



Positive Parenting

By The Guidance Center's Family Resource Center and



Toddlers Need More Than Rules

Do you ever wonder why your toddler, who knows the words "no" and "don't", still gets into the cupboards? It's not to drive you crazy, and it is most likely not a deliberate act. What, then, is so difficult about "Don't get into the cupboards"?

***Toddlers can't think in abstract terms.** A rule is an abstraction with a gap between the action you're talking about and the words. Add negatives, yet another abstract concept, and little ones get more confused. All they hear is "cupboards" which draws more attention to them.

***They are in the present.** A toddler may have trouble remembering a rule you told him yesterday.

***Toddlers can't think of two things at once.** If she's doing something, it's hard for her to think of another thing.

***They are curious, curious, curious.** He wants to find everything.

***They have poor impulse control.** The emotional pull that comes from doing something she's enjoying, like throwing a block against a wall, makes it very hard to stop herself.

***Toddlers don't understand cause and effect.** He can not link his action to the consequence, especially if there's a time gap between one and the other.

***Avoid negatives.** Say, "Keep the cupboard door

shut".

***Keep rules simple.** A long explanation of "why" will just confuse a toddler more.

***Be consistent.** Stick to your rules.

***Watch your expectations.** Concepts such as playing games with rules or using words to express emotions is most likely developmentally beyond a toddler.

***Stay firm.** You're the boss, and sometimes you have to say no without discussion.

Create and maintain boundaries for your toddler!

*cited from www.parentstages.com



The Guidance Center

Volume 1, Issue 5

May 2003

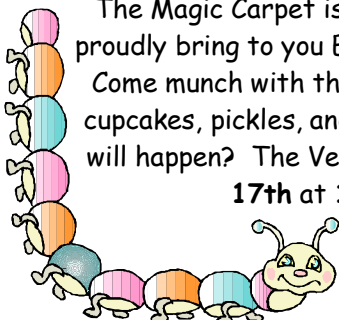
Special points of interest:

- ☺ Free Infant Massage Classes in the Aquinas Center
- ☺ Magic Carpet Ride to Reading
- ☺ Story Hour
- ☺ Parents As Teachers Events
- ☺ Grandparenting Tips
- ☺ Asset Building
- ☺ Be a kid for a day!

Crawl Onto the Caterpillar Carpet

The Magic Carpet is back after our Easter break! Join Americorps as we proudly bring to you Eric Carle's beloved story, The Very Hungry Caterpillar. Come munch with the caterpillar as he eats his way through apples, plums, cupcakes, pickles, and much more! When the caterpillar is finally full, what will happen? The Very Hungry Caterpillar will be at Southland Mall on **May 17th at 1:00**. The event includes reading, a raffle,

pictures, and crafts! See you there!



Parent As Teacher and Story Hour Events for May

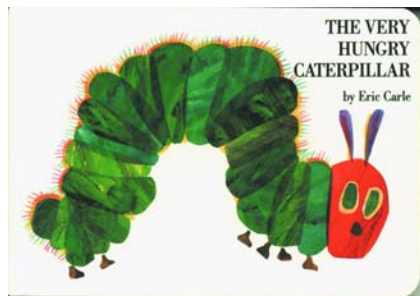
Parent As Teacher Events

- ☆ **Infant/Toddler Playgroup** (Ages 0-2 years)
Fridays from 9:30 to 11:00 - Family Resource Center
May 2nd, 9th, 16th, 30th
 - ☆ **Preschool Playgroup** (Ages 30 to 60 months)
Wednesdays from 9:30 to 11:00 - Family Resource Center
May 7th, 14th, 21st, 28th
 - ☆ **Parenting Support Group**
Mondays from 11:00 to 12:00 - Family Resource Center
May 5th, 12th, 19th
 - ☆ **PAT Group Meeting**
Tuesday May 27th from 9:30-11:00
Library at Aquinas Building
- For more information or to register, call Wanda at (734)785-7331 ext. 7126

Story Hour

Join us this month as we read to you The Very Hungry Caterpillar by Eric Carle. What can he eat his way through? An apple, a pear...even a cupcake! After the story, we'll make our own caterpillars to take home. There will also be a very special guest!!! Who could it be? Story Hour is presented to you by Americorps. The date is **May 15th**. There are three sessions: **10:00, 10:30, and 2:00**. Story Hour is free and open

to the community in the Aquinas Library. Remember, there's a reading of the Hungry Caterpillar at the mall on May 17th! See the front page for details. See you at Story Hour!



