



Positive Parenting

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



Come See the Family Resource Center!



Have you visited the Family Resource Center lately? Come check it

out. We have a variety of things in our library to check out: books and videos for all ages, toys, and literacy bags. These bags contain a book and activities you can do with your child to reinforce the story. They are great learning tools and there are many books featured including some childhood classics like Dr. Seuss, Chicka Chicka Boom Boom, and alphabet books. The Family Resource Center also has many programs to offer you and

your child. We have playgroups for children of all ages, which are fabulous for parent/child interaction and socialization among children of the same age. We also feature a brand new dads playgroup aimed at increasing male involvement in children's lives. We have a Parents As Teachers program that includes a home visit intended to provide parent education to enhance child development. The program is also a wonderful source of parental support and is open to all families. In addition to all this, we have an Even Start program that offers parental support, early childhood education, adult education and enrichment. Many parent and child activities are included in

the program along with Parents As Teachers home visiting activities. The Family Resource Center's Even Start program is partnered with Southgate schools to provide parents and children with enriched learning opportunities for the whole family. Come see us at 15601 Northline Road in Southgate, right across the street from Sam's Club in the Aquinas Building. There is fun for the whole family at the Family Resource Center – *where the future looks bright.*



The Guidance Center

Volume 2, Issue 1

January 2004

Special Points of Interest:

- ☺ Return of Magic Carpet Ride and Story Hour
- ☺ Safety for children
- ☺ Play-dough – and why it's really important
- ☺ Parents as Teachers events and playgroups
- ☺ Family Resource Center
- ☺ Why play is important

Hop Back Aboard the Magic Carpet!



That's right, the Magic Carpet Ride is back and ready to take flight for new heights of reading fun! AmeriCorps proudly brings Curious George to Southland Mall. The curious little monkey is enjoyed by all ages. Come join us for a story, raffle, and pictures with George; and see what he is getting into this time.

He will be joining us on January 17th

at 1:00 outside of Olga's at the mall. The closest entrance is by Borders and Ruby Tuesday's. Hope to see you all there!



Parents As Teachers, Playgroup, and Infant Massage Events for December

Parents As Teachers Events

- ☆ *Infant/Toddler Playgroup* (Ages 0-2 years)
Fridays: 9:30 AM to 11:00 AM - Family Resource Center
January 2, 9, 16, 23, 30
- ☆ *Preschool Playgroup* (Ages 30 to 60 months)
Wednesdays: 9:30 AM to 11:00 AM - Family Resource Center
January 7, 14, 21, 28
- ☆ *Twins Playgroup*
Thursdays: 9:30 AM to 11:00 AM
January 8, 15, 22, 29
- ☆ *PAT Group Meeting*
Tuesday January 27 from 9:30 AM - 11:00 AM

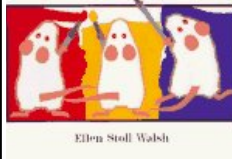
For more information or to register, call Wanda at (734)785-7705 ext. 7126



After Baby Comes Events

- ☆ *ABC Playgroup*
Wednesdays: 12:30 PM to 2:00 PM - Family Resource Center
January 7, 14, 21, 28
- For more information or to register, call Rachel Rosin at (734) 785-7705.**

Mouse Paint



AmeriCorps brings to you Story Hour at the Family Resource Center. Come join us as we read Mouse Paint by Ellen Stoll Walsh, a fun book about mischievous mice that get into lots of colorful paint! See our mad scientist mix colors together—what will happen? Join us in the library of the Aquinas Building on January 15th at 10:00 AM and 2:00 PM to have some fun with us!

Playgroups

Baby/Toddler Playgroup (for children ages birth to three):
Mondays from 10:30 AM to 12:00 PM - Family Resource Center
January 5, 12, 19, 26

Preschool Playgroup (for children ages three to five):
Tuesdays from 1:00 PM to 2:30 PM - Family Resource Center
January 6, 13, 20, 27
Thursdays from 1:00 PM to 2:30 PM - Family Resource Center
January 8, 15, 22, 29

Call Andrea at (734) 785-7705 ext. 7159 to register or for more information.

