

**NORTHCOAST CHILDREN'S
SERVICES PRESENTS...
MONTHLY SCHOOL CALENDAR AND PARENTING TOPICS**

Sept.- Routines

Oct.- Play is Learning

Nov.- How to Have Healthy Teeth

Dec.- Stress Management

Jan.- Creating an Effective Bedtime Routine

Feb.- Encouraging Positive Behavior

March- Ages And Stages of your Child's Development

April- Keeping Your Young Child Safe

May- Helping Your Child Develop Self-Esteem

June- Sibling Rivalry

July- Tantrums

August- Get Outside and Play!



Routines

Routines give children a sense of security

Some long term benefits for having a good routine are:

Security, trust, calmer atmosphere, time management skills, teamwork skills/sense of community, feeling capable and responsible, goal setting and managing a plan to achieve those goals

Identify areas in your family's daily life that would benefit from a consistent routine.

- Establish routines WITH your child. Be open to creative, fun ideas to make routines enjoyable.
- Create routine charts WITH your young child.
- Assess as a family how the routine is working and readjust if necessary.
- Adults need to model following routines and following through on agreements.
- Set routines, but be flexible when it is necessary.
- Expect resistance. Remain calm and remind child of set agreements with no lectures. Walk away and cool off if you're angered; return and begin again.
- Offer appreciations, encouragement, and acknowledgement of effort.

Tips for success with Routines

1. Routines require adults to take the leadership role by modeling them.
2. Routines require repetition.
3. Routines require pre-planning as a family.
4. Reflect together on how routines are working for everyone. Make changes as needed.
5. Be realistic and remember that routines may not work perfectly at first and may, at times, fall apart and need your guidance to re-establish them.
6. Remember, establishing something new takes time and follow-through on the adults' part.
7. Set routines but don't get rigidly stuck in them.
8. Expect resistance. Children can't see the value of clean toilets and early bedtimes and will want to challenge/barter to change the set plan. Stay calm. Don't negotiate, don't lecture or do it for them. If the moment gets heated, walk away, cool off, and revisit the process. Offer to have a future discussion about the routine but right now, expect them to follow-through.



Bath Time




Bed Time

LET'S GET READY FOR THE DAY!

September 2022

August '22							October '22						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6							1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30	31				23	24	25	26	27	28	29
							30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5 Closed	6 	7	8	9 Policy Council	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 Have you filled out and turned in your Families Give Back?	27	28	29	30	1
2	3	Notes				

Play Is Learning

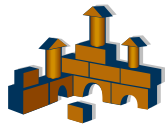


Young children learn through play.
They learn by doing, exploring, touching, experimenting,
moving, manipulating and questioning.



When your child plays with.....

They learn.....



Building Blocks

Size and shape, weight, balance -
pre-math skills.



Art

Fine motor & pre-writing skills, size, shape
color- pre math skills.



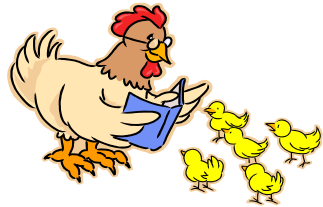
Puppets

Vocabulary & language, creativity, and self
confidence.



Cooking

Follow directions, use all five senses,
colors, shapes, textures. Use different
tools—small motor skills and math
concepts.



Books or listening
to stories

Learning to love books, reading, listening
skills, and critical thinking skills and
memory skills.

October 2022

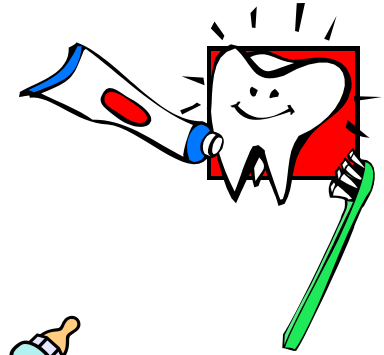
September '22							November '22						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3			1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12
11	12	13	14	15	16	17	13	14	15	16	17	18	19
18	19	20	21	22	23	24	20	21	22	23	24	25	26
25	26	27	28	29	30		27	28	29	30			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1 Pastels on the Plaza
2	3	4	5	6	7	8
9	10	11	12	13	14 Policy Council	15
16	17	18	19	20	21	22
23	24 Have you filled out and turned in your Families Give Back?	25	26	27	28	29
30	31	Notes				

How to Have Healthy Teeth

What should we eat and drink for healthy teeth?

