



Partnership Press

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Behavior

Avoiding Bedtime Uproar



Around the age of two years, many children begin to object to going to bed. Until now, going to bed was accepted willingly, or at least without much objection.

Now, suddenly, Toddler begins to resist. She hangs back. She clings. She wants this or that. She may even have a temper tantrum.

Why this sudden reluctance to go to bed? Toddler is tired. She is sleepy. Why is she fighting sleep in this way?

Toddler has learned that objects and people do not just vanish when they are out of sight. If she goes into another room leaving her favorite toy behind, she knows that it will be there when she comes back.

As she develops this "conservation of objects," she also develops a feeling of security about these objects and a strong feeling of

possession.

But sleep is different. Suddenly Toddler becomes aware of sleep as different from waking and she is afraid of what might happen to her familiar world while she sleeps.

So, she clings to the security of the known, the security of what she can see and touch.

At this stage of development, a bedtime routine will pay off in terms of family calm and Toddler behavior.

Just what this routine includes depends, of course, on the lifestyle of your particular family.

Some children want to say "good night" to favorite toys or give a good night kiss to every member of the family.

Sometimes a small, glowing, nightlight is reassuring. You can make a game of Toddler "blowing out" the light.

You may say that you are just

not a person who follows a routine. You don't like to do the same thing the same way every day—you need the freedom of flexibility. Perhaps you find your security in this very freedom.

A young child, however, is not ready for that kind of freedom. She must feel that her world, as she knows it, is stable and will be the same tomorrow as it has been today. She must feel secure if she is to explore her world further.

A bedtime ritual serves to provide this reassurance and to move her along familiar paths toward sleep.

A realistic bedtime hour, flexible within reason, should be established.

Often this can be cued to a regular TV program, after supper, or a special cuddle with a picture book.

This leads naturally into the ritual of getting ready for bed and for sleep—and reduces bedtime uproar to a minimum.

Social Skills

How to Help a Child Get Along with Others



Children are more successful in their relationships when they feel comfortable than when they are self-conscious.

Parents can help by being supportive and encouraging rather than critical or discouraging. Here are some do's and don'ts:

* **DON'T** suggest he has trouble getting along with others (Nobody really likes you, you know.)

* **DO** give him positive feedback for getting along with others. ("I really like when I see you helping Joey put on his shoes and jacket.")

* **DON'T** force him into uncomfortable situations.

* **DON'T** insist he "make up" with someone he's still angry at.

* **DO** allow him to work out his own relationships with a mini-

mum of interference.

* **DO** respect his wishes about how and with whom he wants to spend time.

* **DON'T** compare him with other children.

* **DO** stand up for him, especially with adults. Everyone needs someone they can depend on, no matter what.



Articles found on pages 1-2 are courtesy of "Growing Together" - newsletter for parents of preschool children .

Developmental

There's a Handy Helper Right in Your Home



"The ability to make decisions and then change them when they turn out poorly is essential for cognitive learning."

When you're tidying up the house and Youngster is underfoot, instead of fabricating play activities, invite him or her to share in family chores and responsibilities.

For example, when preparing a meal, provide real tools and instructions for operating them.

Keep the tools simple, like a hand-operated eggbeater or a carrot peeler. If the equipment is placed at an appropriate height, there will be fewer spills—of child or equipment.

Before each task, give clear instructions and provide the materials that will be needed. Be clear about what the result will be when the task is completed.

While preparing to wash dishes or load the dishwasher, children may be assigned the job of sorting the silverware.

In the dining room, offer a damp cloth to remove finger marks from the woodwork or a soft cloth for dusting furniture in the living room.

Waste baskets can be emptied into larger receptacles.

In the bathroom, there may be a tendency to splash in the water unless you suggest genuine work.

Allow Youngster to wipe off spray cleaner from mirrors, windows, or tile.

There are many reasons for

recommending practical experiences in the home:

* The exercise is equal to, if not superior to, such things as push-ups or knee bends.

* The need to pay attention—to choose, arrange, and use equipment and materials—is a school-readiness skill.

* The ability to make decisions and then change them when they turn out poorly is essential for cognitive learning.

