



A Newsletter for Parents of Young Children

FALL 2018

The Parent Line

Managing and Communicating Feelings

One of the responsibilities as parents is to teach our children how to manage and communicate feelings, both happy and sad. Happy feelings such as glad and merry; are usually easy for a child to express and control. Sad feelings on the other hand; such as anger and frustration are usually exhibited by tears. Our job as parents is to help our children show and talk through the different feelings.



Communication is a key to healthy relationships.

Communication allows us to share oneself and show that you care about others. Communication skills are taught and passed onto children by adults. Building communication skills is an ongoing process, but it is well worth the time.

Every experience we have leaves us with both a memory and a feeling. Good experiences leave us with good memories and feelings of comfort. Bad experiences leave us with unpleasant memories and feelings of discomfort. It is important when our children are young that we take the

time to observe our children and to help them express all of the different feelings that they may have.

For more information on this topic or other parenting supports please contact The Parent Line:

Oahu: 526-1222

Neighbor Islands: 1-800-816-1222



Building Skills

Sugar Cookies

½ cup butter	1 ½ cup flour
¾ cup sugar	¾ teaspoon baking powder
1 egg	2 tablespoons sugar +
1 tablespoon milk	1 tablespoon cinnamon to
½ teaspoon vanilla	make Cinnamon Sugar
¼ teaspoon salt	

Cream the butter and sugar. Add egg, milk, and vanilla. Then add flour, baking powder, and salt. Then together with your child you can roll dough into 1.5" balls and roll them in cinnamon sugar. As you roll the balls you can count with your child how many each of you make. Bake on a cookie sheet for 12 minutes at 375F. Makes approximately 1 ½ dozen cookies.

Source: livecrafteat.com/eat

A Parent asks

Q: *I have a shy child who wants to make friends but I am not sure how to help. How can I help my shy child make friends?*

A: Shy children need friends too. Give them lots of opportunities to interact with children while you are around so that they feel safe. Some ideas might be:

- Organize play dates at your house with a few children.
- Sign them up for activities so that they can interact with other children over shared interests and have something to talk about.
- If you are going to a birthday party or other event be the first to arrive so that your child has a chance to meet children one by one as they arrive and do not feel overwhelmed by too many people at once.

Try not to push your child into friendship or games. Rather, try and support them in finding ways to make friends that are comfortable to them.



Spotlight on Safety

Being aware of bicycle safety tips and following the rules of the road helps keep you safe to enjoy cycling fun. In most places, bicycles are considered a type of vehicle and the bicycle riders are responsible for knowing and obeying the rules of the road. Bicyclists should always be prepared and aware of other vehicles in their surrounding area.

Safety on the road

Bicycles, like other vehicles, must obey all road signs and traffic signals. Always follow the lane markings on the roadways. For example, if you are in a lane marked turn only do not go straight ahead. Never make a left turn from the right lane of a roadway. Always ride your bicycle on the side of the road with the flow of traffic. Do not pass motorists on the right side. If you are riding in slow-moving traffic, ride in the middle lane. Use hand signals to let motorists know your intentions. Make eye contact with a motorist that you feel may be a dangerous driver.

Source: safety.lovetoknow.com/personal-safety-protection/bicycle-safety-tips

Suggested Readings

Books available at the state libraries

Glad monster sad monster by ED. EMBERLEY

The way I feel by JANAN CAIN

Lots of feelings by SHELLEY ROTNER

My many colored days by DR. SEUSS

Today I feel silly and other moods that make my day
by JAMIE LEE CURTIS



SPECIAL DAYS TO REMEMBER

September 3: Labor Day

September 9: Grandparents Day

OCTOBER IS DOMESTIC VIOLENCE AWARENESS
MONTH

October 8: Columbus Day

October 31: Halloween

NATIONAL ADOPTION MONTH

November 11: Veterans Day

November 22: Thanksgiving Day