- Eat protein foods like cheese, milk, yogurt and meat
- Eat crunchy vegetables and leafy greens
- Drink more water—it is healthy and cleans teeth.
- Water is the only liquid you should put in baby bottles when they go to bed.
Milk or other drinks will cause cavities.



What should we avoid or eat/drink less of?

- Eat less foods with sugar / starch (carbohydrates).
- Drink less soda—even diet soda is bad for tooth enamel.



When to brush / floss?

- Brush teeth at least twice a day—especially after eating food that sticks to your teeth.
- Floss daily and see a dentist on a regular basis
- Clean out baby's mouth with a washcloth after eating.



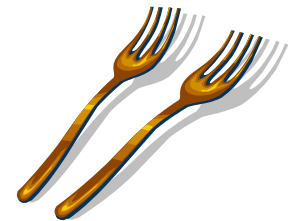
Toothpaste / Fluoride

- Use a fluoride toothpaste. Fluoride helps tooth enamel rebuild.
- Fluoride mouth rinses may be used by adults or older children.

Parents can put a dab on a preschoolers mouth (rinses such as Scope kill bacteria, but do not help with cavities.)

What else can I do?

- Do not share eating utensils, food or toothbrushes.
Cavity causing bacteria can be spread from person to person.
- Chew sugarless gum or mints with XYLITOL—this helps get rid of the bacteria that causes decay.



November 2022

October '22							December '22						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1					1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	29	25	26	27	28	29	30	31
30	31												

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14 Have you filled out and turned in your Families Give Back?	15	16	17	18 Policy Council Training and first meeting	19
20	21	22	23 Closed	24 Closed	25 Closed	26
27	28	29	30	1	2	3
4	5	Notes				

Stress Management

Kids, Bills, School, Work, Money, Pets, Family

Take a deep breath!

Say positive things to yourself and those around you.

Take a hot bath or shower

Delegate responsibility

Trade babysitting with a friend to get a break

**Eat fruits and vegetables
(a healthy body handles stress better)**

Read

Exercise

Take a walk

**Drink water instead of coffee or soda
(caffeine increases stress)**

Count to 10

Do something you enjoy

Separate yourself from the situation.

Easy Breathing Exercise

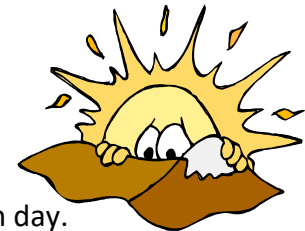
Inhale deeply through your nose to the count of 8.
Exhale very slowly through your mouth to the count of 15
Repeat 10 times.

Procrastination is stressful.

Whatever you want to do tomorrow, do today. Whatever you want to do today, do now!

3 Ways to Make Mornings Less Stressful

1. Get up 15 minutes earlier each day.
2. Prepare for the morning the evening before. Make lunches, put clothes out, have homework & jackets by the door ready to go, etc...
3. Don't rely on your memory. Write down appointment times, when library books are due, what to pick up at the store, etc.



December 2022

November '22							January '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5	1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13	14
13	14	15	16	17	18	19	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30				29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
4	5	6	7	8	9 Policy Council	10
11	12 Have you filled out and turned in your Families Give Back?	13	14	15	16	17
18	19 Closed	20 Closed	21 Closed	22 Closed	23 Closed	24
25	26 Closed	27 Closed	28 Closed	29 Closed	30 Closed	31
1	2	Notes				

Creating an Effective Bedtime Routine

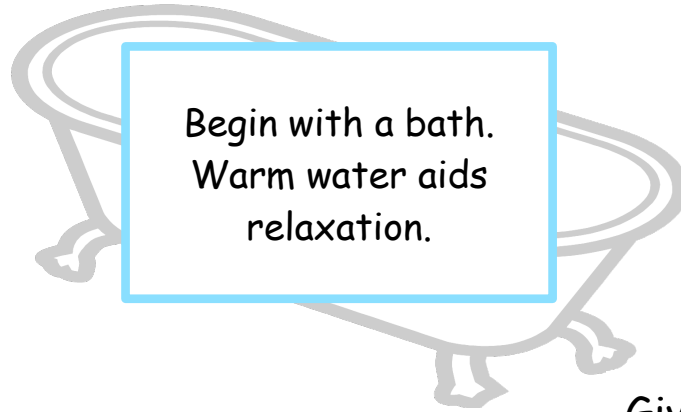
Have your child gather a favorite stuffed animal & blanket and they can put it to bed.



