



Parents as Teachers

Fall 2018

Parenting Positively Is Good For You And Your Child

You have many decisions to make as a parent. One of the most important is the decision to parent in a positive way. Children who experience positive parenting grow up to be people who have respect for themselves and for others. Even discipline can be handled in a positive way. Set reasonable limits and teach your child to follow them. Avoid punishment, yelling and overly harsh consequences.

When you know what to expect at each age, you can guide your child's behavior in positive ways.

Birth to 12 months

Respect your baby by understanding that most of what he does is prompted by his needs. Small babies can't misbehave, because they don't have the memory or understanding. Meet your baby's needs quickly and he will learn to trust you. He will cry less and be more satisfied.

Get to know your baby. Spend time just hanging out and observing him. Appreciate his unique temperament and personality.

He will help you learn about his life very early .

Provide safe ways for your baby to explore his world. Stop and

you think he is misbehaving. Is he really pushing a limit or just trying to satisfy his curiosity? If the situation is safe, let him explore as much as possible.

12 to 36 months

Expect some resistance as you teach your toddler new behaviors. Autonomy is a strong drive for him right now. He may say, "No!" to many things you suggest. Stay calm and firm. His "no" doesn't always mean he won't do something. It may mean he just wants to be heard.

Think about what will make it easier for your child to meet your expectations. Give him something to do to help him focus on the behavior you desire. For example, if he resists going out to the car, let him carry his diaper bag and put it on the seat beside him.

Follow through with your plans or expectations with dignity and respect for your child. It may be quicker to force your child to do something, but it does not teach him to control his behavior if you can't control yours. Instead, take your toddler gently by the hand to lead him away from undesired behavior or offer a distraction that redirects his attention. Don't do a lot of

Preschoolers

Say what you see when you talk to your child. Honest reflection builds self-esteem; excess praise and pep talks can be discouraging if your child senses you're not being honest.

Children are natural imitators. They learn by watching their parents. Involve your child in daily tasks and explain what you are doing in ways he can understand. Take time to teach your child skills, and be sure to appreciate his efforts and not just the result.

Your child is learning how to show his emotions in acceptable ways, so think carefully before you punish your child for misbehavior. Teach him positive ways to show emotions. Give your child your full attention when he shares his feelings, either verbally or behaviorally.

Time out for parents

Taking care of a baby or young child is very stressful, and you may feel overwhelmed. Get as much rest as you can and eat healthy meals. Talk to a friend or take your child for a walk to relieve stress. Get help if you feel like you are losing control. Most of all, remember to have fun with

Why Babies Cry

Your baby cries to let you know what he needs.

Your baby may be telling you:

I am hungry

Babies eat when they are hungry. They stop eating when they are full. Do not force-feed your baby. If baby cries in the middle of feeding contact the pediatrician. Introduce solid food according to your pediatrician's direction.

I am tired

Baby's sleep needs are different than adult's sleep needs. At 6 weeks baby need about 15 hours of sleep per day. Safe sleep for ba-

I need to calm

Babies are born to suck even when they are not hungry. Sucking calms baby and allows him to pay attention to you.



inter-
with

He needs to look, feel, hear and play with you. Sometimes he gets over stimulated and his cry will signal that.

Tips to remember

- ◇ Babies 4-6 weeks old cry 30 to 90 minutes every 24 hours.
- ◇ If your baby cries more than 90 minutes a day for three days call your pediatrician.
- ◇ Babies who have colic may cry for longer periods of time and more often.
- ◇ If you get frustrated by your baby's crying put your baby in a safe place and take a break.

I need to be held

Holding baby makes her feel safe, warm, and loved. Babies cannot be spoiled by holding them.

I need a change

Why Toddlers Cry

Most of the time toddlers cry for the same reason as newborns. They may be tired, hungry, wet, hurt or need a change of scenery.

Toddlers also cry when they are angry. Your toddler might have a temper tantrum because she is frustrated at not being able to express herself. Toddlers have limited verbal skills. She may be angry when redirected from an activity she wants to do.

