



## "A PARENT ASKS"

**Q: My 3 year old daughter uses her crayons to draw on my wall and table. What can I do instead of scolding her or becoming very upset?**

**A:** Before she starts to use the crayons, ask her if she remembers what she may draw on. If she says "The paper," say, "You remembered the rule! Good for you!" As she draws, tell her she's doing a good job of coloring on the paper. If she can't remember the rule, remind her what she is allowed to draw on. Offer her choices of paper i.e. colored, white, cardboard, etc.



If she starts to draw on the table or wall, take a deep breath & calmly say, "Please draw on the paper like this," and pick up a crayon and draw something on the paper yourself. If she continues to draw on the wall or table, take the crayons away and say, "Oops, you forgot the rule. Remember, we draw on the paper. I am putting the crayons away for now and after lunch/nap you may try again." Repeat the process later. Remember! Look for successful behavior. Catch your child doing something right and say something positive immediately!



## SAFETY WORKS

Preschool-aged children often resist holding their parent's hand while crossing the street and while walking through parking lots. Parents should explain clearly and firmly that they are still too small to be seen by drivers. Therefore, they must hold their hand so they can be safe!

Model good street-crossing habits. Emphasize "Stop, Look and Listen" before stepping onto the street. Try to cross at corners and use crosswalks wherever they're available. Show your child that holding hands for safety and making eye contact with drivers ensures that they are seen before they cross the street.

Preschoolers often see older children playing ball or riding bikes on quiet streets and may want to join in. Explain to the child that the street is not a place for a young child to play, even with supervision. Tell Children where they are allowed to play, in the yard, on the lanai, or in the driveway.



## PARENTS WANT TO KNOW

**The Parent Line:** Free statewide phone line for parents and others caring for children. Call for parenting support, referrals, literature, and information on community resources & activities.

Mon. - Fri. 8 a.m.- 6 p.m. and Sat. 9 a.m.- 1 p.m. O'ahu : 526-1222. Neighbor Islands: Call toll-free: 1-800-816-1222

**P.A.T.C.H.** If you are seeking childcare, need information on how to select a child care provider, or if you are interested in becoming a child care provider, call Hawai'i's childcare resource & referral agency:

O'ahu	839-1988
East Hawai'i	961-3169
West Hawai'i	325-3864
Maui	242-9232
Kaua'i	246-0622

### Special Parent Information Network (SPIN)

Parents of preschool children with special needs often wish they had a map to navigate the confusing maze of special education rights and responsibilities, child care options, government benefits, medical services, and community resources. Parents also wish for a travel guide—someone who has been down the road and can point them in the right direction for information, services, and support.

SPIN offers a world of support through its parent-to-parent "warm line," free quarterly newsletter, web site and annual conference. Call SPIN at 586-8126 or find them on the web at [www.spinhawaii.org](http://www.spinhawaii.org).

### Tiny Tots Program

The Honolulu City Department of Parks and Recreation sponsors programs to enhance the quality of life for the island's pre-school age population.

The Tiny Tots program is designed to foster social development among children ages 3 1/2-5 yrs. Activities introduce youngsters to the fascinating world of music, dance, arts, culture, storytelling, and excursions. The course is usually offered twice a year. Registrations are held at City parks / playgrounds. Children must be toilet-trained. Swimming lessons are also offered. Interested parents should contact their neighborhood playground or pool or call the following numbers for more information: Hawai'i Kai to McCully . . . . . 973-7250 Makiki to Aiea . . . . . 522-7070 Pearl City to Wai'anae and Wahiawa . . . . . 675-7130 Waialua to Waimanalo . . . . . 233-7300

On Neighbor Islands, call the Parks and Recreation Department for playgroups or other activities.



### SUGGESTED READING

Some excellent books available at the State Libraries include:

- *Little Quack* by Lauren Thompson
- *With a Little Help From Daddy* by Dan Andreasen
- *The Way Mothers Are* by Miriam Schlein
- *Mama, Do You Love Me?* by Barbara Joose
- *Sometimes I'm Bombaloo* by Rachel Vail
- *The Mommy Book* by Todd Parr
- *The Daddy Book* by Todd Parr
- *What Mommies Do Best/What Daddies Do Best* by Laura Numeroff
- *What Do You Do—When a Monster Says Boo?* by Hope Vestergaard
- *My Shining Star: Raising a Child Who is Ready to Learn* by Rosemary Wells

# THE TEDDY



# BEAR POST

A NEWSLETTER FOR PARENTS OF PRESCHOOLERS

## Catch Your Child Doing Something Right!

Encouraging your child helps develop self-confidence, self-respect, and a sense of accomplishment. As adults, we feel good when we receive words of encouragement from our family, our friends, and our employers. Children need that encouragement too, and without it may become discouraged and not feel good about themselves. They may become negative, aggressive, anxious, and fearful.

Make a point of noticing your child's positive behaviors. Children thrive on recognition. When you tell your child he did exactly what was expected, he hears what specific behavior is appropriate and appreciated. He will then be much more likely to repeat that behavior because of the positive attention he has received.

Try to ignore small mistakes and misbehaviors. If your child really needs to be corrected, focus on teaching what to do, rather than nagging about what not to do. Give children the opportunity to try things even when you know they will struggle. Then you will have given them a chance to learn and to gain a sense of accomplishment by trying. Allow your preschooler to pour his own milk, and if he spills it say, "Oops, the milk spilled! Let's put the pitcher down lower so it's easier to see the glass when you pour. Here's a sponge, let's clean up the milk."

Expect progress, not perfection. Notice small improvements. If your child is trying something new and is having a hard time, focus on the fact that she has the courage to try. Say, "Keep trying. It's hard, I know, but don't give up." Children who think they have to do everything perfectly the first time are often afraid to try anything new for fear of making a mistake. Encouraging your child is very important. Remember to keep your own expectations



realistic—children's maturity and ability vary greatly, even in the same family.

Distinguish between your child and her behavior. Encouragement focuses on the effort the child makes and not what actually gets done. For example, say, "You really worked hard on getting all the pieces in the puzzle to fit. You must be proud." Rather than saying, "You finished the puzzle, good for you."

Try not to confuse your child's accomplishment with how you value your child. Be careful not to shame your child when you are correcting his behavior. It is easy for a child to feel that he is not liked or respected after he has made a mistake or has misbehaved. Mistakes are how we all learn. Your child will learn from his mistakes if he is not made to feel embarrassed about them. Sometimes parents start out to say something encouraging but then add words that confuse and hurt their child. For example, "You worked

very hard on that, I wish you always would," or "You can do it.... quit whining and get busy."

Offer honest encouragement. Don't make too big of a fuss over simple accomplishments as a way to try and make your children feel good about themselves. Be matter-of-fact about self-care activities like teeth brushing, eating, getting dressed, etc. Children are very suspicious of too much praise. It can backfire and make the child have self-doubts about any real accomplishments she makes. It is also important not to use encouragement as a reward for positive behavior because then your child learns to work for the reward rather than for her own satisfaction.

Remember that the goal is to build your child's self-esteem. You are not trying to make your child perfect. With lots of practice and thoughtful encouragement your child will build new skills, gain a sense of belonging, and feel accepted, strong, and capable.



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