



Positive Parenting

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



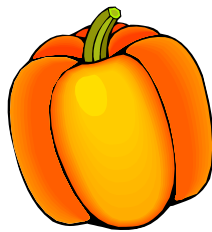
Cat In The Hat Celebration



Come join us at the Southgate Family Resource Center for our annual Fall Festival. This year, we have our special guest, the Cat in the Hat, returning for

fun fall themed activities and story times. Read Dr. Seuss tales with us and do fun activities to reinforce the stories. Learn fun facts

about fall food such as pumpkins and apples while you enjoy



refreshments and pick out a pumpkin from our garden to take home. Each child that comes to the festival will receive a free book courtesy of the Reading Is Fundamental distribution.

We will have fun temporary tattoos for children to enjoy. We are located in the Aquinas Center at 15601 Northline Road. Everyone is invited to this free event.

For more information, call the Family Resource Center at (734) 785-7705, ext. 7053. **This event will take place on Thursday, October 20th from 4:00 - 6:30 P.M.** Come join us in a celebration of autumn!



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Special Points of Interest:

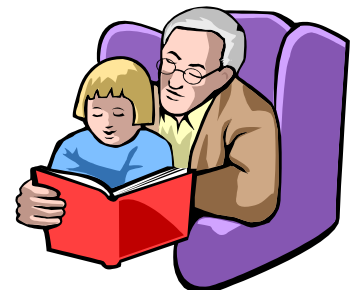
- ☺ Fall Festival
- ☺ Even Start
- ☺ Seasonally Spooky Treats
- ☺ FRC Expansion
- ☺ Being the Best Parent
- ☺ Infant Massage
- ☺ Let's Talk Language Tip

Even Start

The Guidance Center welcomes back the Even Start program, located in room 122 at the Aquinas building, beginning October 3rd. Even Start is a family literacy community that provides parents with the ability to help their families reach their goals. There are four components to the program: Adult Education, Parenting Education, (which includes home visiting), Child

Education and Parent/Child Interaction. Families must be willing to participate in all components. The literacy based program helps parents find innovative ways of interacting with their children and also teaches creative problem solving. During the home visiting piece, a qualified parent educator will help parents problem solve and learn developmental milestones.

Screenings for the children will be provided. For more information and qualification requirements, call Lisa at (734) 785-7705, ext. 7112.



New Family Resource Centers

Coming this fall, the Family Resource Center (FRC) will expand to three of The Guidance Center's Head Start sites in Flat Rock, Lincoln Park, and Taylor. The Guidance Center is excited to offer our services to these communities. These sites will include a lending library, toys, and our Children's Closet, from which parents may take items they need and drop off items they do not. We accept donations of gently used clothes and items such as bottles, formula, diapers and baby blankets. We also welcome donations of gently used toys and books for these new sites. A Family

Resource Center staff member will be assigned to each site. This staff member will be happy to find any resources parents may need and will assist parents by referring them to any school district programs or any of the 41 Guidance Center programs. The FRC will offer playgroups and infant massage for children of all ages 1 month to 5 years.

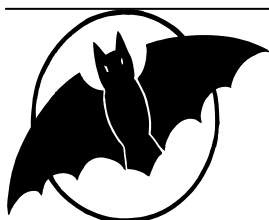
Locations:

Lincoln Park: 3320 Electric Avenue, Lincoln Park 48146.

Flat Rock: 28639 Division, Flat Rock 48134

Taylor: 14616 Duncan Street, Taylor 48180.

Look for the Grand Re-Openings of all seven of the Family Resource Centers on October 3rd. Call (734) 785-7705, ext. 7053 for information.



Try out this fun treat, perfect for the season!

What you'll need:

1 package refrigerated sugar cookie dough (*chocolate is preferable)
*If not chocolate use regular and add the following:
1/2 cup unsweetened cocoa powder

Spooky Batwiches

and 2 tablespoons all-purpose flour

1/2 gallon vanilla ice cream
Orange and black nonpareils (sprinkles)

Shape dough into bats or use a cookie cutter.