Kid For A Day

Sometimes parents get so frustrated with their misbehaving child that they forget how much fun it can be to be a kid. So, here are some ways you can be a kid again - for a day, or for as long as you like!

- ◆ Read the funnies - throw the rest of the paper away.
- ◆ Dunk your cookies.
- ◆ Eat dessert first.
- ◆ Do a cartwheel.
- ◆ Spin around in circles



until you're so dizzy you can't stand any more.

- ◆ Put on Wonder Woman underoos!
- ◆ See how high you can bounce bouncy balls.
- ◆ Blow lots of bubbles in your drink.
- ◆ Tell stories with no point.
- ◆ Give someone an Eskimo kiss.
- ◆ Sing into a hairbrush.
- ◆ Blow on a dandelion puff and watch it go all over.

◆ Stop whatever you're doing once in a while for recess.

- ◆ Skip, don't walk.
- ◆ Watch TV in your pjs.
- ◆ Refuse to eat crusts.
- ◆ Swing on a swing and jump off in mid-swing.
- ◆ Hide your veggies under your napkin
- ◆ Have some worry free fun!

*cited from Shopper Plus



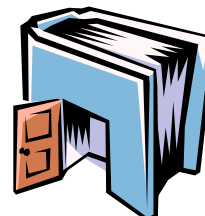
National Book Month

May is National Book Month, sponsored by the National Book Foundation. It's purpose is to celebrate readers and writers, and to encourage literacy. Make a little extra effort to read to your child every day this month, and treat yourself to a good novel or four. Come check out one of the Family Resource Center's many literacy bags, which offer fun ideas and activities that help children connect with the story. Some titles available are:

- The Grouchy Ladybug
- Green Eggs and Ham
- The Very Hungry Caterpillar
- Inch by Inch

And many more! Another interactive reading activity is to choose a simple recipe, read it together, and then make it with your child. This will help reading skills, and math skills! There is science in cooking as well. This is also an integrated activity that will

teach kids that you have to be able to read to do other things, such as cook, learn more about a topic, or build a model. Remember, books open doors!



If your baby's not crawling yet, check out our infant massage program! See the back page for more details!

Tips For Grandparents

*Tips taken from www.zerotothree.org

1. Enjoy being the gift that you are.

Children thrive in an environment where they are nurtured, cared for, and loved. They learn about the world around them when those close to them join in their play and exploration. Grandparents often have the opportunity to spend a little more "relaxed" time with young children - something a child treasures. This special time not only benefits the child, but the grandparent as well.

2. Keep in touch.

Even if great distance separates you and your grandchild, it is important to keep in touch regularly - for the whole family. Calling to talk with a young child can make the miles seem less imposing. Let them know you love and remember them between visits.

3. Offer soothing care.

The gentle, familiar voice of a grandparent can offer comfort and can calm an upset baby. Hearing the voices of those she loves helps her feel secure and safe.

4. Grandfathers are important too!

Grandfathers are just as important to be involved with young children as are the grandmothers.

5. Grandparents help to discover roots.

Whether through a native language or favorite family recipe, children discover their background and can understand themselves better through the things

their grandparents share. This can help grandparents discover how creative they can be.

6. Keep them entertained.

Have an area that is safe for exploration, creativity, and make-believe when children come to visit. This will make it less stressful. Try large blocks, books, crayons and paper, or old clothes for dress up.

7. Share music and stories.

Sharing songs with an infant or toddler can be a great way to soothe, calm, play, and bond. Grandparents can also share a bit of their past with their grandchildren by telling stories. Stories and songs are an important part of a child's literacy skills.

