



Positive Parenting

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



Nurturing Language Development

From ages two to five, language skills explode.

Children begin using sentences, understanding print, and asking a lot of questions! Here are some tips to encourage language development during this critical period.

AGES 2 - 3 YEARS

Play word games with your toddler like "This Little Piggy" or "Pat-a-Cake". Listen to what your child has to say and talk with your child every day. Read books aloud frequently. Sing short songs and nursery rhymes. Ask your child to fill in the last word of a sentence in a

familiar story.

AGES 3 - 4 YEARS

Have conversations with your child every day. Talk about what you are going to do, ask questions, get opinions, and listen. Play simple games that teach pre-math concepts such as over, under, or on. An easy way to do this is by hiding toys and asking your child to verbally identify the location. Read poems, songs, and rhymes. Ask your child to repeat favorite stories. Show children how to take good care of books. Teach them the jobs of the author and illustrator.

AGES 4 - 5 YEARS

Visit the public library regularly with your child. Allow them to pick out books

they find appealing. Let your child tell you stories based on the pictures in the books. Create a storybook with your child using magazine pictures or photographs. Write your child's words under the pictures as he dictates. Play counting and color naming games. Read poems together. See if your child can come up with a rhyming word for the end of a line. Use a small tape recorder to record your child singing or telling a story. He will delight in hearing his voice played back to him!

You are your child's first and most important teacher. Talking, listening, and reading to your child are the best ways to encourage positive language development!



The Guidance Center

Volume 3, Issue 6

June 2005

Special Points of Interest:

- ☺ Language Development
- ☺ Supporting Fatherhood
- ☺ Summer Safety Tips
- ☺ Preventing Heat Illnesses
- ☺ Infant Massage
- ☺ Let's Talk Language Tip
- ☺ Great Parents, Great Start playgroups

Language Milestones - Two Years to Five Years

Here are some milestones in your child's language development you can look for.

AGES TWO - THREE YEARS

- Can identify up to ten pictures in book.
- Uses simple phrases and sentences; three to five words each.
- Responds to name.
- Follows simple directions.

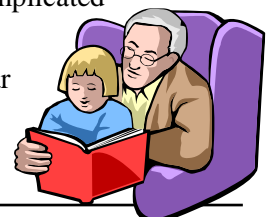
- May use plural and past tense words.

AGE THREE TO FOUR YEARS

- 75 - 80 % of speech is understandable.
- Knows own first and last name.
- Names colors such as blue, red, green, and yellow.
- Uses words like over, under, behind, and in front.

AGE FOUR TO FIVE YEARS

- Recognizes some taught letters and may print own name.
- Identifies most colors and at least three shapes.
- Has long and complicated conversations.
- Identifies familiar words in simple books and signs.



Summer Safety Tips

Summers have been getting hotter and hotter, so make sure you keep your children safe in the heat! Here are some tips on how to keep it cool:

- ✿ If humidity is high, do not let your child play outside too long.
- ✿ Make sure your child stays in the shade as much as possible, especially between 10 a.m. and 4 p.m. If your child is doing a tiring activity, have them take breaks often.
- ✿ NEVER leave your child alone in a

vehicle. A child in a hot, enclosed car can overheat quickly.

- ✿ Make sure to use a water-based sunscreen of SPF 15 or higher on your child, even on cloudy days.
- ✿ Dress your child in loose, light-colored, long-sleeved clothes and a wide brimmed hat on hot days.
- ✿ Make plenty of cool water available to your child when out in the heat. A good rule of thumb is to drink one cup every twenty minutes.
- ✿ Know the symptoms of heat

illnesses and what to do. Read the article below for tips!



Summertime brings the hazard of heat illness. Some are quite common and more importantly, very treatable. Know the symptoms and what you can do to prevent and treat them if you or your child is afflicted.

***Dehydration.** Much easier to prevent than treat, dehydration is caused by a drop in fluid levels. Make sure your child drinks a lot of water when outside. Some symptoms of dehydration are: extreme thirst, flushed face, weakness, headache, and dizziness. Treat it by giving the child more liquids than usual (in small doses) and having the child

rest in the shade. If it is severe dehydration, take the child to the emergency room immediately.

***Heat cramps.** These usually occur in the calf and abdominal muscles. Have the affected child stretch slowly, drink plenty of water, and massage the area with ice.

***Heat exhaustion.** This is identified by fatigue, headache, nausea, rapid pulse, dizziness, and excessive thirst. Move the child to a cool place and take off unnecessary clothing. Have the child lay on her back with her feet raised and sponge her with cool water. If she's conscious, give her cool water to drink.