Read books with your child before bed.



Begin with a bath.
Warm water aids
relaxation.

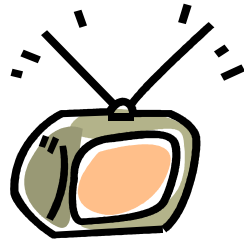


Be clear with limits.
"Lights out at 8:00."
If children are ready earlier,
they have more time for books
or games. For young children, a
timer works well. "If you're all
ready for bed when the timer
rings, you get three
books."



Give a warning
"Ten minutes to start
getting ready for bed."

Give yourself an
hour from when
you start until
lights out.



Keep the time
leading up to bedtime as calm
as possible, hold off on rough
housing, TV, and computer
games.



Darken the room.
Most children sleep better
in the dark.

January 2023

December '22							February '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3				1	2	3	4
4	5	6	7	8	9	10	5	6	7	8	9	10	11
11	12	13	14	15	16	17	12	13	14	15	16	17	18
18	19	20	21	22	23	24	19	20	21	22	23	24	25
25	26	27	28	29	30	31	26	27	28				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13 Policy Council	14
15	16 Closed	17	18	19	20	21
22	23	24	25	26	27	28
29	30 Have you filled out and turned in your Families Give Back?	31	1	2	3	4
5	6	Notes				

Encouraging Positive Behaviors

As parents, our job is to teach children how to get along in the world. When we use encouraging strategies and language our children will build confidence and learn how to manage themselves appropriately.

Acknowledge positive

Build your children up by noticing their positive behaviors. “Wow, you shared with your brother!” “Look at you, you are using your walking feet inside!” or “That’s awesome that you can do that all by yourself!”



Model desirable behavior!

Children do what you do, not what you say. Your children will copy your words and behavior. Make sure you are talking and acting the way you want your child to talk and act.



Give choices!

If children have some power to make choices, there won’t be so many power struggles, although everything can’t be a choice—Your job as parent is to keep them safe and healthy.

Give warnings!

Children have lousy brakes! They can’t stop what they are doing at the drop of a dime. Give them a 10 minute warning, 5 minute warning and a 1 minute warning to go from one activity to another.



Routines!

When children have predictable routines, they know what to expect and how to behave.

Be Consistent!

If you tell a child. “No, you can’t have another cookie.” Then the child throws a fit and you give them the cookie, that child just learned that throwing a fit gets them what they want. Say and mean “No!”



February 2023

January '23							March '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7 Look for Parent Surveys	8	9	10 Policy Council	11
12	13	14	15	16	17 Raffle Begins	18
19	20	21	22	23	24	25
26	27 Have you filled out and turned in your Families Give Back?	28 Last Day for Parent Surveys	1	2	3	4
5	6	Notes				

Ages and Stages of Child Development



The Importance of Knowing About “Age-Appropriate Behavior” and Child Development

Helps you understand your child’s job at different ages.

Helps you not expect too much from your child too soon.

Helps you prevent serious problems. (Remember: Your #1 job is "To protect.")

Helps you provide safe ways for your child to do her job and be ready to move on to the next stage.

Birth to Age 1: “THE BABY”

Child’s job:

To take in whatever she can— your love, nourishment, attention, and energy –in order to survive and thrive.

Child’s slogan:

“Love me by feeding me, hugging and kissing me, talking to me, singing to me, and caring for my every need.”

Parent’s job:

To protect and nurture this precious gift because her life depends on it

Age 1-2: “THE EXPLORER”

Child’s job:

To get to know the world by seeing, hearing, touching, tasting, and smelling everything

Child’s slogan:

“Check it out!”

Parent’s job:

To provide safe places where he can explore

Age 2-3: “THE BOSS”

Child’s job:

To test the limits of his new power

Child’s slogan:

“I want what I want when I want it!”

