



# Positive Parenting

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



## 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 in October. Dates will be announced in October's newsletter. Call (734) 785-7705, ext. 7053 for information.



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### Special Points of Interest:

- ☺ Even Start
- ☺ FRC Expansion
- ☺ Great Parents, Great Start
- ☺ Being the Best Parent
- ☺ Fingerpainting with Toddlers
- ☺ Brain Development and Music
- ☺ Infant Massage
- ☺ Let's Talk Language Tip

## Even Start



The Guidance Center welcomes back the Even Start program, located 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. Even Start offers GED completion along with Adult Basic Education. The literacy based program helps parents find innovative ways of

interacting with their children and also teaches creative problem solving. Monthly home visits are included with enrollment in Even Start. During these visits a parent educator develops strategies for the child's success with the parents. For more information, call (734) 785-7705, ext. 7053.

# Finger Painting With Toddlers



Some researchers believe that infants and toddlers “think” with their eyes, ears, and hands. This means that children need direct interaction with their environment in

order to learn their best. With supervision, toddlers can make the most out of art activities. Finger-painting is a wonderful sensorimotor activity that appeals to most toddlers. Put an old tee-shirt on them and let them go to it! Make sure to cover your kitchen table with newspaper, as well as the floor underneath their chair. This is a great tactile experience because the paint feels slimy and the paper they paint on

can either be smooth or rough. It’s also a fast clean up. Let your toddler finger paint in the bathtub. This makes for quick and easy clean up as well. Another option for painting with kids is to put a sheet of wax paper over a tray or cookie sheet. Let your child spoon different colors of tempera paint or finger paint onto the paper. Then cover the paint with another sheet of wax paper. Your child can press down on the top sheet and watch the colors blend together. Don’t try to direct your child’s interaction with art. Let them create whatever they want, and don’t expect them to name their creations until they get a little older. It’s the process that counts at toddler age, not the product. Use this recipe to make quick and easy finger paints.

Mix together 2 tablespoons of sugar and 1/3 cup of cornstarch in a small pan. Slowly add 2 cups of cold water. Cook

over low heat, stirring until the mixture becomes a smooth, almost clear gel (about 5 minutes). When it’s cool, stir in 1/4 cup of clear dishwashing liquid. Scoop equal amounts of the mixture into containers and stir in food coloring (or, for even more vibrant colors, use food coloring paste).

Let your child mix the food coloring into the paint using their fingers for a fun experience. You can also finger paint with chocolate pudding. Smearing is a natural activity for children. Your child may be hesitant at first, but once warmed up kids usually enjoy it. Have fun with it and don’t be afraid to experiment!

**Information and recipe cited from:**

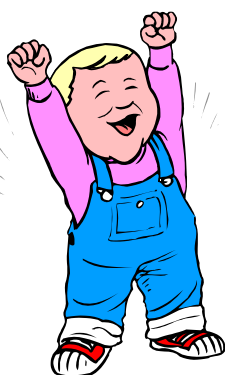
<http://familyfun.go.com/crafts/drawpaint/expert/dony0400aapaint/dony0400aapaint.html>

## Great Parents, Great Start

The Guidance Center’s Family Resource Center is offering an enjoyable and educational program for parents and their two and a half to five year old children. “Great Parents, Great Start” is a program that promotes parent-child interaction and helps parents to support their child’s cognitive, emotional, and social growth and well-being. The program offers literacy based home visits that focus on the child’s language and development through fun and interactive parent-child activities. Each parent and child involved in “Great Parents, Great

Start” will receive a “Leaps-n-Bounds” activity box that contains educational activities. Also offered are weekly playgroups at the Family Resource Center for an hour and a half. These groups run for twelve week sessions and provide interaction for parents and children through activities and play. The playgroups are also an opportunity to form relationships with other families. Parents and children will have direct access to the resources at the Resource Center such as our lending library. We offer books for all ages,

literacy bags, toys, games, and videos for check out. If you are interested in the “Great Parents, Great Start” program, please call the Family Resource Center at (734) 785-7705, ext. 7053 for more information.



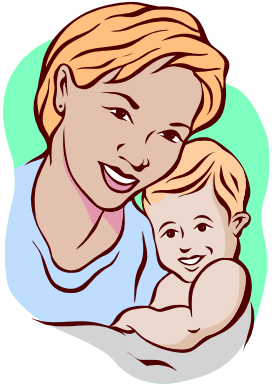
## Let’s Talk Language Tip

**Let’s Talk Language Tip:** To help your child make transitions easier, use activity-appropriate songs to signal a change in activities. For instance, use the clean up song when it is time to put toys away. Make up a song for mealtime and bedtime. This provides language and social benefits for children of all ages.



# Being the Best Parent

## A Lifetime Commitment



### Six positive things I can do for my child.

#### 1. Prepare more than you punish.

Your children need you to teach them

what it is you want them to do. Use your child's bad behavior to teach, and practice the right behavior with your child. Occasions of punishment without love and instruction breed conflict, and as children grow older, it becomes more difficult. Those parents who use teaching to treat bad behavior punish far less.

#### 2. Communicate more than you control.

Talk with your children to work things out. Say, "Let's talk this over." Talk with your children at meals, bedtime, quiet time, one-on-one. Parents who talk with their children strengthen important bonds.

#### 3. Encourage more than you

criticize.

Children need to understand that they can succeed at what they try to do. They need confidence. Help your children succeed. Praise their achievements. Give them the self-esteem they need to be happy adults.

#### 4. Involve and individualize.

Your child needs to be an individual as well as belong to a group. Children need to have experiences with the family as well as alone. Include your children in family activities and other groups. Let them have experiences on their own as well. Tell them what is special about them, and let them know how happy you are that they are part of your family. Your children will grow up to have better relationships and feel better about themselves.

#### 5. Love more than you isolate.

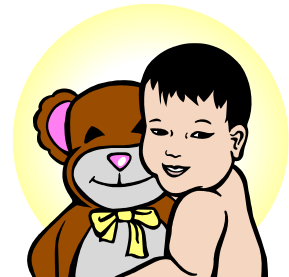
No child ever said, "You loved me to much." Your child needs your love more than anything else. "Go to your room," "Get away from me" and "Stop talking" can isolate children. Work through these problems with your children instead of sending them away. End times of correction with

affection and love. "Time out" is a brief period of time a child is given to calm down and gain control. The goal is to "self regulate" not to punish. "Time out" should only be used when your child gets angry or frustrated. This helps the child to "put it together" in a safe space. Remember, if "time out" is used as punishment, it doesn't help a child figure out how to control his or her emotions.

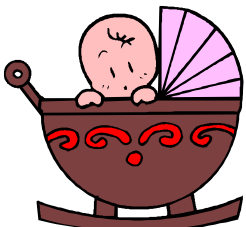
#### 6. Love enough to limit.

Every successful person learns to apply limits on his or her behavior. Teach your children how to behave at different times and in different environments. Set clear limits of behavior. Children who learn self-control have less anxiety and live more fulfilled productive lives.

*taken from teachmorelovemore.org*



## Develop Your Child's Brain Through Music



Early experiences stimulate learning. A newborn comes into the world ready to respond

to complex sound patterns such as music and voices. Include music in your child's daily routine, from the womb on. Complex musical

patterns, such as classical music, help develop the areas of the brain needed for math and spatial reasoning. The prime time for developing the brain connections for these areas is between the second and third month of life, though it is always beneficial to include music in your child's life. Come down to the Family Resource Center and check out our

series of videos entitled Baby Bach, Baby Mozart, and Baby Beethoven. Help stimulate your baby's brain.



## 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](http://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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