Dear Parents:

Let’s look at what we know about healthy families and parenting practices. The healthy family:

- Communicates and listens – listening to your child is one of the best ways to grow as a parent and to know your child.

- Affirms and supports – make it very clear to your child that you are on his/her side.

- Teaches respect for others – children learn to respect by being respected.

- Plays and laughs – when was the last time…?

- Shares responsibility – doing chores together and individually for personal and family benefits.

All these activities build self-esteem as well, coincidence?

Yours for Children,

Elaine Wilson
Parenting Specialist

Tip of the Month

Keep writing materials such as washable, nontoxic crayons and markers, paints and brushes, and different kinds of paper where children can reach them.
Child Safety

- Work with your neighbors to inspect community playgrounds for safety. Safe surfaces are crucial. Asphalt or concrete are too dangerous for children. If well maintained, wood chips are among the safest playground surfaces.

- Watch your children by the pool, hot tub, beach or lake. Beware of backyard pools and hot tubs in the neighborhood. Your child could wander off and drown.

- Install a four-sided fence if you own a pool or hot tub. Make sure it is at least 5 feet high, with a self-closing and self-latching gate. Also, make sure to learn infant and child CPR (cardiopulmonary resuscitation). It could save your child’s life.

- Encourage your city or county legislators to adopt regulations requiring four-sided fences around All pools in your community.

 Discipline

No one wants a kid who hurls dishes, but forcing a child to stifle anger can be equally destructive. Here’s how you can encourage appropriate expressions of rage:

- Set a good example. If you want your children to deal with their own anger, be aware of how you express yours. For instance, if you’re mad at your mate, don’t scream or sulk; talk about it.

- Tell your kids that anger is healthy, but that it should be parceled out selectively. Getting upset about being mistreated at school is one thing; fighting over toys is another.

- Don’t allow physical or verbal abuse. If you excuse statements like “I wish you were dead!,” your child may learn to rely on verbal bullying as a way to solve conflicts.

- If your child’s anger escalates beyond the occasional flare-up to include constant moodiness or violent behavior, consider seeking professional help.
Crafts for Children

Microwave Play Dough for Preschoolers

Ingredients:
- 1 cup water
- 1 cup flour
- 1 tsp. vegetable oil
- 1 tsp. cream of tartar powder
- 1/2 cup salt
- food coloring

Mix all ingredients in a glass bowl. Heat at HIGH for 3 minutes (uncovered). It will be HOT. Knead gently till of uniform consistency. Store in a zip-lock bag.

Kool-Aid Play Dough

2 1/2 - 3 cups of flour
2 cups boiling water with 1 pkg. of Kool-Aid
3 T corn oil
1/2 cup salt
1 T alum

Mix ingredients and knead with flour (may take up to 1 cup. Use more if the dough draws moisture in high humidity). Keeps well, nice fragrance, very colorful, and has wonderfully soft flexibility.

Salt Paint

1/3 cup salt
1/4 tsp. food coloring

Spread in pan to dry before putting in shakers

Sand Paint

1/2 cup sand (washed, dried, and sifted)
1 T powder paint

Mix together. Shake onto paper brushed with glue that has been diluted with water and applied with a paintbrush.

Note: Empty plastic vitamin, soap bubble bottles or spice bottles to make excellent containers.

Iridescent Soap Bubbles

1 cup of water (hard or soft)
2 T liquid detergent
1 T glycerine
1/2 tsp. sugar

Mix all ingredients.

Play Dough for Baking

Use for making nearly unbreakable miniature figures, ornaments, and napkin rings.

Blend in a bowl:
- ¾ cup flour
- ¼ cup white glue
- ¼ cup Ivory liquid shampoo
- food coloring (optional)

Knead the mixture together thoroughly, dusting with flour. Roll dough out flat. Make it thin because it expands when baked. Cut the dough with small cookie or hors d’oeuvre cutters. If you wish to hang the cutouts, poke a hole through the top. Bake on cookie sheet for 2 hrs at 200 degrees. When cool, decorate with acrylic or tempera paint.
Marvelous Milestones

Momentous as a baby’s first smile, first word, and first step may seem at the time, childhood creates so many memories that even the seemingly indelible ones fade with time. Although each child develops at a different pace, here’s a reminder of when to anticipate your child’s accomplishments.

<table>
<thead>
<tr>
<th>First Month</th>
<th>Fifth Month</th>
<th>Ninth Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Imitates sticking out tongue</td>
<td>Rolls from back to stomach</td>
<td>Enjoys playing peekaboo</td>
</tr>
<tr>
<td>Stares at faces and objects</td>
<td>Reaches for an object with one or both hands</td>
<td>Can drink from a cup</td>
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</tbody>
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<thead>
<tr>
<th>Second Month</th>
<th>Sixth Month</th>
<th>Tenth Month</th>
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</thead>
<tbody>
<tr>
<td>First social smile</td>
<td>Rolls from stomach to back</td>
<td>Stands up while holding on</td>
</tr>
<tr>
<td>Sucks at sight of breast or bottle</td>
<td>Recognizes own name</td>
<td>Can point to body parts if asked</td>
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<table>
<thead>
<tr>
<th>Third Month</th>
<th>Seventh Month</th>
<th>Eleventh Month</th>
</tr>
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<tbody>
<tr>
<td>Follows slowly moving object with eyes</td>
<td>Sits without support</td>
<td>Climbs up stairs</td>
</tr>
<tr>
<td>Holds head up momentarily while on stomach</td>
<td>May have two teeth</td>
<td>May wave bye-bye</td>
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<table>
<thead>
<tr>
<th>Fourth Month</th>
<th>Eighth Month</th>
<th>Twelfth Month</th>
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</thead>
<tbody>
<tr>
<td>Laughs out loud</td>
<td>Crawls backwards or forwards</td>
<td>Walks with help or alone</td>
</tr>
<tr>
<td>Makes a variety of sounds</td>
<td>Babbles; may say ‘mama’ or ‘dada’</td>
<td>Enjoys undressing self</td>
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