* The recognition and confidence gained for a job well done—as well as contributing to the family's upkeep—builds up good feelings about oneself.

Language

Talking At Two

You're having coffee with a neighbor when your youngster rushes in to tell you something that is very important to him.

Since he's not yet a fluent speaker and the urgency of the situation interferes with intelligibility, you don't know what he's trying to convey to you.

Here's what **NOT** to do:

* **Don't belittle the child with criticism.** "Who can understand you when you talk that way?"

* **Don't threaten him.** "If you don't talk better, no one will ever understand you."



* **Don't bribe him.**

"If you can say it nicely, you can have a cookie."

* **Don't command him.** "Say it like this so we know what you mean."

* **Don't overprotect him.** "Go out and play and we'll talk about it later."

What **TO** do:

* **Echo back to him what he has said** insofar as you can and replace the unintelligible part with one of the "wh" words.

Youngster: "Sam broke too me ever." You: "Sam broke what?"

* **Assure him that you truly understand his feelings** (even if you do not understand his speech). This is very reassuring to a child. None of us ever outgrows an appreciation for emotional support.

For a child, a hug or squeeze accompanied by simple feedback is calming: "I know you are upset right now. I understand how you feel. Let's have some orange juice and talk about it."

Treating a child as a sensitive individual with his own sense of personal dignity which can be hurt or gratified will result in cooperative behavior.

Art

New Ways to Paint

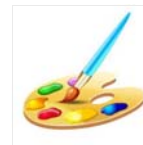
Fingers are fine to paint with, but who wants to finger-paint all the time. Here are a couple of things besides fingers that a child can paint with:

1. A moistener. A little plastic tube with a sponge top. It's supposed to save you from licking envelopes and labels and stamps, but it's great to paint

with.

Fill with tempera, thinned with a little water. Be sure the top is on tight.

2. Plain old string. Cut lengths 10" long and shorter ones, too. Dip the string into little dishes or saucers of paint or food coloring.



Drag the string across the paper, swirl it around, squiggle it up and down. Make wiggly patterns. Make stripes.

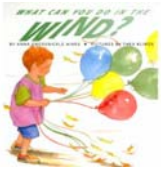
3. An old roll-on deodorant bottle. Pry the cap off, rinse well and fill tempera thinned with a little water. Pop the cap back on and let 'er roll!!

See "Books We Love" for great new books to share with your kids.

Books We Love



We're slowly easing out of winter.....plants and animals are just beginning to peek out from their long sleep. It's time to fly kites in the windy days of March, run through fields on an Easter egg hunt and stomp through big, wet puddles in the showers of April. Well, you don't have to travel far to put yourself in the middle of these adventures. You can find every one of these and more just by digging into a great book. Here are a few we love.



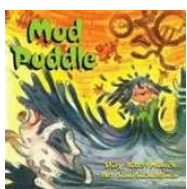
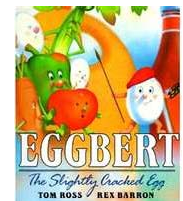
The windy days of March conjure up lots of images for me. Because we live on a coast, we often think of very windy storms like hurricanes, but many of the more vivid images for me are of flying a kite. What do you think about? Anna G. Hines lets us experience the wind through all our senses in **What Can You Do in the Wind?** The text is minimal, but we truly "taste rain, watch clouds, feel sand between our toes and listen to the wind sing." It is a great book for toddler-aged children.

The Kite by Mary Packard is the story of a young boy and his kite. Just as the young boy is watching his kite fly high in the sky....over treetops and all around, we get to watch with him as the kite travels from place to place. As a companion to this one, try **Feel the Wind** by Arthur Dorros. We may not be able to see air moving, but we watch it every day as it pushes clouds across the sky, shakes the leaves from the trees, tickles our faces and lifts kites way up into the sky. Learn some fun facts about the wind, what causes it, and even ways we can capture it to make other things work.