Bake at 350°F for 12-15 minutes and let cool completely.

Spread with softened ice cream like a sandwich.

Loosely cover and freeze for about an hour or until firm.

Remove from freezer and roll the edges in the black and orange nonpareils.

Shake off excess and serve immediately, or cover and return to freezer until time to serve.

Prevent Shaken Baby Syndrome

It's a warm autumn night and the baby keeps crying and crying. The caregiver's nerves are shattered, and out of frustration, the baby is shaken. If a caregiver loses control like this, it can bring tragedy to a child. Sadly, an estimated 3,000 children are diagnosed yearly with shaken baby syndrome, a traumatic brain injury caused by shaking a baby. Unfortunately, many children are never diagnosed. It is just assumed that they have some type of brain impairment. And for too many infants, death is the result, as we learn in our city newspapers. When a baby is shaken, the fragile brain moves back and forth within the skull. The American Academy of Pediatrics states that

this can cause serious injuries such as blindness, seizures, paralysis, brain damage and death.

Shaken baby syndrome is a serious form of child abuse. It is never okay to shake a baby. Child's Hope, the child abuse prevention council of Out - Wayne County, believes that every caregiver needs to be educated about the grim realities of shaking a baby. According to the Brain Injury Association:

- 25% percent of children with shaken baby syndrome will die.
- 60% suffer from permanent life-long disabilities.

- Shaken Baby Syndrome survivors are often predicted to have much shorter life spans than their unaffected peers.

Providing information on the care and normal development of infants is an essential element in the prevention of Shaken Baby Syndrome. It is important that parents, babysitters and any caregivers understand that the feelings of frustration they experience are common and very normal.

Learning how to handle those feelings can be made easier through parenting information gathered at your local Family Resource Center. And, remember, NEVER SHAKE A BABY!

Being the Best Parent

Nurture your child by....

A Lifetime Commitment

Children are living messages we send to a time we will never see. No legacy that will leave this world is more important than our children. (Author Neil Postman)

Being a good parent requires a tremendous investment—in time, energy, and unconditional love. Being a parent is a responsibility that continues throughout your child's life. The caring support you show to your child as an infant and a toddler, from elementary school through high school, to college and beyond, is expensive and important. But the reward-- watching your child grow into a responsible caring adult --is priceless.

Nurturing children involves raising, training and guiding them-and doing all these things in a loving way. Nurturing means nourishing a child's body, mind and spirit. The well-nurtured child feels unconditional love along with support for his or her developing accomplishments.

Nurture your child by-

Providing Emotional Security

- Talk and act so that children feel safe and comfortable expressing themselves
- Be gentle



- Be dependable

Providing Physical Security

- Provide food, shelter, clothing
- Teach personal hygiene and nutrition
- Maintain a family routine

Providing Discipline

- Be consistent
- Ensure rules are appropriate to the age and development of child
- Be clear about limits and expectations
- Use discipline to **instruct, not punish**

Giving Time

- Participate in your children's lives, activities, school, sports, special events and days, celebrations, friends
- Include your children in your activities

Encouraging and Supporting

- Be positive
- Encourage children to follow their interests
- Let children disagree with you

Recognize Improvement

- Teach new skills
- Let them make mistakes

Giving Affection

- Express verbal and physical affection
- Be affectionate when your children are physically or emotionally hurt.

Caring For Yourself

- Give yourself personal time
- Keep yourself healthy
- Maintain friendships
- Accept love

Trusting and Respecting

- Recognize children's right to have their own feelings, friends, activities and opinions
- Promote independence
- Allow for privacy
- Respect feelings for other parent
- Believe your children

Teach
More Love
More.org



Let's Talk Language Tip

Let's Talk Language Infant Tip: Around eight months, babies love to gather various toys, place them in a container, dump them out and start all over. Provide your child with different size shoeboxes or plastic tubs and show him/her how to put toys inside the container. He/she will quickly catch on.



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 Sarah at (734) 785-7705 ext. 7360.**

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