The Importance of Play-Dough

Sometimes we're scared to give our little ones play-dough. What if they eat it? And what about the mess? Play-dough is really important for your child to use, however. It just requires a little adult supervision. The mess is not bad, either – as long as you make a firm rule that play-dough is only to be used at the kitchen table, or on any hard surface that's easy to wipe up. Play-dough helps your child develop those little muscles in his fingers and hands. Think about all the work involved in using play-dough: pounding, pulling, stretching, shaping, cutting, and squeezing. When children use play-dough together or with adults, they are also learning how to share and take turns. Language can also develop from using play-dough as parents and children talk together about the colors of the play-dough and the things they are making with it. Some tips for parents:

- Always supervise your young children with the play-dough.

- Create with them. Show them what can be done with it.
- Provide tools for children to use with it. Household items such as cookie cutter, plastic silverware, rolling pins, and kids' safety scissors provide lots of fun with play-dough (and develop fine motor skills).
- Use newspapers, an old tablecloth, or an old sheet both on the floor and on the table to protect surfaces.
- Provide lots of colors for your children and don't worry if they get mixed together. If it gets mixed together you'll have a wonderful opportunity for a mini-science lesson. You can explain to your children what happens when you mix different colors together.
- Make play-dough together. It's very simple to do and is a wonderful way to have fun with your child. The following is an easy recipe that your child can help with:

- 1 cup of flour
 - 1 cup of water
 - 1/2 cup of salt
 - 2 tbsp. cream of tartar
 - 1 tbsp. vegetable oil
 - Food coloring of choice
- Mix all the ingredients together (except food coloring) in a saucepan. Cook over low to medium heat, stirring continuously until mixture forms a ball. Let cool slightly, then knead the food coloring in with your hands. Store in an airtight container.

Have fun with your kids using play-dough together! Remember, however, to let it go if your child becomes tired of it. There will be many opportunities to play together!

Some information taken from:
<http://www.chartart.org/playdough.htm>

Helping Your Children Stay Safe

Every month we feature one of the Search Institute's forty assets for children in the insert of the newsletter. This month we'd like to put special emphasis on one of those assets.

Asset 10: Safety

How the Search Institute defines this asset: Homes, schools, childcare settings and other environments have to be safe for children.

For infants, toddlers, and preschoolers: Children need safe environments at home, in out-of-home settings, and in the neighborhood. This means childproofing these environments.

Safety for all Children:

- Create an atmosphere where children feel cared for and emotionally safe. Play with them and let them know you care.
- When a child is afraid, comfort him. A hug or a cuddle can help him feel secure and protected.
- Keep a close eye on children's

play, especially at playgrounds and near stairs and windows.

- Be a role model – and keep yourself safe – by always wearing a seatbelt.
- Supervise children carefully when they're around water – even a large puddle can be dangerous for a small child. If you're on a boat make sure everyone wears a life jacket that fits properly. Register older children for swimming lessons.

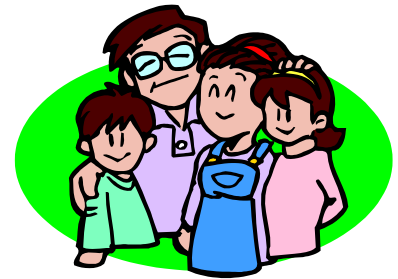
Here are some things you can do to start childproofing your home.

- Store medicines, household cleaners, poisons, and plastic bags in a locked childproof cabinet or container.
- Never leave water in a sink or tub. Install safety latches on toilets so children can't open them.
- Seal all unused electrical outlets with childproof covers. Move electrical cords out of the reach of children.

- Use safety covers on stove and oven knobs, and keep handles of pots on the stove turned inward, away from small hands.
- Post a list of emergency numbers (including the local poison control center and the nearest hospital) near every phone in the home.
- Install safety gates near all stairways.

Website of the Month:

michiganschildren.org-visit this website to see what is going on in the state to improve the lives of Michigan's children.



Taken from What Young Children Need to Succeed, by Jolene Roehlkepartain and Nancy Leffert, Ph.D.

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.nccc.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. 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.

Our meeting for January will be January 21, 2004 from 9:30 to 11 am, at the Center for Excellence at The Guidance Center, 13111 Allen Road in Southgate. Please call 734 282-5497 to hold your spot!

Family Resource Center

The Guidance Center’s Family Resource Center’s mission is to provide comprehensive, research-based family support services to enhance families’ capacity to support the growth and development of all family members — adults, youth, and children, as well as the community.

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 and encourages positive interaction.
- ◆ Relief for baby from discomforts such as teething, colic, congestion, gas, and emotional distress.
- ◆ Relaxation – helps baby sleep deeper and longer.
- ◆ Helps parents feel more competent and confident in their parenting role.

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.



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

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