



A Newsletter for Parents of Young Children

FALL 2017

The Parent Line

Routines Strengthen Families!

DID YOU KNOW that routines are helpful with managing challenging everyday tasks, and can also strengthen your family bonds? A great routine can have a positive impact on all family members! Routines help each family member know who is doing what, in what order, and how often.



Why routines are good for children

Some children like and need routine more than others. In general though, routine has the following benefits for children:

- They can teach younger children healthy habits, like brushing their teeth or getting some exercise.
- Routines built around fun or spending time together strengthen relationships between parents and children. Reading a story together before bed or walking the dog together can become a special time for you and your children to share.

Why routines are good for parents

Routines take some effort to create! But once established they have lots of benefits:

- Regular and consistent routines can help you feel like you're doing a good job as a parent.
- As children get better at following a routine without prompts, parents can give fewer instructions and nag less.

Family life may be more chaotic without routines, but there's more to it than that. Routines also let your child(ren) know what's important to your family. They can help strengthen your shared beliefs and values, and build a sense of belonging and cohesion.

Routines can be hard to establish at first, always remember to pause often, take deep breaths, and keep focused on the end result of strengthening your family through routine!

BUILDING SKILLS

Peanut Butter and Banana French Toast

Ingredients:

- 1 egg
- 1 dash vanilla extract
- 2 tablespoons creamy peanut butter
- 2 slices bread
- 1 small banana sliced
- 2 tablespoon butter



Directions:

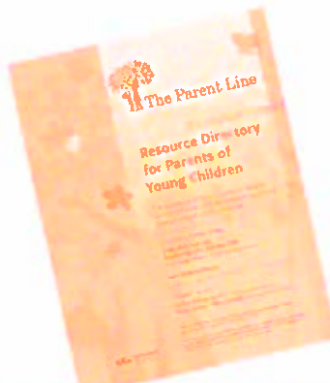
Together with your child measure the ingredients together and in a small bowl, lightly beat the egg and vanilla together. With your assistance, help your child spread 1 tablespoon of peanut butter on top of the slices of bread. Place the banana slices on top of each slice of the bread. You can encourage your child to count the banana slices with you. Working with your child increases their knowledge about math and their vocabulary.

In a skillet or frying pan, melt the butter over medium heat. Dip the sandwich in the egg mixture and place in the heated skillet or pan. Cook until both sides are brown.

www.allrecipies.com

Resource Directory for Parents of Young Children

The Resource Directory for Parents of Young Children provides contact information to the many community organizations. It is Hawaii's premier resource on child behavior, child development, parenting support, and community development.



If you would like a copy of the directory please call The Parent Line at **521-1222** or neighbor islands toll free **1-800-816-1222**

You can also download the directory at www.theparentline.org

Special Days to Remember



- September 4 – Labor Day
- September 10 – Grandparents Day
- September 11 – Patriots Day
- October 9 – Discovers' Day
- October 31 – Halloween
- November 5 – Daylight Savings Time Ends
- November 11 – Veterans Day
- November 23 – Thanksgiving

Suggested Readings

Books Available at the State Library

Wash, Scrub, Brush

By Mick Manning

I'm not ready!

By Jonathan Allen

Clean-Up Time

By Rosemary Wells

Froggy Gets Dressed

By Jonathan London

The tooth book: a guide to healthy teeth and gums

By Edward Miller

Brush, brush, brush!

By Mick Manning

SPOTLIGHT ON SAFETY

Birth to 1 year

SUFFOCATION & CHOKING: Back to Sleep & Tummy to Play: No pillows, toys or soft bedding in sleep area. Playpen and crib should meet safety standards, (slats 2-3/8" wide) . Always buckle baby when in a bouncy seat, swing or high chair.

No balloons, plastic bags, curtain cords or small objects near baby. No small foods or pebbles given to baby. No grapes, hot dogs, popcorn, nuts, hard candy, soft bread, gelatin or peanut butter.

SHAKEN BABY SYNDROME : Always handle baby gently. NO shaking or rough play. Handle frustration – if baby cries too much, put baby in a safe place like a crib, for a few minutes and take a break.

FALLS: NEVER leave baby alone on a counter top, changing table or Put safety gates on stairs, lock doors to lanais, close doors to outside. Install window guards that adults can open.

POISON: Put all medicines, household cleaners, paints, insecticides and chemicals in a storage bin up high, out of sight and out of reach. Keep insecticides in original containers.

DROWNING: Never leave baby alone near any water – including bathtub, bucket, swimming pool or ocean. Keep toilet lids shut; use toilet locks.



For more information on safety for birth to 1 year visit kipchawaii.org

Source: <http://kipchawaii.org/keiki-safety-tips/birth-1-year/>