What not to do when a toddler has a temper tantrum

- ◇ Don't ask her to calm down
- ◇ Don't try to reason with her
- ◇ Don't give long explanations

Your toddler's brain is just starting to control her emotions. She has trouble turning off her anger quickly.

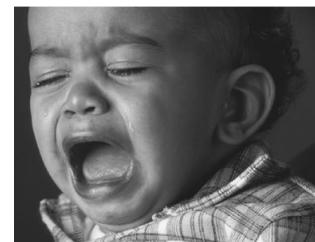
She understands most words. Complex sentences are difficult for her to understand especially when she is frustrated.

What to do when your toddler cries

- ◇ Let your child know that you hear her.
- ◇ Use short phrases to tell what will happen next
- ◇ Repeat those short phrases.

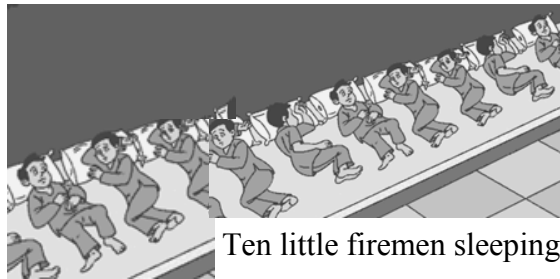
and body language.

- ◇ Talk in expressive tones of voice that mirrors your child's.



Reminder

A child's temper tantrum comes from having a need. They may be hungry, tired, or need a diaper change. Toddlers can become overstimulated. When you recog-



Ten little firemen sleeping in a row



Ding dong goes the bell
(pull bell cord with one hand)

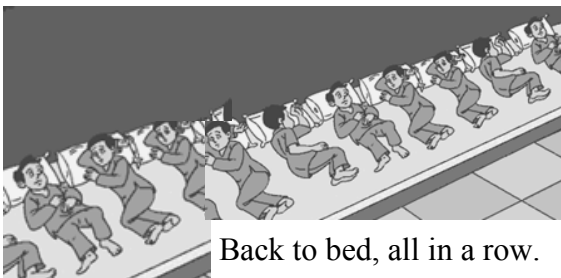
And down the pole they go
(close both fists, put one on top of other, slide down pole)



Off on the engine, oh, oh, oh.

Using the big hose, so, so, so.

When all the fire's out, home so-o slow
(steer engine with hands)



Back to bed, all in a row.

(extend both hands with fingers curled)

Please Join Us!

A Day at the Firehouse

Saturday, October 20

Three locations

Ferguson Firehouse

200 S. Florissant Rd.,
Ferguson, 63135



Florissant Firehouse

661 St. Ferdinand St.,
Florissant, 63031

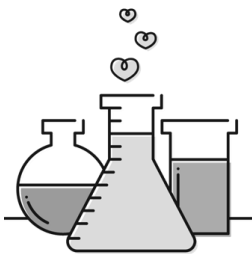
10:00 - 11:30 a.m.

Berkeley Firehouse

8401 Airport Rd
Berkeley, MO 63134

9:30 - 11:30 a.m.

All ages



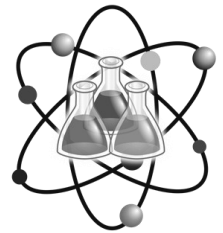
The Science Center presents

Story Time Science

Wednesday, October 10

6:00 - 7:00 p.m.

Ferguson Municipal Public Library
35 North Florissant Road, Ferguson



All ages



Saturday, October 13

9:30 - 11:00 a.m.

All ages

Children will explore nature, interact with the animals and enjoy playing at the natural playground.

Parents and children will enjoy hands-on activities and hiking the trail together.

Parents will be provided with information about the benefits of

nature



&



Thursday, November 8

9:00 - 10:00 a.m.

Ferguson Municipal Library

All ages

Children will enjoy stories and related activities. Parents will learn how to engage young children



Let's Roll

Monday, November 19

For children ages 14 months to 5-years

Dads and children will enjoy their one-on-one time together. Dads will learn the importance of play in their child's development.

