



Growing Together

Newsletter for
parents of preschool children

Developmental

Praise children for accomplishments

A child needs to feel that the significant people in his life notice what he does and are proud of his accomplishments. This message can be given by a hug as well as with words.

A baby's first step, the creation of a pretty picture or blocks stacked into a tall tower are obvious times for praise.

Less obvious times are good too—for example, when a messy child shows the slightest sign of neatness. Or when he has completed a task without being asked to do it.

It doesn't matter how the accomplishment stacks up in relation to other children. The important thing is that the child accomplished something.

A good rule of thumb is to praise children as often as—or more often than—you correct them. □

September, 2020

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Communication

Encourage positive communication with teachers and childcare providers

A positive and successful relationship is based on clear and honest communication between parents and their child's teacher or childcare provider.

Ask questions about your child and discuss how he or she is adapting in the classroom.



Be approachable and make it possible for teachers and providers to talk to you about difficult topics such as discipline.

It's extremely important for parents to get to know their child's teacher or caregivers. And give them a chance to get to know you and your child.

Tell them about your family and your child's interests outside the classroom or childcare environment.

Be familiar with what your child is doing on a daily basis so you can have meaningful conversations with your child as well.

Sharing problems from home gives teachers and providers the news and facts that are vital to how he or she cares for and relates to your child.

Let the teacher or caregiver know if your child has had a bad dream, for example, or if he or she has been coughing all night and hasn't been sleeping well.

If there is major turmoil at home such as separation, divorce, sickness or death, tell them about that too.

Understand that a teacher may not be able to personally make contact with every parent at the end of each day.

Stay in touch and aware of what's going on by making a conscious effort to read the notices and messages that are sent home.

Good communication will benefit parents and teachers, but most of all, it will benefit the children. □

Back to the future

Sometime soon we will all be going back to the future, back to work and school, as we try to remember what we were doing when the world stopped and the coronavirus arrived.

We have great uncertainty about what that future will look like and when it will come. But let's consider how we can prepare ourselves and our children for going back to the future.

Realize that you and your children may approach this step differently.

Though anxious about health and safety, adults are likely to be relieved and happy to resume a life of normal work, freed somewhat from the overwhelming responsibilities that have been added to parents' lives by this pandemic.

Children, on the other hand, especially preschoolers, may have missed their friends but are living the dream, with parents at home 24/7.

While this may have been a very stressful time for you, kids have been with you, and that's what counts to them. Losing that closeness will be a blow, after all this time together.

There has been an atmosphere of fear regarding this unknown illness and the related problems with shopping, unemployment, etc.

Remember that your child approaches the world as translated by your response to it. Hopefully you have given them simple, factual explanations of the restrictions and necessary responses.

Continue to avoid too much news coverage—not healthy for either you or your children. As you become less anxious, so will they. Let's all take a deep breath, and go forward into this next phase of life with hope and care.

This transition back to the life of preschool or child care may be difficult, so best to get ready for it.

Children always do best when they can be prepared for what is coming.

What's more, the same old place may not look or feel at all familiar, with new arrangements for eating and sleeping to prevent the spread of infection, and perhaps new routines for health and safety.



Assume that adjustment and issues with separation may appear, like when your child first started into a group program.

Expect behaviors that indicate your child's stress. So prepare for starting back to preschool to minimize the stress.

If possible, arrange for you and your child to make a brief visit to the school and classroom, so that any new physical changes can be seen.

If not possible, call the school to learn about changes in the environment and the routines.

Be sure to find out if there are new policies about taking toys or

objects from home, so there is no disappointment to start the first day off wrong. Discuss all this at home.

New routines can be play/practiced, so they feel comfortable from day one.

For example, if daily temperature taking is a new practice, play that out with kids and dolls.

If schools begin part-time, or with part classes in order to observe the effects of re-opening, realize that this gradual easing back into a life that is now unfamiliar will be beneficial to your child's adjustment.

Try to adjust family schedules accordingly, with getting back to regular bedtimes and time for starting the morning routines.

Connect with other parents in the class, perhaps with a family to family *Zoom*, so that your youngster has a chance to see old friends, and get excited about being able to play together again.

Try to communicate with your child's teacher, especially if there is a change in personnel since the school closed pre-Corona.

Let the teacher know of any concerns or problems your child has struggled with during this stressful time.

When parents and teachers can share information comfortably, they can all support children during this re-entry time.

Soon, we will all go back to our future. Let's help our kids and each other along the way, realizing that old securities have been challenged. □

How to cope with whining, tantrums, sulking and clinging

Some children seem to whine all the time. Nothing ever pleases them.

They will whine for an ice cream cone. When the parent delivers, they whine that it's not the right flavor.

When the parent returns with another flavor, they whine that it's melting and sticky.

No matter what the parent does, it does not please the child.

Whining, like temper tantrums, sulking, and clinging, is a negative behavior.

If parents consistently reward negative behaviors, they will continue. If parents consistently ignore these behaviors, they will stop.

Of course, ignoring these kinds of behavior is easier said than done. But, be patient.

If you do not get involved, you will be surprised at how quickly your child will stop because, because she isn't getting your attention.

A sulky child is one who withdraws from any challenging situations. She will not try.

A good way to deal with this is to insist on her trying her best, even if you must guide her through the task.

