



# Fallbrook Child Development Center News

March 2017



Irish American Month      National Women's History Month      Red Cross Month

March 12 – Daylight Saving Time Begins – spring ahead one hour

March 14 – Vision and hearing screening for all children - Shiley Eye Institute

March 17 – St. Patrick's Day

March 27 – Board Meeting – Boys and Girls Club – 4:00 p.m.

March 28 – "Let's Read Together" Spanish Workshop for Parents 5:30 – 7:00 (child care provided)



Happy Birthday to: Aleah Ambriz    Isaak Cortez    Carlos Gutierrez    Daniel Mendez    Ruby Plante  
Giovanni Richie    Josue Romero    Mason Yanez



**What's All the Chatter About?** Young children are acquiring language skills more rapidly than at any other time of life. You'll notice that in popular children's books, there will often be a few words that are not in their vocabulary. That's how they learn words such as squealed, dazzling, or shimmered. Within the story, the words make sense. As a parent, you have the perfect opportunity to reinforce the new word they've heard and throw in some new ones every day. When children hear rare and unexpected words, they become better readers.

Parents can give their children a head start to reading. It is never too early to start reading to your child. Even newborns benefit from the sound of your voice and the loving attention they are receiving when you read to them. Here are 5 tips for raising a reader:

1. Read every day to your child.
2. Read with animation—make it fun.
3. Improvise and paraphrase.
4. Take your time. Ask questions.
5. Don't stop reading aloud.

Please save your Major Market receipts and bring them to the Center. The Center receives 1% rebate as a donation for these receipts.

Fallbrook Child Development Center has a Facebook page. Check it out....

*This institution is an equal opportunity provider.*



## Setting Limits — It's the Parents' Job

**J**ob descriptions for parents are lengthy, covering everything from grocery shopping and cooking to teaching the art of bicycle riding. But one of the most important roles for parents is that of setting limits. Children actually need and want limits to feel safe and secure. The question is, why do they constantly challenge the rules you've so thoughtfully put in place? The simple answer is, because it's their job! And setting limits all the way through childhood and beyond is your job.



### PARENTS PROVIDE A SAFETY NET.

Many limits are placed on children for health and safety reasons. For an infant moving toward the toddler years, life is just one big adventure. There are lots of things to explore, and parents find themselves wearing their running shoes all day just to keep up. Dangers lurk around every corner—there are steps to fall down and streets to run into. As children grow, parents make sure preschoolers are buckled into car seats. This is not negotiable. They listen as their school-age child begs to bicycle across busy streets; then they say no and explain why. **The good news is that as children mature, they need fewer and fewer limits.** They understand it's futile to beg for a cookie before dinner or to stay up late on a school night. The plan is that by the time they leave home and go out on their own, they will do the right or safe thing even though a parent is not looking.

### PARENTS TEACH THAT BEHAVIORS HAVE CONSEQUENCES.

Infants don't understand consequences, but they fidget and cry when they need a diaper change, a bottle, or some cuddling. And parents give them what they need. As children develop, however, it's more compli-

cated. After a few attempts at coloring on the wall, a toddler will understand that the crayons will be taken away if this behavior continues. A preschooler learns quickly that there are consequences to hitting a friend. A school-age child will suffer the consequences of a library book left out in the rain.

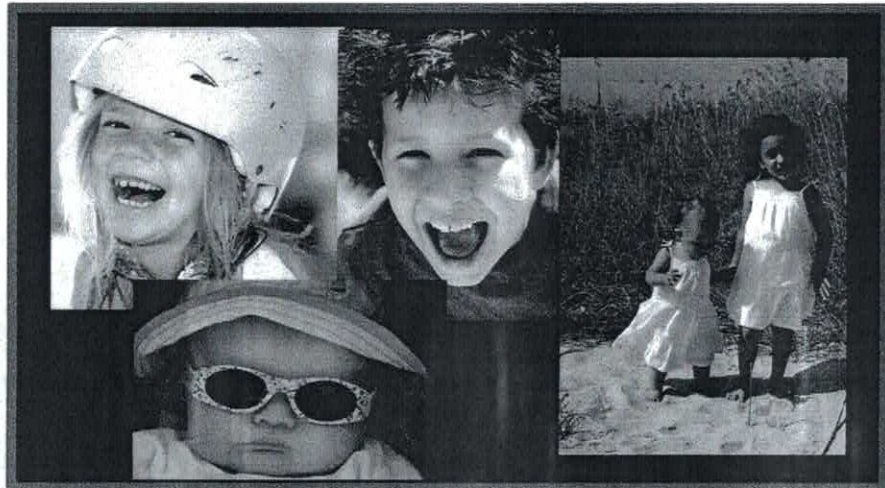
### PARENTS PRACTICE PATIENCE— LOTS OF IT!