March 20, 2012 is the first day of spring, and just as we've been waiting patiently through the winter months for its arrival, Alfie the bear has also been eagerly waiting. In **When Will It Be Spring?** by Catherine Walters, Alfie's mother is trying to get him settled for his long winter nap when he asks how he will know when to wake up for spring. She tries to describe some of the signs that will tell him that spring is here.....'when the butterflies float by looking for new flowers....' But Alfie is so excited that he mistakes falling snowflakes for butterflies. He continues to misread winter's signs for those of spring UNTIL.....spring really does arrive.


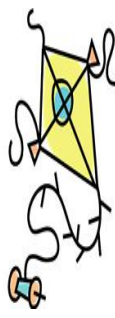



















When we think about Easter, we think about dyeing eggs and Easter egg hunts, but what happens when one of those beautiful eggs develops a slight crack? Well, when Eggbert, artist extraordinaire, is found to have a crack, he is banished from his refrigerator home and sent out into the world. Though things seem oh so wrong, Eggbert soon realizes that the world is a wonderful place, filled with imperfect, yet beautiful things. As he travels, he paints all the "cracked" things he sees like volcanos, the Liberty Bell, canyons and islands. And as he paints, he begins to accept his own imperfections. **Eggbert** by Tom Ross is a wonderful read-along book.



April showers not only bring May flowers, but they make some really great mud puddles as well. No matter how many times children are reminded to stay clean, mud just seems to mysteriously show up and spoil the best of intentions. In **Mud Puddle** by Robert Munsch, Jule Ann is a typical kid that is up against one sneaky mud puddle. No matter how many times she gets scrubbed and sent out clean, that puddle seems to outsmart her. Finally Jule Ann outsmarts the puddle by throwing 2 bars of "yellow, smelly soap" into the middle. The mud turns into bubbles and everyone, including the mud puddle, ends up "squeaky clean."

MARCH 2012

Sun Mon Tue Wed Thu Fri Sat

<p>4  Hard-boiled eggs, toast and jam for a snack.</p>	<p>5 Save the daily newspaper each year on your child's birthday to give to her when she's grown up.</p>	<p>6 Talk about opposites and what they mean. Name some:</p> 	<p>7 Purim begins.</p> 	<p>8 Figure out how old you are in years, months, weeks, days, minutes and seconds.</p>	<p>9 Play "echo" using an empty paper towel roll.</p>	<p>10  Sing your favorite song.</p>
<p>11 Play hide and seek with a toy. (Hide a toy for someone to find.) </p>	<p>12 M is for March. Name four more words that start with the letter M.</p>	<p>13 Can you do two somersaults? </p>	<p>14 Can you wink? Practice.</p> 	<p>15 Draw a picture of something you're good at drawing.</p> 	<p>16 Help do something for dinner.</p> 	<p>17  St. Patrick's Day.</p>
<p>18 Go out for breakfast. </p>	<p>19 Practice saying the days of the week. What's today?</p>	<p>20 Practice saying the days of the week. What's today?</p>	<p>21 True or false: Apples are blue. Birds can fly. Bananas have wheels. Tell someone what the weather is like today.</p> 	<p>22 Tell someone what the weather is like today.</p> 	<p>23 Practice a home emergency drill.</p>	<p>24 Go for a walk. Take along a paper bag and pick up litter. </p>
<p>25 Sing in the bath tub. </p>	<p>26 Do stretching exercises. </p>	<p>27 Pat baby's hands together and repeat "Patty Cake." </p>	<p>28 Can you put your elbow in your ear? </p>	<p>29 If you had a horse, what would you name it? </p>	<p>30 Eat a green apple or some green grapes. </p>	<p>31 Use a small ruler and measure: 1. your tooth 2. your big toe 3. a cracker. </p>



Miss Ladybug

Dear Readers:

Spring is one of those seasons that we look forward to with great anticipation. We hold on through the gray, cold months of winter, just waiting for the first bloom of a daffodil, or a bit of green grass, a warm day to go for a walk or a trip to the beach, a chance to don our green for St. Patrick's Day or search our yards for Easter eggs. But there's another very important holiday in April that gets less attention, but is becoming more and more important as our world explores issues like global warming and what it means to be a good steward of our planet. I thought we'd spend a little time talking about Earth Day and why we celebrate it, as well as some ways that you can begin to educate your children about this important day.

