



A Newsletter for Parents of Young Children

FALL 2016

The Parent Line



Getting the School Year Off to a *Great Start!*

As schools jump back into session and our children begin a new school year, it is important that we provide the support and direction needed to help our little ones start on the right foot. The beginning of the school year can be an exciting but also scary time for children as they adjust to their new environments, especially those making the big jump from pre-school to elementary school, or for those starting at a different school. Setting good and healthy routines can help make these changes as smooth as possible. Here are a few tips on putting into place helpful habits that help kids ease back into school!

- **Set a firm and age appropriate bedtime** to be sure that children are getting enough rest. Good and routine sleep is important as they adjust to the new school year schedule.
- **Make sure children are receiving a healthy and nutritious breakfast every morning.** A hearty breakfast helps to fuel children for the day and give them energy.
- **"A place for everything and everything in its place."** Helping set the habit of putting everything away will help avoid lost items as the year goes on.
- **Set a regular time each day for homework** that is free of distractions like TV and toys. Review their work and be sure to stress the value and importance of homework.



THE PARENT LINE IS HAWAII'S PREMIER RESOURCE ON CHILD BEHAVIOR, CHILD DEVELOPMENT AND PARENTING SUPPORT WWW.THEPARENTLINE.ORG

The Parent Line Newsletter is published four times per year.
For distribution information, please contact:
O'ahu: (808) 526-1222; Neighbor Islands: 1-800-816-1222
Email: distributionctr@theparentline.org

Funded by Hawai'i Department of Health, Maternal and Child Health Branch (808) 733-4054
David Ige, Governor | Virginia Pressler, M.D., Director of Health
We provide access to our activities without regard to race, color, national origin (including language), age, sex, religion or disability. Write or call our Affirmative Action Officer at Box 3378, Honolulu, HI 96801-3378 or at (808) 586-4616 (voice) within 180 days of a problem.

BUILDING SKILLS

Easy No-Bake Cookies

INGREDIENTS:

8 whole-wheat graham cracker squares finely ground
1/4 cup raisins
1/4 cup smooth natural peanut butter
2 1/2 tablespoons honey
4 teaspoons unsweetened coconut

When gathering the ingredients for this recipe it is a great time to talk about the different food groups in this cookie. ChooseMyPlate.gov shows how to use MyPlate as a guide for the food groups to support a healthy lifestyle.

Work together to combine the ground whole-wheat graham crackers, raisins, peanut butter, and honey in a small bowl. Encourage the children to practice stirring clockwise and counter clockwise.

Roll the dough into small balls. While rolling the dough talk about the different textures you feel in the cookie. Help them name the different ingredients they can feel in the dough. Once cookies are rolled, lightly press in shredded coconut.

By talking with children you can help them expand their knowledge of nutrition, the food groups, food textures, fine motor skills, and expand their vocabulary.

For more information about MyPlate check out

www.choosemyplate.gov

Suggested Readings

Books Available at the State Libraries

When Sophie Gets Angry—Really, Really Angry

BY MOLLY BANG

Glad Monster, Sad Monster

BY ED EMBERLEY

My Many Colored Days

BY DR. SEUSS

The Way I Feel

BY JANAN CAIN

When I Feel Angry

BY CORNELIA MAUDE SPELMAN

Today I Feel Silly and Other Moods That Make My Day

BY JAMIE LEE CURTIS



SEPTEMBER 5: Labor Day
SEPTEMBER 11: Grandparents Day
SEPTEMBER 21: World Gratitude Day

OCTOBER 3: Child Health Day
OCTOBER 11: Homemade Cookie Day
OCTOBER 31: Halloween

NOVEMBER 11: Veterans Day
NOVEMBER 17: Take A Hike Day
NOVEMBER 24: Thanksgiving



Special Days to Remember



SPOTLIGHT ON SAFETY

Back to School Safety



Keeping our children safe should always be a top priority. Here are a few basic tips to help keep your children safe as they head back to school:

Backpack Safety:

- Choose a backpack with wide, padded shoulder straps and a padded back
- Pack light – a backpack should never weigh more than 10-20% of the child's body weight
- If the school allows, think about a rolling backpack for children who have to carry a heavy load

Bus Safety:

- Children should always board and exit the bus at chosen locations that provide safe access to the bus or the school building
- Make sure your child walks where he or she can see the bus driver and the bus driver can see them as well

Walking Safety:

- Make sure your child's route to school is safe with well-trained adult crossing guards at every intersection
- Be realistic about your child's pedestrian skills: some children are more impulsive and less cautious around traffic
- Walk with them the first week or until you think they know the route well and can do it safely

Source: <https://www.aap.org/>