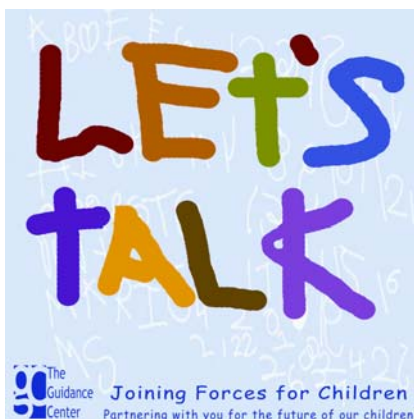
***Heat Stroke.** Symptoms of heat

stroke include red, hot and dry skin, decreased sweating, confusion, deep breathing, irritability, and unconsciousness. Follow the treatment for heat exhaustion, and call 911 immediately!

It is also a good idea for parents to take a CPR class. The Family Resource Center offers a Family and Friends CPR class for \$5.00 a person. Call Theresa at (734) 785-7705, ext. 7725 for more information. These are great skills to have in the summer time when you and your child are playing around water a lot! Stay safe and have a fun summer!

Preventing Heat Illness

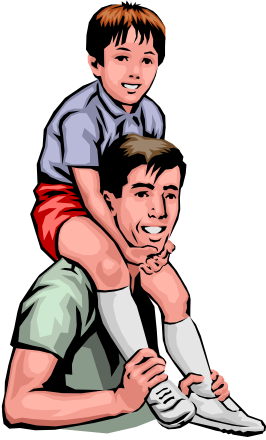
Let's Talk Language Tip



Let's Talk Language Preschooler Tip: Read your child's favorite story tonight. Make sure you point out the author (person who wrote the book) and illustrator (person who drew the pictures) of the book. After reading the book to your child, have your child "read" the book to you using the pictures in the story. See if they can provide the last words of sentences. This provides language and reading benefits for preschoolers. You can foster a love of reading for a lifetime by reading to your child every day and allowing your child to see you reading your own books as well.



10 Tips For Successful Dads



From the Michigan Fatherhood Coalition

- 1. Spend Time With Your Child** - for children love is spelled T-I-M-E.
- 2. Play With Your Children** -

through play, men teach self-control and perseverance to kids.

- 3. Be a Good Role Model** - lasting values are “caught” by children more than “taught” by adults.
- 4. Respect Your Child’s Mother** - a child’s self concept is strongly

linked to how their parents interact.

- 5. Discipline With Love** - give clear guidelines, give praise for positives, correct with kindness.
- 6. Be a Good Teacher** - take daily opportunities to help children develop a love for learning.
- 7. Eat Meals Together** -regular meals provide opportunity for healthy interactions.
- 8. Read To Your Children** - children read to daily have great advantages in their education. For fathers who do not read well, activities with wordless picture books help children get a good start on pre-reading and comprehension skills
- 9. Show Physical Affection** - children feel more secure with

regular comfort from fathers.

- 10. Stick With It! Never Quit!** - be patient with your children and yourself - by seeking resources and support, father care can be positively enhanced.

***YOU ARE THE BEST
DAD YOUR CHILD
WILL EVER HAVE!
Happy Fathers Day!!!***

*Father’s Day is celebrated this year on Sunday, June 19th.
Enjoy your family!*

Positive results for children

- 1. Stronger self concept**
- 2. More likely to enjoy school** - children who enjoy school are more likely to perform better academically and remain in school.
- 3. Show more compassion and empathy**
- 4. More likely to get A’s** - the odds that children get mostly A’s are 43% higher if their fathers are highly involved in their schools compared to

if they are not involved (*U.S. Department of Education, National Center for Education Statistics, 1996 National Household Education Survey <http://nces.ed.gov.pubs98/fathers>).*

- 5. More likely to avoid high risk behaviors** like substance abuse, early sexual activity, delinquent conduct, and others.
- 6. Better emotional health and self-control**

- 7. Stronger problem solving abilities**
- 8. More likely to obtain financial independence**



Tips for Communities



- 1. Respect fatherhood.**
- 2. Understand that father interaction is vital to each child's optimal development.**
- 3. Support father/child activities.**
- 4. Affirm community and business practices supportive of healthy father/child relationships.**
- 5. Uphold positive male influences to children.**

- 6. Encourage men to be role models and mentors for children in the community as well as in their family.**
- 7. Help kids without fathers spend time with positive men.**

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 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.**

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
(734)282-5497

U.S. Postage
PAID
Non-Profit
Permit No. 55
Wyandotte, MI