

Summer 2023



The Parent Line

Listening and Talking to Your Preschooler



When you show your child that you are listening, it sends the message that what your child is thinking and saying is important to you. This message is great for modelling healthy communication, as well as nurtures your relationship and bond with your child.

Here are tips to show your child that you are listening:



- When possible, stop what you are doing and give your full attention to your child and/or ask your child to wait a few minutes until you can give them your full attention.
- Kneel down so you are eye level with your child and establish eye contact. This conveys the message to your child that he/she has your full attention.
- When your child tells you something, summarize it back to your child, this process helps to ensure you understand what your child is saying.
- Use phrases that show you are interested. For example, you can say, "Really?" "Tell me more." or "And then what happened?"
- When your child speaks, try to align your behaviors and responses to what your child is saying, this helps to ensure your child feels heard, understood, and supported.
- Try to listen until your child finishes telling a story, children are more likely to talk and communicate when they feel safe communicating without getting cutoff or interrupted.



Your child can use and understand a lot of words, but they still might have trouble understanding what you are saying sometimes. Here are some ideas that can help you talk and communicate clearly with your child:

- Try to say exactly what you mean. Children are learning to build their vocabulary and communication skills. Your child might not understand lengthy directives, jokes, exaggeration, or sarcasm. If your child doesn't understand what you are saying to them, they might misinterpret what you are saying, and it could lead to miscommunication and hurt feelings.
- Your body language and facial expressions should match what you are saying. For example, smile and make eye contact when you tell your child you love them.
- If your child doesn't understand what you are saying, repeat the same message in a couple of different ways, repetition, rephrasing, and summarizing are key for children to learn healthy and effective communication. For example, "Put your bag on the hook." Or "Pick up your bag and hang it on the hook."
- Help your child learn "why" by explaining things when you are speaking. This helps children to understand the content behind the message. For example, "We do not ride bikes on the road because we might get hit by a car."
- Encourage your child to take turns when you are talking together. This develops good conversation skills.

Children are curious, they'll ask a lot of questions, take your child's questions seriously and take the time to give a genuine answer. In doing this, you will encourage your child to keep asking questions. This helps encourage curiosity and wonder in your child to learn about the world as they learn, grow, and develop. If you do not know the answer to your child's question, it's ok to say you don't know. Learning with your child is a great opportunity to teach your child problem solving skills. You and your child can figure out the answer together. For example, you could say "That is an interesting question, let's see if we can find out." "Can we ask someone we know?" "Can we look on the internet or find a book at the library?"

Source: Talking & listening to preschoolers: tips | Raising Children Network

If you need to discuss communicating with your child or any other parenting topic, please call The Parent Line at 808-526-1222 or 1-800-816-1222.

Suggested Readings

Compiled by the staff of the Edna Allyn Room for Children at the Hawai'i State Library. Mahalo!



Tell Someone

By: Debra Kempf
(Ages 4-8)

Wordy Birdy

By: Tammi Sauer
(Ages 3-7)

Crunch the Shy Dinosaur

By: Cirocco Dunlap
(Ages 3-7)

The Rabbit Listened

By: Cori Doerrfeld
(Ages 3-7)

Let's Get Cooking

Easy Egg Salad

Source: kristineskitchenblog.com



Ingredients:

- 6 large Boiled eggs
- 2 teaspoons Dijon mustard
- ¼ cup plain Greek yogurt or mayonnaise
- ¼ teaspoon each of salt and pepper or to taste
- ¼ cup finely chopped red onion or to taste

Instructions:

1. Guide your child to peel the eggs.
2. In a large bowl, model mixing the Dijon mustard, plain Greek yogurt (or mayonnaise), salt and pepper.
3. Chop the eggs and add them to the bowl, along with the chopped red onion, it is recommended the adult chop the eggs and red onions.
4. Stir until well combined.
5. Taste and season, as needed.
6. Serve egg salad in a sandwich with lettuce, or toasted bread with sliced avocado, or in lettuce wraps.

Notes: Store egg salad in a covered container in the refrigerator for up to 3 days.



Suggested Resource

Strong Families Home Visiting (SFHV)



A private nonprofit serving Hawai'i since 1899

Strong Families Home Visiting (SFHV) is an intensive, referral-based program that focuses on providing services to at-risk families with children between 0 and 5 years of age, including prenatal, and living within the Greater Leeward (Kunia, Wahiawa, Mililani, Waipahu, Ewa, Kapolei, Waianae) areas of Oahu. Referrals must be submitted by a caseworker through Child Welfare Services (CWS), Voluntary Case Management (VCM), Family Strengthening Services (FSS), or Permanency Support Services (PSS). Recently certified in Parents as Teachers® curriculum, SFHV staff will work alongside parents to create a safe home environment, promote healthy growth and development, and build strong parenting skills, as well as a strong network of support.

Spotlight on Safety

Outdoor Emergency Plan

It is important to have an outdoor emergency plan for you and your family. Consider these outdoor tips to help keep your family safe.

- Practice ladder safety. If you plan to climb a ladder, you should do so accompanied by someone who can help in the event of an emergency. Be sure ladders are placed on level ground and are secured. Do not let children play on ladders and always supervise children if they are climbing on a ladder.
- Check outdoor electrical cords for frays and damage.
- Check any gas-operated equipment to be sure all fuel lines are safely secured with no leakages.
- Be sure all equipment used for lawn and outdoor purposes is properly fueled outdoors to eliminate the risk of inhalation.
- Keep all dangerous objects, liquids and chemicals locked up and away from children.
- Create an emergency contact list with names and phone numbers of other family members children can call in case of emergency, family doctor name and phone number and a neighbor's name and phone number.

In addition, here are some other important phone numbers to have in case of emergency.

- Poison Help Line: 1-800-222-1222
- Police, Fire, Ambulance: 911
- National Battery Ingestion Hotline: 1-800-498-8666



Source: Spring Safety Tips | 14 Point Spring Safety Checklist 2020 | Seymour EMS



Special Days to Remember

June

- 1 – National Say Something Nice Day
- 11 – King Kamehameha Day
- 12 – National Children's Day
- 18 – Father's Day

July

- 1 – International Joke Day
- 4 – Independence Day
- 14 – National Mac and Cheese Day
- 30 – International Friendship Day

August

- 4 – National Choc. Chip Cookie Day
- 16 – Tell a Joke Day
- 18 – Hawai'i Statehood Day
- 22 – National Tooth Fairy Day