A clinging child is too dependent on her parents. She cannot do anything by herself.

Parents of a dependent child can ignore the dependent behavior, but at the same time insists that she do things on her own and praise her highly when she does. □

Remember the Golden Rule

The next time you reprimand or punish your child when she misbehaves, think about how you would feel if you were in her shoes.

Would you feel hurt, misunderstood, or angry if someone treated you the way you are treating her?

Or would you feel that person understood your point of view, even though he or she wasn't pleased with what you'd done?

When you were growing up and someone yelled at you or made you feel bad because you'd misbehaved, what did you learn?

Did you learn to commit acts for which you were punished when you thought you could get away with it?

Did you learn to hide the truth from your parents in order to avoid punishment?

Wouldn't you rather that your child trust you instead of being afraid of you?

And wouldn't you prefer she learn not to do something because she understands why it's wrong rather than from fear of punishment?

If so, try to remember to treat her as you, yourself, would like to be treated. □

FREE!

"Grandma Says" is a twice-monthly email that includes general parenting tips, words of encouragement, and children's book reviews.

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Written by a very wise grandmother;
From the publishers of **Growing Child**
and **Growing Together**

Characteristics of a good parent

Margaret Mead, the noted anthropologist who studied children, parents and methods of childrearing among many races of people, was asked what she thought were the characteristics of a good mother.

She replied with a short list of what she considered "valuable capacities for a mother to have." These capacities would be equally valuable for fathers!

"To treat each child as an individual person; to realize that children are not adjuncts to their parents but are individuals in their own right."

"To set a child's feet on her own path and allow her to follow it, yet to be there when that path seems hard to follow."

"To be willing to listen, and listen, and listen."

"To be brave enough to show disapproval when one feels that something is wrong, even though by doing so one may be risking rejection by the child."

"To stand up for one's own beliefs and so make one's respect for a child worth having and keeping." □

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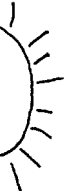


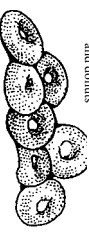
Growing Child also publishes: **Growing Child** (birth-six years), and **Growing Up** (grades K-12).

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Articles in **Growing Together** refer to both boys and girls. For simplicity, the pronouns "he" and "she" are used interchangeably unless otherwise noted.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>6</p> <p>Go golfing! Tip a large can or wastebasket on its side. Using a wooden spoon and a ball, gently hit the ball into the can. Fore!</p>	<p>7</p> <p>Labor Day*</p> 	<p>1</p> <p>Play "Follow the Leader." Take turns being the leader.</p> 	<p>2</p> <p>Make a mark in this space for every day it rains this month.</p>	<p>3</p> <p>Everyone go outside and pull weeds today.</p>	<p>4</p> <p>Teach your child a song from your childhood.</p> 	<p>5</p> <p>Think of five words that rhyme with "bing."</p>
		<p>8</p> <p>Recite the days of the week — backwards: Saturday, Friday, Th ...</p>	<p>9</p> <p>Find five rocks. Line them up by size. Or try a tongue twister: <i>First find five fine rocks.</i></p>	<p>10</p> <p>Where, or where, is your nose? What's it for? Do you have more than one?</p>	<p>11</p> <p>Remember, bees are our friends. Don't swat at them; stand very s</p>	<p>12</p> <p>Fancy, fruitful breakfast today!</p> 
<p>13</p> <p>Grandparents Day</p> 	<p>14</p> <p>Help rearrange a room in the house.</p>	<p>15</p> <p>Have a "dress up" family dinner party</p>	<p>16</p> <p>This is Apple Month. Eat one. Make some applesauce.</p> 	<p>17</p> <p>National Paw Paw Day. Look it up.</p>	<p>18</p> <p>Rosh Hashanan begins at sundown.</p> 	<p>19</p> <p>Visit a pet store and look at all the different kinds and colors of fish!</p>
<p>20</p> <p>National String Cheese Day. Eat some.</p>	<p>21</p> <p>Cut up different shapes from construction paper. See what pictures you can make by pasting the shapes on another piece of paper.</p>	<p>22</p> <p>Elephant Appreciation Day. This might be a problem if you don't have elephants nearby to appreciate. Do your best.</p>	<p>23</p> <p>Pick out two different toys and talk about how they're alike and how they're different.</p>	<p>24</p> <p>Board Game Night.</p> 	<p>25</p> <p>Help put away clean dishes and silverware.</p>	<p>26</p> <p>Have some friends over for a sleep-over.</p>
<p>27</p> <p>Yom Kippur begins at sundown.</p> 	<p>28</p> <p>National Good Neighbor Day: Invite a neighbor or two over for coffee, tea, lemonade plus some cookies or other treats.</p>	<p>29</p> <p>National Coffee Day. and donuts</p> 	<p>30</p> <p>Discover four new things to do with a paper towel tube.</p>	<p>31</p> <p>Discover four new things to do with a paper towel tube.</p>	<p>*LABOR DAY</p> <p><i>For most people, Labor Day means two things: a day off and a chance to say goodbye to the summer. But why is it called Labor Day? Labor Day is a day set aside to pay tribute to working men and women. It has been celebrated as a national holiday in the United States and Canada since 1894.</i></p>	