

THE TEDDY BEAR POST



A NEWSLETTER FOR PARENTS OF YOUNG CHILDREN

Spring Into The New Season

It seems that from the time a baby is born we are constantly training them to adjust to new situations. They go from milk to solids, from cribs to beds, from being an only child to having a sibling, from being at home to going to school, from one grade to another... and it never ends! Because transitions are a part of growing up that we can't avoid, having positive coping skills are vital to your child's wellbeing.

Keep in mind that a transition is not always a major event, it can be as simple as being able to turn off the TV and start homework without a tantrum.

Some changes are necessary to maintain order, others to follow a natural sequence of milestones, and others are meant to keep your child healthy and safe. Teaching your child how to adapt to life's constant shifting is part of your job as a parent.

Whether your goal is to get your toddler to drink from a sippy cup or to sleep in her own bed, the main thing to keep in mind is that your attitude and your ability to remain consistent will influence the outcome more than anything else. Your children are in sync with you and if they sense the smallest amount of resistance on your part, they will respond by resisting it as well.

Here are ways to help your little ones transition and adapt with ease:

- **Be enthusiastic about changes:** teach by example that trying new things can be fun. It is hard to ask your child to eat his vegetables when you don't. Your kids are always watching you!

- **Show the advantages of doing things differently:** a new classroom may seem scary at first but they are also loaded with new toys! Feel free to tell them of a time when you felt scared of doing something new and it turned out to be a lot of fun.
- **Get your children involved:** prepare them for something new by allowing them to be a part of the decision and preparation. Try to avoid surprising your children with situations that will require adjustment. The more they are familiar with an upcoming change the better the chances they will embrace it.



Don't set your child up for failure by presenting too many new things at once. Introduce changes slowly: give your child the chance to adapt to one new adventure before starting another. Make sure they can master one skill at the time to avoid overwhelming them with too many expectations.

If a big event is on the horizon for your family, such as moving to a new home, having a new baby, or starting school, follow the same guidelines but invest extra time talking to your child and listening to their concerns. Address their fears and reassure them that although certain things may change, others will stay the same. Take the fear out of changes by turning them into something that is fun for you and your children.

And while we are on the subject, remember that parents have to learn to adapt as well. The baby who depends on you for everything today will find his own voice in preschool. Your preschooler will make friends in first grade and one day, if you do your job well, they will be just fine on their own.



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"A PARENT ASKS"

Q: My wife and I thought that it would be a good idea to transition our 18-month-old daughter out of her crib and into a toddler bed once we moved into our new home. Although she seemed excited about her new room and had no problems giving up the crib, she wants nothing to do with her new bed and has been scooting to our room every night. She twists and turns all night so sleep has become impossible for the whole family. How can we get her back into her own room?

A: You will need to be both patient and consistent. A new home can seem very exciting but what a toddler craves for is routine. Create a routine she can easily associate with bed time. A lot of children benefit from a bath at the end of the day because it's relaxing. A bath can also signal to her that bed time is near. Toddlers like to feel that they have control over a few things and having a routine gives them that sense of empowerment because they can predict what comes next. Perhaps a simple sequence of events such as *bath - story time - bed* will be a good start. You can also get her a nice night-light for her room and play soothing music as you read to her. The key is never to deviate from it, at least until she gets completely settled. Don't forget to agree on how many books she gets and stick with it. If she walks into your room simply guide her back to her bed, as many times as it takes. Your willingness to get through the difficult first week will ensure many restful nights in the future so *be consistent!*

Special Days To Remember



March is Women's History Month

March 20: Big Bird's Birthday

April is Prevent Child Abuse Month

April 1: April Fool's Day

April 2: National PB&J Day

April 22: Earth Day

May 1: Lei Day

May 13: Mother's Day

May 31: Memorial Day

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

Spring Cooking Idea (Cookies)

Ingredients

- * 1/2 tube refrigerated sugar cookie dough, softened
- * 1/3 cup all-purpose flour
- * Red sugars, nonpareils or sprinkles
- * 1 ounce white baking chocolate
- * 2 tablespoons cream cheese, softened
- * 1 tablespoon butter, softened
- * 4 drops red food coloring
- * 1/2 cup confectioners' sugar

Directions

1. In a small bowl, beat cookie dough and

flour. Roll out on a lightly floured surface to 1/8-in. thickness. Cut with a floured 2-3 in cookie cutter. Place 2 in. apart on ungreased baking sheets.

2. Decorate half of the cookies with sugars. Bake at 350° for 7-9 minutes or until edges are golden brown. Remove to wire racks to cool.

3. In a microwave, melt white chocolate; stir until smooth.

4. Cool. In a small bowl, beat the cream cheese, butter and food coloring until fluffy. Gradually beat in confectioners' sugar and melted chocolate until smooth. Spread over the bottoms of plain cookies; top with decorated cookies. Store cookies in the refrigerator. (Yield: about 1 dozen)

SAFETY WORKS!



Bike Safety:

Riding a bike is one of the unspoiled pleasures of childhood.

Hawai'i's weather is perfect for bike riders of all ages but in order to enjoy a fun and SAFE ride, we must follow some basic rules:

- **Always wear a helmet** • Wear bright colors • Use blinkers when riding in the evening • Stay on bike paths • Don't assume drivers will be able to see you even when you are doing your part to stay safe

Riding Facts: Each year, approximately 140 children under the age of 15 are killed on bike related accidents. Hawai'i state law requires that anyone under the age of 16 to wear a helmet. Helmets can reduce the risk of head injury by 85% and severe brain injury by 88%. It's been estimated that 75% of fatal head injury among child bicyclists could have been prevented with the use of a helmet. More kids (ages 5 to 14) are seen in emergency rooms for biking related injuries than any other sport.

For more information, visit www.safekids.org

Be Smart. Protect Your Head!

SUGGESTED READING

Books you may find at your local library:

Five Minute's Peace By Jill Murphy

Someday By Alison McGhee & Peter H. Reynolds

The Beastly Feast By Bruce Goldstone

Back of the Bus By Aaron Reynolds

We are in a Book! By Mo Willems

To celebrate his birthday, a tribute to Dr. Seuss:

Hooper Humperdink...? Not Him!

Would You Rather Be a BullFrog?

In a People House



In partnership with the Joyful Heart Foundation, the Hawai'i Children's Trust Fund recently launched a statewide public awareness campaign,

"One Strong 'Ohana."

There are many things *you* can do to help prevent child abuse and neglect in your community. For more information on how to get involved, please contact join@onestrongohana.com