The idea for Earth Day evolved back in 1962, the brain child of Senator Gaylord Nelson. He realized that environmental issues were something that needed to be addressed by our government. To give these issues the visibility they needed, he discussed the possibility of a national conservation tour with then president John F. Kennedy. The five-day tour covering eleven states planted the seed for what would eventually become Earth Day. In 1969, it was set aside as a special day to teach adults and children about the ways our environment was changing and the effects those changes were having on plant and animal life. He wrote letters to colleges nationwide, and put an article in Scholastic Magazine—read by many school children—calling for everyone to set April 22 aside as a day to make promises to help the environment and to think up and put into practice ways we can help on every level. April 22, 1970 was the first Earth Day, but it continues to be a day for us to show our respect for our planet and to recognize just how we influence the limited resources of our planet.

The great thing about Earth Day is that you're never too young or too old to help in your own individual way. Since children are very hands on in their learning, let's talk about some fun and educational ways to incorporate Earth Day lessons. How about planning a nature walk? Take a walk through a local park or nearby woods and encourage your child to experience everything around him/her.....things you see or hear or even touch. Watch how the squirrels run through the trees, or jump from tree to tree. Look under a leaf to find what may have made its home there. Notice how certain plants and animals work together to protect each other and to help each other grow. Since it is Earth Day that we're celebrating, you can take this a step further. Let your child make his own litter bag by decorating a white lunch bag with stickers, markers, crayons....whatever you have. Take the bag with you on the walk and talk about what sorts of things are not natural and should not be left in the environment. Pick up the litter you find and put it in your bag for proper disposal later. At home, you can help your child start a little garden of his/her own. For indoor gardens, plant some seeds in an old flowerpot and place in a sunny window. Outdoor gardens can be in a corner of the yard or a part of an existing flowerbed. Have your child water and take care of the garden as it grows. There's just something wonderful about watching something grow, especially when the end product is something you can eat or use in some other way. You can talk to your child about trees and how we appreciate them not only for their beauty but for the many products they provide such as paper, building materials, and firewood and about how they put the oxygen that we breath into the air. Explain the importance of replanting trees that have been cut to make the items we use. Perhaps, plant a tree of your own in the back yard and spend time with your child caring for it and talking what it needs to grow tall and healthy.

If you recycle at home, enlist your child's help in sorting and placing items in the correct bin. If you don't recycle, now is the perfect time to start recycling and setting that example. For the budding scientists in your family, here's an interesting way to illustrate the concept of "biodegradable" objects. Collect some items from your home: a styrofoam cup, plastic sandwich bag, cotton swab, apple coreetc. Choose an area in the yard and bury the items. Ask your child what they think will happen with each item. Dig up the items each week to see what is happening. Talk about what you find each week. Food can also be a way to "stir up" some thoughts about the earth. Try making **Dirt Cups** by mixing 2 cups of cold milk with a 4 oz. package of chocolate instant pudding. Whisk until blended and let stand about five minutes. Stir an 8 oz. container of Cool Whip and half a package of Oreos (crushed) into the pudding. Place about 1 tablespoon of the remaining crushed cookies into the bottom of each cup (choose paper instead of plastic whenever you can). Fill cups about 3/4 full with the pudding mixture. Top with crushed cookies and gummy worms to decorate. Chill for one hour and enjoy. You can also try some "tree-shaped" foods for a snack.....broccoli or celery sticks.

Look for books about Earth Day as well. **Earth Book for Kids** by Linda Swartz is a collection of creative ideas with easy-to-follow instructions on how to care for the earth.

Every day, we should look for ways to give back just a little of what our earth gives to us. As we educate our children, we are helping to ensure that our environment remains protected.

Think green....and Happy Earth Day,

Miss Ladybug

Partnership Happenings

March/April 2012



Carteret County Partnership for Children

Presents



Saturday, April 7, 2012

10 am to 2 pm

Crystal Coast Civic Center Morehead City, NC

FREE Parking, Games and Entertainment!

FUN for the whole family!

