot pull or push it down by pulling him/herself up on it. All potential poisons should be locked in high cabinets that children cannot reach. Knives should be stored out of children's reach. Turn pot handles away from the edge of the stove when cooking to prevent curious toddlers from grabbing at them. Always test your bath water before putting your child in the tub, and of course always watch your children while they are in the tub. Do not leave things such as razors

or shampoo on the edge of the tub. Keep your medicines in childproof containers. Follow these guidelines to keep your family safe in your home.

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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