



Positive Parenting

By The Guidance Center's Family Resource Center and



Celebrate the Importance of Reading!



17th! Encourage your child to read by making it fun and interactive—for you and your kids. Try acting out the stories together. Let your child choose the story. Ask him to turn the pages. Point to pictures and ask him to tell you what they are. For pre-readers, let them tell you a story of their own. You can do this either according to the pictures in the book, or let them tell you something they made up. To read to toddlers and preschoolers, make your inflection enjoyable. Use different voices for different charac-

National Children's Book Week is celebrated the week of November

ters. Read in a rhythmic manner, varying your pace. Read at a time when they are more likely to pay attention, like right before bedtime. Make story time a routine with your child, and read at least once a day at the same time together, if not more. Kids relate to the story better when they have something to reinforce it. Try doing an art project that goes along with the story. For instance, if you read Curious George together, why not make a monkey mask out of construction paper with your child? Go to the story time at a local library, or come to the Family Resource Center's Story Hour and have fun with other kids and do a project related to the story (see page 2 for details on Story Hour).

Check out the Family Resource Center's literacy bags, which have activities in them relating to the book included in the bag. Some activities are pre-made, and some you can do at home with just a few of your own materials. You can apply for a library card at the Family Resource Center, and you can check out the literacy bags and keep them at home for a week! The bags are suitable for kids up to five years old. Remember, you lead by example—if your child sees you reading and enjoying it, chances are they'll enjoy it too!

***For further reading, check out:**
<http://toddlerstoday.com/resources/articles/readingrules.htm>



The Guidance Center

Volume 1, Issue 11

November 2003

Special Points of Interest:

- ⊙ National Family Week
- ⊙ National Children's Book Week
- ⊙ Literacy Activities with AmeriCorps
- ⊙ Developments in brain research
- ⊙ Playgroups
- ⊙ Developing fine motor skills
- ⊙ Featured author: Dr. Seuss

AmeriCorps Literacy Activities

Attention music fans! The Family Resource Center's Music Literacy Program is up and running again. Led by Ms. April Pitts, this class is designed to use music and movement to stimulate a child's interest in reading. Please call April at (734) 785-7705, ext. 7159 for more information.



Coming soon—a new playgroup! The group is led by a father of three, and emphasizes father/child interaction and socialization. So all you stay-at-home dads, call Bill for more information at (734) 785-7705 ext. 7159.



Parents As Teachers, Playgroup, and Story Hour Events for November

Parents As Teachers Events

☆ *Infant/Toddler Playgroup* (Ages 0-2 years)

Fridays: 9:30 AM to 11:00 AM - Family Resource Center

November 7, 14, 21

☆ *Preschool Playgroup* (Ages 30 to 60 months)

Wednesdays: 9:30 AM to 11:00 AM - Family Resource Center

November 5, 12, 19

☆ *PAT Group Meeting*

Tuesday November 25th from 9:30 AM to 11:00 AM

Library at Aquinas Building

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

November 5, 12, 19

For more information or to register, call Rachel Rosin at (734) 785-7705.

Story Hour

Join AmeriCorps members in the Library of the Aquinas Building for the story In the Tall, Tall, Grass. This is a fun, rhyming story that shows kids the creatures that hide in the grass. After

the story, we'll do an art project—kids can make their own “tall, tall grass” collage with different bugs and animals in there. **For date and time, call (734) 785-7705 ext. 7053 or stop by the library.** Come join the fun!

Playgroups

Baby Playgroup (*for children ages birth to walking*):

Mondays from 1:00 PM to 2:30 PM - Family Resource Center
November 3, 10, 17, 24

Toddler Playgroup (*for children ages walking to two*):

Mondays from 10:30 AM to 12:00 PM - Family Resource Center
November 3, 10, 17, 24

Preschool Playgroup (*for children ages three to five*):

Tuesdays from 1:00 PM to 2:30 PM - Family Resource Center
November 4, 11, 18, 25

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

National Family Week



November 19th begins National Family Week!

Celebrate with your family and

plan a week of setting aside some extra special time to play together. Have a family sleepover on Friday or

Saturday. Drag out those sleeping bags, rent a couple movies, and make some popcorn! Sleep in the living room together. (If you want to do it more like a campout, make S'mores!) Hold a family reading night. Each person can pick a favorite book to be read, or tell a favorite story! Make a family tree. Find pictures of all the members of your family and paste them onto a tree. You can cut a tree

out of brown construction paper—the pictures will be the leaves! Or, you could publish a family “book” together. Fold construction paper in half and put a picture of someone in your family on each page. Underneath the picture, write facts such as name, age, and favorite food. Don't forget to hug each other every day, and say “I love you.” Delight in your family!



