



A Newsletter for Parents of Young Children

WINTER 2017

# The Parent Line

## Why Crafts are Good for Kids & Parents, too!

**BECAUSE IT'S FUN!** Research shows that doing crafts with your kids has lifelong benefits. Crafting together is good for bonding, builds skills, and helps with stress in both parents and children alike!

**Crafting increases organizing and problem-solving.** This can help you stay more organized and it can help your child with skills needed for school and later in life.

**The laughter and doing things together creates memories.** The skills of problem-solving, sharing, and working together can be used in other life challenges.

**Crafting helps the brain and body to relax.** Actions done over and over again, such as brush strokes, can calm the mind which can lower stress and be good for both adults and children.

**Activities that involve squeezing paint glue, and cutting with scissors, build skills that are part of everyday life such as tying shoes and dressing independently.**

### Some ways to make crafting easy:

- **Have a Craft-Stash:** having craft items such as crayons, scissors, glue, construction paper already on-hand can be very helpful. Many craft ideas encourage recycling items already found around the house, such as toilet paper rolls, plastic bottles, and bottle tops!
- **Set up a Craft Station:** If there is room, making even a tiny corner of the room or a desk as a "craft station" can make crafting even easier.
- **Search the internet:** Searching craft ideas together on the internet can be a fun way to peak interest and get ideas, while also learning computer skills.



**Getting kids to craft and crafting together can make finding the time for these activities well worth it!**

THE PARENT LINE IS HAWAII'S PREMIER RESOURCE ON CHILD BEHAVIOR, CHILD DEVELOPMENT AND PARENTING SUPPORT. WWW.THEPARENTLINE.ORG

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## A Parent Asks

**Q:** Every night there is a battle over homework at our house. Our son is behind at school and his teacher says if he does not start catching up on his homework he may have to stay back a grade. How can we get him to do his homework?

**A:** It is appropriate to set up a routine at your home with a time of day set aside for quiet work without the TV or radio going and when everyone is involved in some form of learning. Involve your child in making choices about this time, such as where he wants to sit while doing his homework.



## SPECIAL DATES TO REMEMBER

December 7 – National Pearl Harbor Remembrance Day

December 7 – Teachers Appreciation Day

December 25 – Christmas Day

January 1 – New Years Day

January 15 – Martin Luther King Jr. Day

February is National Parent Leadership Month

February 14 – Valentine's Day

February 16 – Chinese New Year

February 19 – Presidents Day

## Suggested Reading

*Books Available at the State Libraries*

Fun Things to do with Egg  
Cartons

By Kara L Laughlin

Bugs, Bees, and Other  
Buzzy Creatures

By Dorling Kindersley  
Publishing Staff

Fun things to do with Milk  
Jugs

By Marne Ventura

Making Sock Puppets

By Kathleen Petelinsek

Cuter Book

By Aranzi Aranzo



## Craft Corner

Watercolor Snowflake Grid

### MATERIALS

Watercolor paper

Ruler

White crayon

Scissors

Liquid watercolor paint

Masking tape



### DIRECTIONS

1. Use a ruler to divide a sheet of watercolor paper into 4 equal sections. Write a small number 1, 2, 3 and 4 was written in the top right corner to help match the panels later on.
2. Using a white crayon draw lots of snowflakes. Some pressure is needed to make sure that thick, white lines are drawn with the crayon.
3. Cut the four panels apart and paint each panel with a different color of watercolor paint.
4. Line up the four panels to match their original layout, and tape from behind.

<http://artprojectsforkids.org/snowflake-resist-watercolor-grid/>

## SPOTLIGHT ON SAFETY

1-4 Years



**WATER SAFETY-** Never leave child alone near any water, including baths. Use toilet locks. Obey water safety signs.

**STREET SAFETY-** Do not allow child to play near street or parked cars. Teach child good walking habits. Make sure bike helmet is worn the right way – low over forehead, strap tight.

**SHAKEN BABY SYNDROME-** Never shake a keiki or play too rough; don't tickle too much or throw too high into air.

**CAR SAFETY-** Always buckle child correctly into child/passenger safety seat, in back seat of car. Never put child in front of an airbag. Don't let child ride in back of pick-up truck.

**FALL PREVENTION-** Put gates and locks on stairways, lanais and doors. ALWAYS supervise child at playgrounds; check playground equipment.

**CHOKING PREVENTION-** No balloons, plastic bags or small objects near that can go into child's mouth and pose a choking hazard

**POISON PREVENTION-** Use safety caps on all medicines. Keep household cleaning products out of reach, in storage bins. Keep poison control hotline number handy: 1-800-222-1222

For more information on safety for 1 to 4 years visit  
[kipchawaii.org](http://kipchawaii.org)

Source <http://kipchawaii.org/keiki-safety-tips/1-4-years/>