Activities will include blocks, trucks, cars, balls, bowling and much more.

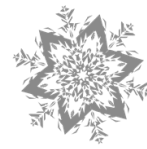


Winter Story Time

Tuesday, December 4

6:00 - 7:00 p.m.

Ferguson Municipal Library



For All Ages

Children will enjoy stories, songs, and crafts to celebrate winter and the holidays!

Music and Movement

Thursday, January 17

6:00 - 7:00 p.m.

Lee Hamilton Elementary

401 Powell Ave., Ferguson



All Ages



Parents will enjoy singing and dancing with their child to music especially for children.



Dinosaurs Are Still With Us!!!

For 2 - 5-year-olds



Tuesday, February 12

6:00 - 7:00 p.m.

Griffith Elementary



Wednesday, February 20

6:30 - 7:30 p.m.

Airport Elementary

Children will enjoy hands-on-activities related to dinosaurs past and present, puzzles, block play and tracing various dinosaurs.

Parents will observe children building their vocabulary and ability to follow directions through dinosaur discovery play.

Dinosaurios

(Words: Nancy F. Newman; Tune: "The Bear Went Over the Mountain")

Me gustan los dinosaurios



Con dientes grandes y fuertes

Con garras muy afiladas

Con cola y cuello muy largos (Repetir)



Me gustan los dinosaurios

Gigantes, veloces



Que rugen muy alto.

¡GRRRRRR!

Dinosaurs

(Words: Nancy F. Newman; Tune: "The Bear Went Over the Mountain")

I like dinosaurs



With long strong teeth

With very sharp claws

And very long necks and tails (Repeat)



I like dinosaurs Gigantic, speedy



Who roar very loudly
GRRRRR!

Source: ZerotoThree.org



Contact Us



Early Education Office, 506-9066, earlyed@fergflor.org, 1896 S. New Florissant Road, MO, 63031

Shantana Herd, Early Education Director, 506-9071, sherd@fergflor.org

Debra Smith McCutchen, Parents as Teachers Coordinator, 525-9101, dmccutchen@fergflor.org

Theresa Fant, Head Start Coordinator, 595-3914, tfant@fergflor.org

Cynthia Wise, Early Childhood Special Education Program, Assistant Director 831-4551 Ext 1081
cwise@fergflor.org

Janice Williams, LINK Coordinator, 506-9036, jwilliams2@fergflor.org

Parent Comment Card: Ask your parent educator to give you a comment card to complete.



What is the LINK Family Time Program?

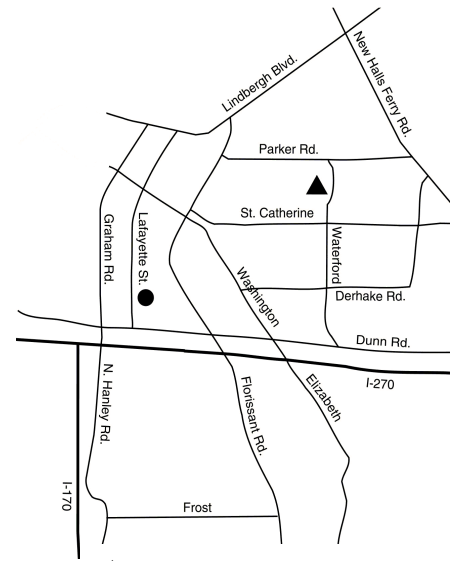
As part of the Ferguson-Florissant School District Early Education Department, LINK is a **FREE daytime** program that serves as a support group for parents and their children from birth to age 5.

For **parents and grandparents**, LINK Family Time provides a place for learning through discussions on family related topics, as well as interaction with their children in the child activity rooms.

For **children from birth to age 5**, LINK Family Time provides a place for exploring the outside world. Opportunities to experience a wide range of social, motor, sensory, and creative learning activities are provided. Music and Movement, Messy Activities, Creative Activities, and Field Trips are an important part of LINK Family Time that **children and parents experience together**.

