

# THE TEDDY BEAR POST

A NEWSLETTER FOR PARENTS OF YOUNG CHILDREN

## MAKING MEMORIES

**O**ur children are only children for a very short time; the days seem to fade away very quickly. There are some things we can do to remember the days and events of their childhood.

### The Little Days

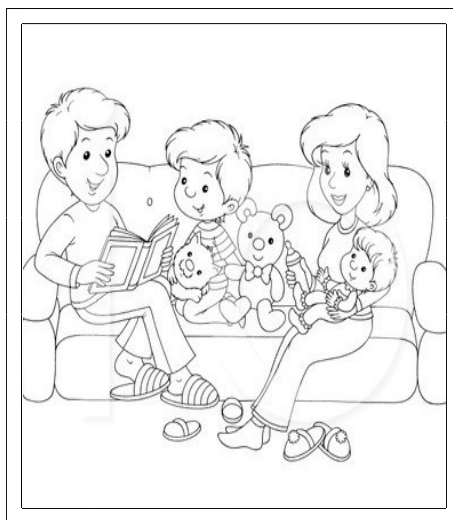
We all remember the big days in their lives, birthdays, Christmas, and the first prom, but what about all of the little days. What about the day of the first time your child stood alone, or that first step or the first time you noticed that your child was running ahead of you. Did you wish you had your camera with you on those days?

Even if you did not have the camera with you, you can still capture that day in words a sentence or two on a scrap book page with a picture of your child that day. You may not be able to catch your child doing the exact activity but you can capture the smile on that day.

### The First Time

What about the first time your child picked up a rock? Some people save the rock and even write the date, time, and place that the rock was found. This can grow to be quite a collection if you move from state to state and from country to country.

Recording the first meal that your child fed himself/herself can be fun especially if food is all over the face, clothes, high chair and on the floor. Some people are lucky enough to have the camera in arms reach, if not ask someone to bring you a camera or capture the picture on your phone.



### As Your Child Grows

As your child grows it is more difficult to capture those days in picture as they occur. A journal and a picture every six months or every year will suffice. Remember the first day of school, the first suit or long dress, the first air plane ride or first bus ride. The first trip to the pool or the beach, the first picnic or trip to the zoo or the aquarium. The first visit to a restaurant with table cloths, the first trip to a circus or the fair. You can also use your child's art work to help you in making memories. During the first years of school and at home as well most children like to draw. Select pictures to frame or even to place in special folders. Your child may be one to write poetry or songs, if he/she will allow you place one of them in the scrap book along with all of the other tidbits of history. Haircuts, trips to the dentist, doctor or other milestone adventures.

### Outdoor Memories

Some outdoor memories can be made as you teach your child to ride a bike, throw a ball, catch a fish, and wash the car, swim, or garden. Remember to talk with your child as you engage in the activities, take pictures when you can and place the date, time and place in the scrap book.

Assist your child in remembering special people, places and things in his/her life.

All days are special and worthy to be remembered when it comes to the lives of our children. A few words written in a scrap book and a picture or two will add many memories when the nest is empty.



THE TEDDY BEAR POST is published 4 times a year and is distributed by The Parent Line.  
Please call The Parent Line at 526-1222 (for neighbor islands, call 1-800-816-1222)  
or write to [distributionctr@theparentline.org](mailto:distributionctr@theparentline.org) to revise your count/address.

Funded by State of Hawai'i Department of Health, Maternal and Child Health Branch (808) 733-4054

Neil Abercrombie, Governor · Loretta Fuddy, Director of Health

We provide access to our activities without regard to race, color, national origin (including language), age, sex, religion or disability.  
Write to the Affirmation Action Officer at Box 3378, Honolulu, HI 96801 or call 586-4616 within 180 days of a problem.

Please visit our website at: <http://www.theparentline.org>





## "A PARENT ASKS"

**Q: My Children are so busy and so I am. How can I stay involved in their lives?**

**A: The lives of parents and children can be overwhelming with work, sports, school, and volunteer activities. By spending more time together, the parent-child relationship can be improved.**

### Some ways to stay connected with your children include:

- Posting a family calendar. The calendar is where everything is written down from soccer games to work schedules. It can help you organize your time and help you to figure out when the family can spend quality time together.
- Take advantage of routine time together. For example, while driving your child to school or to soccer practice, talk with your child about his or her day. Engage your child in the conversation by asking his or her opinion about an event.
- Think of fun and new activities to do with your children. Find out what is going on in your community.
- Have at least one meal a day as a family. Many meaningful discussions take place over family meals.



## SAFETY WORKS!

**October 7-13 is Fire Prevention Week.** Here are some helpful tips to keep you and your family safe:

- Keep matches and lighters away from and out of reach of children.
- Test your home smoke detector once per month and replace the batteries once a year.
- Have a fire escape plan that prepares you and your family to think fast and get out of the house quickly when the smoke alarm sounds.
- Fire escape plans should include two ways out and a convenient meeting place at a safe distance from the house. Practice the escape plan at least twice a year.
- Once out of the house, stay out. Call the fire department from a neighbor's house.

The above information has been derived from the **National Red Cross**. For more information, please visit their website at [www.redcross.org](http://www.redcross.org).

## SPECIAL DAYS TO REMEMBER

**September 3:** Labor Day  
**September 6:** Read a Book Day  
**First Friday in October:** World Smile Day  
**October 7-13:** Fire Prevention Week  
**October 31:** Halloween  
**November 22:** Thanksgiving



## The Parent Line:

Free statewide phone line for parents and others caring for children. Call for support, encouragement, information, and ideas about handling behavior or about community resources.

### THE PARENT LINE

Oahu

**526-1222**

Neighbor Islands Call Toll-free:  
**1-800-816-1222**



Mon- Fri, 8:00am- 6:00pm and  
Sat, 9:00am-1:00pm.

Oahu: **526-1222**.

Neighbor Islands toll-free:  
**1-800-816-1222**

## SUGGESTED READING

*Some excellent books available at the State Libraries:*

### The Family Book

By Todd Parr

### The Feelings Book

By Todd Parr

### Everywhere Babies

By Susan Meyers

### The Button Box

By Margarett S. Reid

### Abuela's Weave

By Omar S. Castaneda

### Daddy, Will You Miss Me?

By Wendy McCormick

## Make a: HANDPRINT APPLE TREE

You will need: White and red construction paper, green and brown paint, brown and green crayons, paint brush, scissors, and glue

1. Paint your child's hand green and have him or her make a hand print on white construction paper. Repeat three or four times. Your child's hands will make up the leaves of the tree.
2. Paint a brown tree trunk and some branches connecting the hand prints.
3. Cut out apple shapes using the red construction paper.
4. When the paint is dry add the apples and draw leaves using the green crayon. **HAVE FUN!!!**