Dr. Seuss - Featured Author for November

In late November, Universal Studios is releasing the highly energetic film adaptation of Dr. Seuss's classic children's book, The Cat in the Hat.

In honor of the movie, the Family Resource Center's

featured author for the month of November is Dr. Seuss. Come down and check out our selection of Dr. Seuss books! Our book collection includes:

*The Cat in the Hat

*The Lorax

*Green Eggs and Ham

*How the Grinch Stole Christmas

And many more! We also have Dr.

Seuss Beginner Books series! Read The Cat in the Hat to your children before going to see the movie. After the movie, stop by the Family Resource Center and check out our literacy bag featuring The Cat in the Hat. We also offer Green Eggs and Ham in the literacy bags. Celebrate this beloved children's author with the Family Resource Center!

The Amazing Human Brain

Until recently researchers had limited access to the brain, but with the current noninvasive tests such as the PET scan and the MRI, they can look inside the living human brain and find out what is going on. What they have found out is that we are born with billions of brain cells waiting to be connected by experiences. What is not used is lost. The prime times for brain development are called “critical periods.” These are windows of opportunity in which a child’s brain is most ready to make connections to acquire new skills. These windows either close or lower as a child grows. Experiences and environments that stimulate these connections are important for supporting brain development while the windows are open. There are critical periods for both vision and

speech. The window for vision closes forever. If cataracts in babies are not treated early, or if babies are deprived of vision, the brain cells that process vision are lost and the baby will be blind. The window for speech never fully closes for adding new words. Children never exposed to language can learn to speak, but they will not be able to fully grasp the complexities of the language. Some functions are affected but not necessarily lost during “sensitive periods.” These functions include math, logic, and second language development. There are optimal windows of development for brain functions:

- * Emotional control - first two years
- * Social attachment - first two years
- * Vocabulary development - first three years

- * Math and logic - first four years
- * Motor development - first five years

Every newborn has an amazing capacity for potential. With knowledge we can nurture that potential.



Cited from: Karr-Morse, Robin and Meredith S. Wiley. Ghosts from the Nursery, The Atlantic Monthly Press, 1997.

Stimulating Language Development

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

“Writing” Develops Preschoolers’ Fine Motor Skills

Preschoolers are starting to develop the fine motor skills they need to write letters and numbers. To help develop muscles in hands, wrists and fingers, and foster hand-eye coordination, try these suggestions:

- **Spread sand, glitter or cake sprinkles** on a baking sheet. Show your child how to draw letters, numbers, her name and small words in this with her index finger. Or use the eraser end of a pencil.

- **Allow scribbling.** While you work on the bills or write out your shopping list, give your child some paper and a pencil and encourage her to “write” too.

- **Write numbers, letters and simple words** on large index cards. Laminate the cards if you can. Have your child trace the markings on the cards with clay or Play-Dough she’s rolled into thin ropes.

- **Write letters.** Encourage your child to “write” a letter to a relative.

- **Write your child’s story.** Let your child tell you a story you write down. This connects the written and spoken word for your child.

- **Use magnets.** Letter magnets on the fridge help your child begin to write and spell.

Hanke, Holly. “Fun Activities to Promote Writing Skills”, www.parentcenter.com

RESA Parent Newsletter

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.

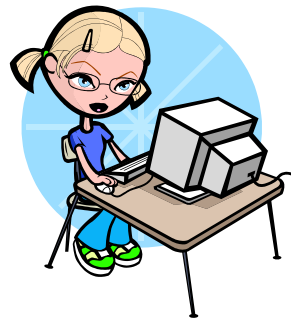
Please check out our website www.everybodyready.com. On it you will find upcoming events for children 0-5, and information telling you all about Everybody Ready. Look for our open quarterly meetings. We always have a keynote speaker talking about issues of young children. Our next meeting will be October 15th, 9:30 AM, at the Downriver Community Conference Building, Room 177, 15100 Northline, Southgate. Call 734-282-5497 for more information.

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.

Websites

<http://www.everybodyready.com>
<http://www.guidance-center.org>
<http://www.learningpage.com>
<http://www.first-school.com>
<http://www.akidsheart.com>
<http://www.school-house-rock.com>
<http://www.suzyred.com>
<http://www.bookadventure.org>
<http://www.lil-fingers.com>
<http://www.readytosucceed.org>



Are you interested in Infant Massage? The Family Resource Center offers free classes in four-week sessions. Call the Family Resource Center at **(734)785-7331 ext. 7053** for more information or to register.

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