Ferguson-Florissant School District Residents: F R E E

Non-District Residents: \$40 exact cash each semester per family



▲ McCluer High School
1896 South New Florissant Road
Florissant, Missouri 63031

Enter S. New Florissant Road

Family Time Activities – Fall 2018

Thursdays at McCluer High School **9:30 – 11:00 am**

Early Education Hallway, M-1 Building, Room 1116 (Lower Level) (Enter Door 15)

For more information,
314-506-9036

September 27 (Thursday)

Under the Sea Waterworks Play with Your Little One

October 4 (Thursday)

Warning! Construction Sensory Bins Fun Ahead!

Projects, Gross Motor Activities, and Imaginative Play,

With Your Little Builder

October 11 (Thursday)

Field Trip to Thies Farm Play Land and Petting Zoo

(Payment and Registration Required in Advance jwilliams2@fergflor.org)

October 18 (Thursday)

Jiggle, Wiggle and Giggle

It's a Mix of Music, Action Songs,

Bean Bags, Balls, Scarves, Shakers and More!

Painting to Music and Open Play too!

October 25 (Thursday)

Super Heroes and Super Powers

BAM! ZIP! POW!

Activities and Imaginative Play

With Your Action Heroes



November 8 (Thursday)

*Science Exploration: Mixing and Pouring
With Your Budding Young Scientist
Dress for Mess*

November 15 (Thursday)

*Turkey, Turkey, What Do You See?
Hands-on Activities With Your Family*

November 21 - 23

Thanksgiving Break – No LINK Activities

November 29 (Thursday)

*Transportation On the Go!
Cars, Trucks, Planes and Trains
Spark Imagination With Your Little Drivers*

December 6 (Thursday)

*Run, Run, as Fast as You Can
Messy Play the Gingerbread Way
With Your Wee One*

For Upcoming Events Follow “Ferguson-Florissant Early Education” Facebook Page

LINK Program Coordinator: Janice Williams, jwilliams2@fergflor.org

Early Education Head Start Program

McCluer South-Berkeley and Griffith Elementary

Five full days of class each week for pre-kindergarten (3-5 year old children)

Caring and creative certified teachers

Hands-on active learning approach

Parent participation in the classroom

Scheduled personal visits

Open: 7:30 a.m. to 5:00 p.m.

Ferguson-Florissant School District residents should contact the Head Start office, located at McCluer South- Berkeley High School, to see if they qualify.



Located at McCluer High School

Classes for 2-,3-, and 4-year-olds

Open 6:45 a.m. - 5:30 p.m.

Call for prices and availability

314-506-9472 or 314-506-9031



Get on the right track. Help your child learn the art of socialization. Sign up for special events.

- September 27 Under the Sea
- October 4 Warning! Construction Sensory Bins Fun Ahead!
- October 11 Field Trip to Thies Farm (payment & registration required in advance)
- October 13 Fall Fun at Little Creek
- October 18 Jiggle, Wiggle and Giggle
- October 20 Day at the Firehouse
- October 25 Super Heroes and Super Powers
- November 8 Happy Birthday PAT and Dr. Seuss
- November 8 Science Exploration
- November 15 Turkey, Turkey, What Do You See?
- November 19 Just Dad and Me
- November 29 Transportation On the Go!
- December 4 Celebrate the Winter Season and Holidays
- December 6 Run, Run, as Fast as You Can
- January 17 Music and Movement
- February 12 Dinosaur Still Roam the Earth Griffith Elementary
- February 20 Dinosaurs Still Roam the Earth Airport Elementary



Please place a “√” in the activity boxes you will be attending, and return this form to:

Parents as Teachers, 8249 Airport Road, Berkeley MO 63134

Call: 314-524-9101 ~ Email: kbusby@fergflor.org

March 12 Magic House

Parent’s Name _____ Home Phone _____ Cell _____