



A Newsletter for Parents of Young Children

SUMMER 2019

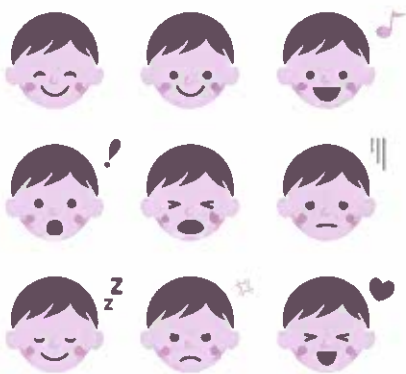
The Parent Line

HELP!

My child won't stop biting!



For most (if not all) parents caught in this situation, it can be very frustrating trying to figure out what to do when this happens.



Biting is a normal part of development and is usually a phase that happens with children between the ages of 1 and 3. Early on, we give babies teething rings or other items to aid with the discomfort of their teeth coming out. They learn at an early age that biting can be a good thing. As they become toddlers, some experiment with biting their mother's breast or father's leg to get attention. Some children bite to feel strong and assert their control, and other children may bite in self-defense. Some children bite to express their emotions, from love to anger to frustration or irritation. Many times, children don't know how to express themselves verbally and biting is their way of releasing tension.

The Don'ts:

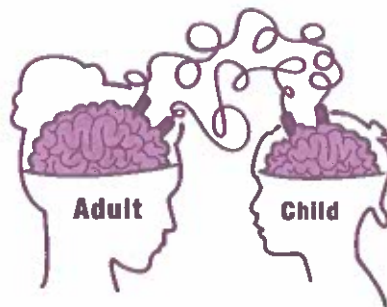
Avoid labeling your child as a biter. Negative labels can affect how you or others view your child. It can even affect how your child views themselves.

Avoid getting angry, yelling or shaming your child.

Do not punish your child. Punishment will make your child angry and upset. Instead, teach them discipline and self-control.

Avoid giving your child too much attention as it can reinforce the behavior.

If this is the first time your child bit someone, whether it is you, a family member, or another child, Step 1 is to say in a firm voice, "No biting. Biting hurts." Then give the child a choice to help make the person feel better or have them calm down and sit quietly until you can talk to them. Step 2 is to model for your child how to be comforting and nurturing to the child that was bitten. Step 3 is to find out what led to the biting incident. Restate that biting hurts others and is not allowed. As with any behavior, it takes patience and consistency to make the changes that you desire your child to have.



Spotlight on Safety

Swim Safety

Children should always be supervised. Whether you're in the backyard, a public pool, or at the beach, make sure there is a responsible, designated adult to watch the water when children are swimming.



- * Swim with a buddy. Enter the water feet-first.
- * Empty portable pools when not in use. Children can drown in as little as one inch of water.
- * Stay within designated swimming areas.

Swim near lifeguards. Follow posted safety rules — no running, pushing or dunking.



Bike Safety

Obey traffic signs and signals. Always wear your helmet. Ride on the street about 2 or 3 feet from the curb.

- * Always use hand signals before turning or stopping.
- * Watch carefully for cars.



Suggested Readings

Check out your local library



The Busy Body Book
By Lizzy Rockwell

Duck on a Bike
By David Shannon

No Biting!
By Karen Katz

Be Kind
By Pat Zietlow Miller



Move Your Body!
By Gina Bellisario

Special Days to Remember

June 11: Kamehameha Day

June 16: Father's Day

July 4: Independence Day



August is National Wellness Month

Focus on self-care, managing stress, and promote healthy routines!

August 16: Statehood Day

Oahu Hikes

Summer time is when school is out and it's time to go out! Hiking is a great activity for the entire family. Everyone gets exercise, spends quality time together, and it's free! Remember to always tell someone where you are going, do not hike alone, do not leave valuables in the car, wear sunscreen, and stay hydrated!



EASY

Makapu'u Lighthouse Trail – 2 miles/1-2 hours

This trail is a paved pathway to two lighthouses on the

East side of Oahu. Once at the top, it's a great view for whale watching and seeing the other islands. Great for families and pets.

MEDIUM

Lulumahu Falls – 1.5 miles/1-2 hours

A nice, wet trail that is usually muddy leads to a waterfall. This hike is in Nu'uuanu Valley through the forest on a dirt trail with occasional river crossings.

HARD

Mt. Ka'ala – 7 miles/4-8 hours

A long and strenuous hike that starts on Waianae Valley Road. It has

panoramic views of the entire island of Oahu. Be prepared for some bouldering, vertical ridges, and intermediate climbing.



For more information regarding the hikes listed and many others on Oahu and the outer islands, visit www.oahuhike.com!