

THE TEDDY BEAR POST



A NEWSLETTER FOR PARENTS OF PRESCHOOLERS

Good Manners Are Contagious

Once again we feel compelled to teach our children a thing or two about giving thanks. If anyone should show gratitude, it should be members of the household. They are the ones that have the expensive toys, expanding wardrobe and leisurely lives! Right? Right! Our children should be made aware that not everyone can spend Saturday mornings lying comfortably in front of the TV, chewing on some cheerios and waiting to go to the beach. It is our job to teach them that life's little treats are only possible because of the effort their parents put forth everyday to make it all happen. A "thank you" is something a parent loves to hear because it is always well deserved, but more than often it goes unsaid.

We should try to teach by example. Can you remember the last time you thanked your children for simply being who they were? Their arrival into our lives whether it was through careful planning or if it was unexpected, our lives changed forever. We experienced many sleepless nights, but the countless hours of sheer joy they bring to our lives are immeasurable. The intensity we feel toward our children when they make us laugh or when they make us cry allows us to become better parents by working harder, behaving better and most of all - loving more. We do this for the sake of them.

Through the eyes of our children, we view the world differently. Puppies seem cuter, bugs become interesting, ballerinas are prettier, cartoons seem funnier, cookies somehow end up being breakfast foods, and naps are a simple delight. They teach us patience and they somehow teach us to be much more forgiving of ourselves.

When gratitude is displayed, appreciation is learned. Children not only need to hear words of gratitude, but they need to feel it too. This will increase their self esteem. It will create a loving environment and allow them to develop their own sense of gratitude toward the things they possess, and more importantly for the love that surrounds them.

Show your children that they are special:

Catch them doing something good: When you see your child sharing a toy, putting away a game or being nice to grandma, don't forget to give a compliment. Positive reinforcement will teach them to repeat their actions.

Share stories of when they were babies: Children love to hear about the funny things they did when they were younger and it's a good way to share memories with them, not to mention promote communication.

Share with them the reason you chose their names: They will appreciate the time and effort you put into choosing a name just right for them. If they are named after a relative, make sure to tell them about their namesake.

Share old pictures together: Children like to know where they came from. Seeing pictures of both Mom and Dad as children reminds them that you were once a youngster and can relate to being their age.

Allow alone time to be with each child: Siblings are great but a little one-on-one time allows each child to feel special. It also allows the parent to know your child through his or her unique identity.

Words that encourage positive behavior:

Thank you- You're awesome!- I'm glad you are my child-
Good job- Great idea- Good thinking- **Wow!**

I love to see that!- Terrific- Way to go- **Excellent-** You're so smart- Well done- I'm so proud of you- **Thumbs up-** You're **the greatest-** Good for you- What a great listener- You're a big help- You are so funny- **You're the best-** I love you!



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 to revise your count/address.

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

Linda Lingle, Governor • Chiyome Fukino, 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 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: How can I help my child maintain good dental hygiene?



A: A healthy mouth is something most parents think about this time of year as Halloween and the holidays roll around. It's important to remember that taking good care of your child's teeth should begin at a very young age. Even before your baby's teeth come in, be sure to wipe your her gums with a washcloth. This is just the start to healthy teeth and gums. Tooth decay, although significantly preventable, is one of the most common diseases in children ages 6-11. By kindergarten, tooth decay affects more than 40% of children. Many parents may think that dental hygiene for their child's "baby teeth" is not important but this not the case. If baby teeth fall out too soon, the permanent teeth may grow in crowded or crooked. Tooth decay and cavities are caused by sugar collecting around your child's teeth. A good way to prevent this from occurring is to avoid giving your child sugary drinks such as juices, sports drinks, and soda. Also beware of flavored and sugary medications that you give to your child. Talk to your child's dentist about how often your child should brush their teeth if your child is on frequent medications. Brushing at least twice a day and flossing as directed by your dentist will help maintain a healthy mouth. Supervise younger children to ensure that they spit the toothpaste instead of Swallowing it. If you find yourself in a battle with your child over getting him to brush, make it clear that brushing is not an option. It may help to involve your child, such as having him pick out the tooth paste he wants (with your approval). Taking your child to the store to buy a kid friendly toothbrush may also excite your child. Find out what motivates your child. Some children may gladly brush their teeth for a sticker. Be an active participant in your child's dental health and keep in contact with your child's dentist to help ensure the best tooth care possible.

Fall Craft Idea

Fall is a beautiful time of year. Unfortunately, here in Hawaii we don't get to experience much of the wonderful fall colors. This is a great opportunity to talk to your child about the changing colors of the leaves and for an easy craft. A good way to explain to your child how these changes take place is to create a "fall tree."

You will need:

- Paints or stamp pads- brown, red, orange, yellow, green
- White paper
- Hands that are willing to get messy

Use the brown paint and the bottom of your child's forearm to create the trunk of the tree. Then use the rest of the colors and the palm of your child's hand to create leaves on the tree. Only stamp a few green leaves in order to show your child the effect that the Fall season has on trees.

Optional: In the spirit of Thanksgiving, after the paint has dried, you may want to ask your child what he is thankful for and write those things in the leaves.



SAFETY WORKS!

Halloween is an exciting time for kids and parents alike, but it can also create dangers to young children. To help make this year's event harmless, follow these simple safety tips:

Escort young children as they make their rounds in the neighborhood. Trick or treat in a neighborhood that you and your child are familiar with. Talk to your child before you head out. Inform them that they must stay with you at all times. Explain to them some rules including: only go to homes with porch lights on and walk on the sidewalk at all times. Never go into a stranger's home or up to cars. Be sure to cross the street at crosswalks. Once you get home, be sure to check all the treats to make certain they are sealed properly. Never eat treats that are not in sealed packages or that are homemade. Only allow your child to have candy that is appropriate for their age. Do not give small children gum or hard candies that they may choke on.



November is National Healthy Skin Month



Everyone is talking about skin care these days- how to erase fine lines and wrinkles, what is the best anti-aging lotion, how to get skin that is baby soft. All too often we overlook how important prevention is, especially at a very young age. One of the best ways to avoid many of these concerns is using sun protection for our children beginning in infancy. Infants under six months should not be in direct sun and should be covered by protective clothing. Sunscreen should be applied to infants six months and older. Be sure to apply UVA and UVB sunscreen in the form of a stick, gel, or lotion. The SPF should be 30 or higher and reapplied about every two hours. It is important to apply sunscreen even on cloudy days. The effects of the sun are greater when reflecting off water and sand. Be sure to re-apply sunscreen after swimming. Protective clothing should be used in addition to sunscreen. When outdoors, dress your child in light colored clothing and a hat. Prevention is the best form to healthy skin; let's give our children a great head-start!

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.



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:

Clifford's First Autumn
By Norma Bridwell

Fall Leaves Fall
By Zoe Hall

Apples and Pumpkins
By Anne Rockwell

Arthur's Halloween
By Marc Brown

1, 2, 3 Thanksgiving
By W. Nikola-Lisa

The Thanksgiving Bowl
By Virginia Kroll