Parent’s job:

Set limits firmly and calmly while allowing the child freedom to experience his power within those limits.

Age 3-4 “THE PAL”

Child’s job:

To learn how to get along with others

Child’s slogan:

“You’ve got a friend.”

Parent’s job:

To develop routines and provide opportunities for playing with others

Age 4-5: “THE ADVENTURER”

Child’s job:

To challenge himself and others

Child’s slogan:

“To boldly go where I have never gone before”

Parent’s job:

To build on child’s strengths while continuing to limit out-of-bounds behavior

*Please see the back few pages of this calendar for parenting tips to support your child’s development through the stages listed above.



March 2023

February '23							April '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28					23	24	25	26	27	28	29
							30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1	2	3	4
5	6	7	8	9	10 Policy Council	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26 Del Norte County Spring Break	27 Have you filled out and turned in your Families Give Back?	28	29	30 Raffle Tickets Due	31	1
2	3	Notes				

Keeping Your Young Child Safe

Everyday, life is full of well-disguised dangers for children: pots on stoves, hot tubs/pools, electric outlets, and busy streets. To protect your child you need to see the world as he does. Here are some tips:

To prevent Choking:

Anything that fits in kids' mouths can be a danger. Encourage kids to sit down when eating and to chew thoroughly. Never let children run, play sports, or ride in the car with gum, hard candy, or lollipops in their mouths.



To prevent burns:

Hot water burns are one of the most common childhood accidents. Set the thermostat to 120 degrees or lower; turn pot handles toward the back of the stove; don't drink beverages or soup with children in your lap; screen all radiators, electric baseboard heaters, fire places, and wood stoves.



To prevent poisoning:

Store all medications, cleaning supplies, alcohol, vitamins, and cosmetics in a locked, child-proof cabinet. Supervise young children at all times!

To prevent drowning:

Infants and small children can drown in only a few inches of water. Provide constant supervision whenever they're near water. **Never** leave a child unattended in the bath, or near any water including a bucket of water, toilet, baby pool, etc...Not even for a minute!

April 2023

March '23						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

May '23						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7 Policy Council	8
9 Humboldt County Spring Break	10	11	12	13 Raffle Drawing	14	15
16	17	18	19	20	21	22
23	24 Have you filled out and turned in your Families Give Back?	25	26	27	28	29
30	1	Notes				

Helping Your Child Develop Self-Esteem

Self-esteem is a major key to success in life.

Self-esteem is how we feel about ourselves.

A child with high self-esteem will...

Assume responsibility

Take pride in accomplishments

Handle positive and negative emotions

Attempt new tasks and challenges

Act independently



A child with low self-esteem will...

Avoid trying new things

Feel unloved & unwanted

Blame others for their shortcomings

Unable to tolerate normal frustrations

Put down their own talents & abilities



*Tips
for
promoting
self-esteem*

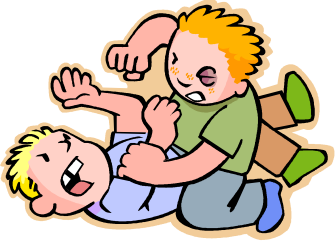
- ✦ Acknowledge your child's positive behaviors!
- ✦ Be generous & specific with acknowledgement.
"You worked hard on that block tower" instead of "Good job"
- ✦ Show your children lots of love & affection
- ✦ Treat your children with respect.
Use "I" statements instead of "You" statements.
- ✦ Listen and respond to your children.
Their comments and questions are important.

May 2023

April '23							June '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1					1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	29	25	26	27	28	29	30	
30													

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5 Policy Council	6
7	8	9	10	11	12	13
14	15	16 Last Day for Head Start	17	18	19	20
21	22 Have you filled out and turned in your Families Give Back?	23	24	25	26	27
28	29 Closed	30	31	1	2	3
4	5	Notes				

Sibling Rivalry



A certain amount of rivalry and conflict between brothers and sisters is normal and should be expected. It's part of growing up in a family. The arguments can help children learn how to resolve conflicts, practice negotiation, and deal with competition.

To Reduce Sibling Rivalry...

Accept your children's negative feelings.



Treat each child uniquely instead of equally.