Parenting is all about setting fair limits, enforcing consequences, providing encouragement, and modeling acceptable behavior. **It's a job description that takes loads of patience.** Parents are coaches along the journey, most likely repeating "Eat your vegetables" and "That's enough screen time for today" over and over. And just when one behavior is corrected, another pops

up that needs attention. Being fair and consistent while respecting your child's search for independence is a continuing challenge.

### PARENTS SHARE HELPFUL INFORMATION

As children's understanding develops, it's helpful to share information with them. They learn a lot when we say "You can't jump on the bed because I'm afraid you'll fall and hurt yourself," as opposed to "You can't jump on the bed because I said so!" Short explanations are effective. Demonstrating what is acceptable is also helpful. "You can run and jump outside." Listen to older children, and make them a part of the process when possible. **Don't forget to take a look at the rules once in a while and adjust them when needed.**



# PERSONAL PARENTING

*"Love leaves the dust in search of a child's laugh.*

*Love smiles at the tiny fingerprints on a newly cleaned window.*

*Love wipes away the tears before it wipes up the spilled milk.*

*Love picks up the child before it picks up the toys.*

*Love is ever-present through the trials.*

*Love reprimands, reproves, and is responsive.*

*Love crawls with the baby, walks with the toddler, runs with the child, then stands aside to let the youth walk into adulthood."* Author Unknown

## Words of Wisdom



## DOUGHNUT DELI BIRD FEEDER

Birds are out and about this time of year, and they can use a little help staying fed. Kids can help make this simple feeder.

- Place birdseed on a cookie sheet.
- Spread apple or nut butter on a doughnut.
- Roll it in the birdseed.
- Tie the doughnut on a tree branch, and enjoy the show!



## HELPING KIDS SOAR!

It's good for kids to get in the habit of setting goals. Whether they want to zip their own jacket, catch a ball 10 times in a row, write their name, make their own lunch, or ride a two-wheeler, the process is the same.

Breaking it down into small steps and answering a few questions makes it easier. What

do I want to do or learn, when do I want to accomplish it, and what steps can I take to make the goal attainable? Parents can help at the very beginning by supporting goals that are attainable.

**A**chieving success is the best reward.



### Bring out the best:

- \* When the going gets rough, encourage them to take it one step further.
- \* Allow for mistakes, and figure out ways to learn from them.
- \* Talk about expectations you set for yourself and how you attained them.



## THE STICKY TRUTH ABOUT GUM

Ever heard it said that if you swallow gum, it would stay in your stomach for seven years? Many times, tales such as these deter children from eating things they shouldn't, but this is only a myth.

According to the Mayo Clinic, "Although chewing gum is designed to be chewed and not swallowed, it generally isn't harmful if swallowed. If you swallow gum, it's true that your body can't digest it. But the gum doesn't stay in your stomach. It moves relatively intact through your digestive system."



## Painting-- A Creative Process

**Painting can be a little messy, and because of that you may ask, "Why bother?" But there are many reasons children want to paint and need to paint. They paint for the pleasure of the experience, and the process is much more important to them than the painting itself.**



- 
- Painting encourages children to show and share their feelings.
  - Painting can soothe and calm them.
  - Painting develops large muscles and eye-hand coordination.
  - Painting develops shape and color concepts, which build reading readiness.
  - Painting gives children an opportunity to predict what will happen.
  - Painting allows a child to do it "my way." A child's creations are unique and personal.

---

*You'll know you are supporting your child's unique art if:*

---

**Parents need to provide time, space, and materials. Painting is a way for children to express ideas—it's a nonverbal declaration of what is important to them. They decide what to paint, plan what colors to use, and choose how to place the colors on the paper or other material.**

---

- \* There are no samples or models to follow.*
- \* You have no idea what they are going to create.*
- \* You tell your child there is no right or wrong way to do the art.*

- Provide** a variety of places for children to paint: seated or standing at a table, sprawling on the floor, or set up outside on the picnic table. Easels are fun, too!
- Provide** a variety of tools: makeup brushes, sponges, toothbrushes, household paintbrushes, Q-tips, and paint rollers.
- Provide** interesting surfaces to paint on: paper towels, cardboard boxes, corrugated cardboard, wallpaper, glass (try windows!), or wood.
- Provide** tempera paint and add some interesting ingredients such as a few drops of liquid detergent, liquid starch, white glue, glitter, cornmeal, sand, or coffee grounds for a different consistency, and appearance.
- Provide** finger paints and watercolors. For toddlers too young to hold brushes, finger paints are perfect. As children develop fine muscle control, a set of watercolors and different types of brushes will be appreciated.
- Provide** words of encouragement such as, "Tell me about your picture!" or "You used so many colors!" or "It's fun to paint, isn't it?"