Admission is free with one new children's book

Contact the Partnership for Children at 727-0440 for more information or sponsorship opportunities

A LITTLE ABOUT OUR RACE

10k participants travel from the downtown area of Morehead City, through the Promised Land and over the bridge to Atlantic Beach and return back to the starting point with plenty of great water views.

5k participants travel from the downtown area of Morehead City and through the Promised Land and back to starting point with great waterfront views.

The one mile course is an out and back along the waterfront of Morehead City.

SPONSORSHIP OPPORTUNITIES ARE AVAILABLE!

Call us today at 252-727-0440



Run Like A Kid

2012

2nd Annual 10k, 5k and Family Fun Mile Run



Carteret County Partnership for Children

RunLikeAKid.org

Saturday, April 7, 2012



Get ready!!! Get set!!! The second annual **Run Like a Kid 10K/5K/Family Fun Run** and **Ultimate Family Fun Quest** are scheduled for Saturday, April 7, 2012. The Run Like a Kid race will begin at 8:00 am at the Window Gang parking lot in Morehead City. You can register and pay on line at www.runtheeast.com or Active.com. You can also download and print the registration form at runlikeakid.org or pick one up at the Partnership office or most local health clubs.

In conjunction with the Run Like a Kid races, we will again be hosting the **Ultimate Family Fun Quest**. The Fun Quest will begin at 10:00 am and run until 2:00 pm at the Crystal Coast Civic Center. Businesses, non-profit organizations, performing groups of all kinds are welcome to participate. If you are interested in participating please call us at the Partnership office (252-727-0440) for more information.



The Kids' Closet



Monday—Thursday: 7:00 am—6:00 pm.
3328-A Bridges Street, Morehead City, NC
(252) 727-0440

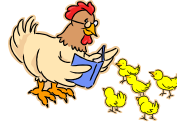
The Partnership for Children is proud to announce the opening of **The Kids' Closet**. Girls' and boys' clothing for children ages 5 and under is available as well as shoes, clothing accessories and toys.

All items are free, but each family is limited to (5) items per month.

If you are interested in donating new or gently used clothing to **The Kids' Closet** please contact the Partnership for Children office at 727-0440.



Story Explorers



**March/April 2012
Playgroups**

The Carteret County Partnership
for Children
Early Education Outreach Program
Invites you to
Story Explorers

Story Explorers utilizes the literacy based curriculum of the Motherhead program. The Early Education Outreach Program is for children ages 0-5 years

Tuesday:

- 9:30 Story Explorers Playgroup (0-5 yrs.)
- 11:30 Story Explorers Playgroup (0-5 yrs.)
- 1:30 Teen/Young Parents Group

Reminder: Times and ages are not written in stone. If a certain time suits your family best, we can make that work. Just call and together we can determine the best playgroup for your child.

Wednesday:

- 9:30 Story Explorers Playgroup (0-5 yrs.)
- 11:30 Story Explorers Playgroup (0-5 yrs.)

Thursday:

- 11:30 Story Explorers Playgroup (0-5 yrs.)



Monday, March 19
 Chick-Fil-A Spirit Day
 with Grandmaster Dong's Martial Arts
 Breakfast, Lunch & Dinner

Tuesday, March 20
 Crystal Coast All Stars—Tumbling
 10:00 am

Monday, April 16
 Chick-Fil-A Spirit Day
 With Grandmaster Dong's Martial Arts
 Breakfast, Lunch & Dinner

Saturday, April 7
 Run Like a Kid Family Fun Run and Ultimate
 Family Fun Quest
 10:00 am—2:00 pm

April 10—12
 No Playgroups. Happy Holiday!



Happy Birthday to You!

March



Kaylee	March 2	Jolene	March 13
Shelby	March 4	Evelyn	March 17
Spencer	March 4	Christian	March 19
Jordan	March 5	Ruby Jane	March 21
Morgan	March 7	Landon	March 24



April

Lilly	April 4	Sebastian	April 10
MJ	April 4	Erin	April 11
James	April 6	Ryland	April 11
Hugh	April 9	Abigail	April 17
Lucy	April 9	Jaxson	April 28
Rachel	April 9	Braeden	April 28



Growing Brighter Tomorrows

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