



A Newsletter for Parents of Young Children

WINTER 2014

The Parent Line

Encouragement

[THE ACTION OF GIVING SOMEONE SUPPORT, CONFIDENCE, OR HOPE.]

Encouraging your child is something that all parents should strive to do each day. Perhaps you have to really think hard about ways to offer encouragement, which is okay, as long as you offer encouragement.



Some parents call *The Parent Line* with concerns that their child has problems in social settings. To help, try inviting about two or three of your child's peers over for a play date. Before the play date role play with your child on how to host the event. Assure your child that you are only a room away. As your child becomes more comfortable in this situation encourage him/her to accept play date invitations from his/her peers.

Many parents also have concerns about their child's self-esteem. The concern is usually that their child seems to be very sensitive to the words of their peers. Parents should remember that not only are their children sensitive to the words of their peers but they are also sensitive to their words. In this instance

parents should find a way to praise their child for efforts in doing a deed. Parents should encourage their child to speak of the words that the peers say to them and find a way to redirect those hurtful words. One solution is to give your child words in their heads to replace the hurtful words that their peers may use. Parents should encourage their child to talk openly with them about all situations with their peers. Sometimes a parent may need to speak with the parent of the peer.

Remember the best way to foster encouragement is to create a safe and loving home environment; an environment where your child can openly speak about any and all concerns. Issues will arise, but as long as you, the parent is available to listen and offer encouragement your child will thrive.

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Winter Art Activity

SNOW PLAY DOUGH

Supplies

1 cup flour
1/2 cup salt
1 cup water
2 tbs vegetable oil
1 tbs cream of tartar
1/3 cup white powdered
tempera paint
1/4 cup of white or
silver glitter

Directions

Combine all ingredients until well blended, store in air tight container. Use as you would play dough.



Suggested Reading

My Christmas List

By Amy Parker

Chinese New Year

By David F. Marx

I Have A Dream: Dr. Martin Luther King

By Kadir Nelson

I Love You This Much

By Lynn Hodges & Sue Buchanan



A Parent Asks

Q: I am frantic; my child may be kicked out of his preschool. His preschool has been trying to work with us but he has already been "suspended" for biting. He also is hitting and we are not sure why he is doing these things. Can you please offer us suggestions?

A: Biting and hitting is a common concern. When young children play together, there will be some pushing, hitting, slapping, or biting. Most children who bite do so for only a short time. However, biting and forceful hitting must be stopped right away.

Some children bite when they are feeling frustrated and don't have the words to express how they feel. If your toddler bites you or another child, say "No. Biting hurts." Move him to a safe place, make eye contact with him and say "Let's stay here until you feel calmer. No biting." Within a minute or two, allow your child to return to his play. Remind him of the rule. Ask him, "Are you ready to try again? No biting."

Get him interested in a play activity to distract him from the other child. Never bite a child back. It only confuses your child and does not stop the biting. Do the same thing for forceful hitting. Hitting may continue for a longer time than biting. Help your child to use words to explain how he feels and what he wants. Encourage him to say "That makes me mad," "Stop that, I don't like it," or "That's my toy." When your child uses his words and does not bite or hit while upset, say, "You did a good job of using your words."

As your child learns to express his feelings more appropriately, behaviors such as biting and hitting may start to subside. Don't worry if you may need to find another preschool. Sometimes a change in environment may be needed. Some children may need a smaller type of home based care with more one on one support. A busy classroom may be too overwhelming.

Spotlight on Safety:

With the holiday season here we are busy with shopping, parties and visiting family and friends. According to a report by the Consumer Product Safety Commission (CPSC), in 2012 there were an estimated 192,000 toy-related, emergency department-treated injuries to children younger than 15 years (<http://www.childrensafetynetwork.org>) Here are some simple things we can do to make this holiday season fun and safe.

Age appropriateness

It's important to take a child's age and abilities into account when selecting a toy. Keep an eye out for toys that contain small pieces that could be a choking hazard for children.



Proper protection gear

Bikes, scooters, skateboards and other toys that children can ride should always be accompanied by helmets and adult supervision.

Materials used in toys

Toys containing powerful magnets can cause injury or death when swallowed. It's also important to avoid toys that contain small button type batteries as these can easily be removed and swallowed by a small child



Special Days in Winter

December 21st: Winter Solstice
(shortest day of the year)

December 25th: Christmas

January 1st: New Years Day

February 14th: Valentine's Day

February 19th: Chinese New Year

February is Black
History Month