



A Newsletter for Parents of Young Children

SPRING 2015

The Parent Line

Spring Cleaning...



Its time to get the house clean and some parents wonder when is the right age to have your child start helping with chores.

The age of your child will determine how much and what to expect when it comes to cleaning up. Children as young as one year can put toys away on a shelf or basket with adult assistance. The key is to make it fun! Sing a song, count out loud each item they put away and then clap your hands and praise your child.

Preschool age children (3-5) can do simple chores like putting toys away, carrying a small amount of laundry (maybe a folded towel) and help set the table. Always remember safety, don't give them cleaners or sharp objects that they might hurt themselves with. At this age they love to copy what they see the adults in their lives do. Encourage them to come along side you and help whenever possible and remember, a little bit of praise goes a long way.

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The Parent Line Newsletter is published four times a year. For distribution information, please contact:
O'ahu: (808) 526-1222
Neighbor Islands: 1-800-816-1222
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Funded by Hawai'i Department of Health, Maternal and Child Health Branch (808) 733-4054
Neil Abercrombie, Governor | Linda Rosen, M.D., M.P.H., Director of Health

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Art Activity

CRAYON RAINBOWS

- Help your child tape together three crayons in a row.
- Give your child a piece of white paper and let her make rainbow arcs with the crayons.
- It is not necessary to have the exact rainbow colors for this activity.

<http://www.preschoolexpress.com/art>



Suggested Readings...

CHECK OUT YOUR LOCAL LIBRARY

The Giving Tree

BY SHEL SILVERSTEIN

The Very Hungry Caterpillar

BY ERIC CARLE

I See Spring

BY CHARLES/ JATKOWSKA GHIGNA



POSITIVE

Parenting Tips

Following are some of the things you, as a parent, can do to help your preschooler during this time:

- Continue to read to your child. Nurture her love for books by taking her to the library or bookstore.
- Let your child help with simple chores.
- Encourage your child to play with other children. This helps him to learn the value of sharing and friendship.
- Be clear and consistent when disciplining your child. Explain and show the behavior that you expect from her. Whenever you tell her no, follow up with what he should be doing instead.
- Help your child develop good language skills by speaking to him in complete sentences and using "grown up" words. Help him to use the correct words and phrases.
- Help your child through the steps to solve problems when she is upset.
- Give your child a limited number of simple choices (for example, deciding what to wear, when to play, and what to eat for snack).

<http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/preschoolers.html>

Spotlight on Safety

IT'S HEATING UP IN HAWAII...

Heat-related illness occurs when the body's temperature control system is overloaded. Those at greatest risk for heat-related illness include infants and children up to 4 years of age. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. **For heat-related illness, the best defense is prevention.**

- Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
- Dress infants and children in loose, lightweight, light-colored clothing.
- Schedule outdoor activities carefully, for morning and evening hours.
- Stay cool with cool showers or baths.
- Seek medical care immediately if your child has symptoms of heat-related illness.

Just a few serious sunburns can increase you and your child's risk of skin cancer later in life. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

- **Cover up.** Clothing that covers you and your child's skin helps protect against UV rays.
- **Use sunscreen** with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside.

For more information, go to <http://www.cdc.gov/family/kids/summer/>

Special Days to Remember

April is Month of the Military Child

March 17 St. Patrick's Day
March 26 Prince Kūhiō Day

April 5 Easter

May 1 May Day
May 5 Cinco de Mayo
May 10 Mothers' Day
May 25 Memorial Day



Developmental Milestones

Skills such as naming colors, showing affection, and hopping on one foot are called *developmental milestones*. Developmental milestones are things most children can do by a certain age. Children reach milestones in how they play, learn, speak, behave, and move (like crawling, walking, or jumping).

As children grow into early childhood, their world will begin to open up. They will become more independent, focus more on adults and children outside of the family, want to explore and ask about things around them. These interactions help to shape their personality and own ways of thinking and moving. During this stage, children should be able to ride a tricycle, use safety scissors, notice a difference between girls and boys, help to dress/undress themselves, play with other children, recall part of a story, and sing a song.