8. Involve your grandchildren in your daily routines.

Toddlers are especially eager to be included in what you do. Let them help in daily activities. When you include your grandchildren in small chores or projects, you let them know they are important and that you enjoy them.

9. Grandparents are a resource.

Grandparents often have more to give of themselves at this point in life. We may have done some things wrong the first time around, but we can give more time to our grandchildren. Grand parenting can be a wonderful second time around at parenting, and your wisdom from experience can be a great asset to new

parents - as long as it's given in a loving and open way. Being a grandparent is also a wonderful opportunity to savor the little things that may have been taken for granted the first time around.

10. Be a good listener.

When your own children have their first baby, you may be tempted to give advice. This may be perceived as criticism, so instead be a good listener and ask questions that will help your child feel confident. Let them know they are doing a great job and how much their baby loves them.

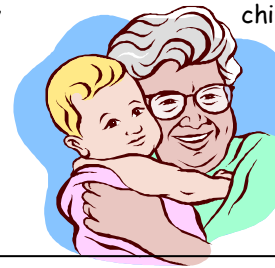
11. Be there to help.

Being there for a new parent as a source of help, comfort, and reassurance is an invaluable gift a grandparent can give to their grandchild. Encourage the parents to take time to just sit and play with their child.

12. Work together with the parents.

Good communication is the key when it comes to raising kids. A baby or toddler will have an easier time learning routines if the patterns are consistent among her different caregivers.

"Cherish the moments with your grandchild...talk, listen, and give lots of hugs and kisses."



Who Built Your Assets?

One of the best ways to recognize the importance of asset builders in the lives of children is to think about the people who built your assets.

Who is someone (a parent, teacher, coach, religious leader, neighbor, mentor) who:

- Showed you love and care when you really needed that support?
- Helped you realize that you had something important to contribute to others?
- Set clear boundaries for you even if it wasn't the easiest thing to do?
- Helped you get a lot out of activities

in your school, a youth organization or congregation?

- Helped you get excited about learning new things?
- Encouraged you to live out positive values, such as caring, honesty, and responsibility?
- Helped you develop important skills, such as how to get along with others?
- Helped you feel good about yourself?

Everyone had other people besides their parents who contributed to the person they have become. Whose assets can and do you build? Think

about the children in your neighborhood, congregation, friends, or in your work. You can touch their lives by

- Getting to know them and being open and honest
- Listening and taking time for them
- Treating them with respect
- Modeling positive values
- Seeing kids as "our" responsibility.

Can you be an asset builder? It still takes a village to raise a child.

*cited from *You Can Make A Difference For Kids Booklet* by the Search Institute and 3M

Mission Statements

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 information regarding upcoming events for children 0-5, and information telling you all about Everybody Ready. Please look for our open quarterly meetings, we always have a keynote speaker talking on issues of young children. Our next meeting: July 16, 9:30 a.m. at the Aquinas Center, 15601 Northline in Southgate.

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.

Free Infant Massage Classes

If your baby is age birth to crawling, come learn how to nurture your baby with massage. The benefits of infant massage include bonding through a positive interaction, relief for baby from discomforts such as teething, and relaxation for baby, helping her to sleep deeper and longer. There is a weekly class **Tuesdays from 1:00-3:00 beginning May 6th**. For more information and to register, **call Roxanne at (734)785-7331 ext. 7021**. Located at **The Guidance Center's Aquinas Building Family Resource Center**. **There is no cost.**



Websites

<http://www.everybodyready.com>

<http://www.alfy.com>

<http://www.succeedtoread.com/resources.html>

<http://www.michiganschildren.org>

<http://www.readingrockets.org>

<http://www.zerotothree.org>

<http://www.ala.org/parents>

<http://www.guidance-center.org>

<http://www.americanbaby.com>

<http://www.kidlinx.com>

<http://www.mamamedia.com>

<http://www.parentsoup.com>

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