Set Rules & Limits



Give attention first to the child who is hurt.



Spend one on one time with each child.



Appreciate the differences and avoid comparisons between children.



Under 4 years

1. Acknowledge feelings.
2. Assist child in using words to get what they want.
3. Separate children.

4 Years +

1. Normal bickering—Ignore
2. Heating up—Recognize their anger, listen with respect, show appreciation for the difficulty of the problem, express faith in their ability to reach a solution; leave the room.
3. Possibly dangerous—Ask if it's real or play, if not play, they must stop; physically separate if necessary.

June 2023

May '23							July '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6								1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30	31				23	24	25	26	27	28	29
							30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2 Policy Council	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 Have you filled out and turned in your Families Give Back?	27	28	29	30	1
2	3	Notes				

Tantrums



Tantrums are a normal, natural part of most children's development from 1-4 years of age. Babies 1 and under cry to get their needs met. This is not a tantrum. Young children get frustrated when they can't get what they want or



WHAT DO YOU DO?

Stay Calm

If you get angry, they will get angrier.

Check for Safety

Make sure they can't hit their head or are near something to throw or break.

Hold Gently

Some kids like to be held, others calm down better when left alone.

Give a choice

"Take some deep breaths to calm down, or you can scream in your room" Gently carry them to their room if necessary.

Talk Gently

"I know you're mad. I will talk to you when you calm down."

Step Back

They will have no one to watch them yell and scream.



TANTRUM TIPS



Plenty of Sleep

Tired children tantrum more often.

Healthy Food

Children have tantrums when they are hungry or thirsty.

Pack a healthy snack when you go out.

Do things together

When you go to the store, let them help you. Talk to them, ask questions, let them put things in the cart.

In the house

Find things your child can do around the house. When children get bored, they're more likely to tantrum.

Going Out

Bring a coloring book, crayons, toys, sing songs, play I Spy.

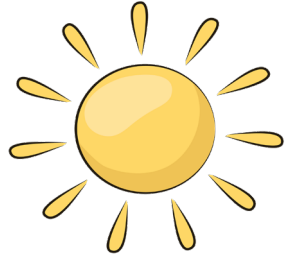
Validate Feelings

"I know it's frustrating when you want something and can't have it."

July 2023

June '23							August '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3			1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12
11	12	13	14	15	16	17	13	14	15	16	17	18	19
18	19	20	21	22	23	24	20	21	22	23	24	25	26
25	26	27	28	29	30		27	28	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3	4 Closed	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 Have you filled out and turned in your Families Give Back?	25	26	27	28	29
30	31	Notes				



Get Outside and Play!

Here are some benefits of outdoor play:

1. It invites children to learn science
2. It creates opportunities for social interaction and collaboration
3. It promotes physical health
4. It invites new contexts for learning
5. It promotes better sleep
6. It gives children a chance to take appropriate risks
7. It may lead to better learning outcomes once children return to other activities
8. It supports STEM skills
9. It anchors children to the real world



Try it:

- ↪ Mix it up: provide a balance of structured play (in which you choose the goals and initiate activities that will meet them) and unstructured play.
- ↪ When the weather outside is frightful . . . dress appropriately and make it part of the adventure! For example, observe the sound and smell of rain, the splashes boots make in puddles, and the way rainwater collects on leaves. (If possible, have some extra outdoor gear on hand for children who are not adequately dressed for the conditions.)
- ↪ The world is your canvas! Try drawing on the sidewalk with chalk, or use rollers or big brushes to paint with water.
- ↪ Start a collection: have children collect specific objects—leaves, pinecones, rocks, or whatever interests them. Use these items for sorting activities when you return home. Items can be organized by shape, color, or texture.
- ↪ Document discoveries: snap photos or take video of children's discoveries and experiments. Post photos in a place where your children can see them. Create a book that shows what they are doing and learning outside.



August 2023

July '23							September '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1						1	2
2	3	4	5	6	7	8	3	4	5	6	7	8	9
9	10	11	12	13	14	15	10	11	12	13	14	15	16
16	17	18	19	20	21	22	17	18	19	20	21	22	23
23	24	25	26	27	28	29	24	25	26	27	28	29	30
30	31												

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 Have you filled out and turned in your Families Give Back?	29	30	31	1	2
3	4	Notes				

Positive Parenting Tips

Positive Parenting Tips for “THE BABY” Age 0-1

Following are some things you, as a parent, can do to help your baby during this time:

Talk to your baby. She will find your voice calming.

Answer when your baby makes sounds by repeating the sounds and adding words. This will help him learn to use language.

Read to your baby. This will help her develop and understand language and sounds.

Sing to your baby and play music. This will help your baby develop a love for music and will help his brain development.

Praise your baby and give her lots of loving attention.

Spend time cuddling and holding your baby. This will help him feel cared for and secure.

Play with your baby when she’s alert and relaxed. Watch your baby closely for signs of being tired or fussy so that she can take a break from playing.

Distract your baby with toys and move him to safe areas when he starts moving and touching things that he shouldn’t touch.

Take care of yourself physically, mentally, and emotionally. Parenting can be hard work! It is easier to enjoy your new baby and be a positive, loving parent when you are feeling good yourself.

Get involved with your child’s program. Attend regular socializations and parent meetings.

Positive Parenting Tips for “THE EXPLORER” Age 1-2:

Following are some of the things you, as a parent, can do to help your toddler during this time:

Read to your toddler daily.

Ask her to find objects for you or name body parts and objects.

Play matching games with your toddler, like shape sorting and simple puzzles.

Encourage him to explore and try new things.

Help to develop your toddler’s language by talking with her and adding to words she starts. For example, if your toddler says “baba”, you can respond, “Yes, you are right—that is a *bottle*.”

Encourage your child’s growing independence by letting him help with dressing himself and feeding himself.

Respond to wanted behaviors more than unwanted behaviors. Always tell or show your child what she should do instead.

Encourage your toddler’s curiosity and ability to recognize common objects by taking field trips together to the park or going on a bus ride.

Positive Parenting Tips for “THE BOSS: Age 2-3:

Following are some of the things you, as a parent, can do to help your toddler during this time:

Set up a special time to read books with your toddler.

Encourage your child to take part in pretend play.

Play parade or follow the leader with your toddler.

Help your child to explore things around her by taking her on a walk or wagon ride.

Encourage your child to tell you his name and age.

Teach your child simple songs like Itsy Bitsy Spider, or other cultural childhood rhymes.

Give your child attention and acknowledgement when she follows instructions and shows positive behavior and limit attention for unwanted behavior like tantrums. Teach your child acceptable ways to show that she’s upset.

Get involved with your child’s program. Attend regular socializations and parent meetings.



Positive Parenting Tips for “THE PAL” Age 3-4:

Following are some of the things you, as a parent, can do to help your preschooler during this time:

Continue to read to your child. Nurture her love for books by taking her to the library or bookstore.

Let your child help with simple chores.

Encourage your child to play with other children. This helps him to learn the value of sharing and friendship.

Be clear and consistent when setting expectations. Explain and show the behavior that you expect from her. Whenever you tell her no, follow up with what he should be doing instead.

Help your child develop good language skills by speaking to him in complete sentences and using “grown up” words. Help him to use the correct words and phrases.

Help your child through the steps to solve problems when she is upset.

Give your child a limited number of simple choices (for example, deciding what to wear, when to play, and what to eat for snack).

Get involved with your child’s program. Attend regular socializations and parent meetings.

Positive Parenting Tips for “THE ADVENTURER” Age 4-5:

Following are some things you, as a parent, can do to help your child during this time:

Show affection for your child. Recognize her accomplishments.

Help your child develop a sense of responsibility—ask him to help with household tasks, such as setting the table.

Talk with your child about school, friends, and things she looks forward to in the future.

Help your child learn patience by letting others go first or by finishing a task before going out to play. Encourage him to think about possible consequences before acting.

Make clear rules and stick to them, such as how long your child can watch TV or when she has to go to bed. Be clear about what behavior is okay and what is not okay.

Do fun things together as a family, such as playing games, reading, and going to events in your community.

Get involved with your child’s school. Attend regular parent meetings.

Continue reading to your child. As your child learns to read, take turns reading to each other.

Acknowledge your child’s positive behavior. It’s best to focus more on what your child does (“You worked hard to figure this out”).



NORTH COAST CHILDREN'S SERVICES

