



"Off To A Good Start"

A Newsletter for You and Your Kids

University of California Cooperative Extension 858 514-4976 <http://cesandiego.ucdavis.edu>

Discipline

Parents are responsible for setting a good example for their children, setting rules and disciplining their children when those rules are broken. Good discipline is an act of love and is a way children learn from their mistakes.

One way to avoid discipline problems is to begin with prevention. There are many ways in which to prevent discipline problems. These include:

- Thinking ahead - try to stop poor behavior before it starts. Take games along for long car rides, bring books to restaurants, and pack toys for visits with friends
- Reducing Stress - yes, children have stress.



(Cont. on page 3)

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Suggested Book List



Reading
is FUN!

- **The Napping House** by Audrey Wood
- **The Runaway Bunny** by Margaret Wise Brown
- **When Will It Be Spring?** by Catherine Walters
- **Cuckoo** by Lois Ehlert
- **Hands** by Dana Meachen Rau
- **The Dinosaur Who Lived in My Backyard** by B.B. Hennessy
- **Where the Wild Things Are** by Maurice Sendak
- **Leo, the Late Bloomer** by Robert Kraus
- **The Grouchy Ladybug** by Eric Carle
- **Clap Your Hands** by Lorinda Bryan Cauley
- **If You Give a Mouse a Cookie** by Laura Joffe Numeroff

Inside this issue:

Discipline	1
Suggested Book List	1
Fingerplay Activity	1
Activities to do with your Child	3
Winter Fruits and Recipes	3

Fingerplay Activity

Touch Your Nose

Touch your nose; touch your chin;
That's the way this game begins.
Touch your eyes, touch your knees;
Now pretend you're going to sneeze.



Touch your hair, touch one ear;
touch your two red lips right here,
Touch your elbows where they bend;
that's the way this touch game ends.



Two Kids Page Inserts

Discipline (cont. from page 1)

Help your children feel loved and safe. Make sure they have regular nutritious meals and snacks. Be sure they get enough rest through quiet times mixed with active times and plenty of sleep at night.

- Teaching good behavior - lead by example. Talk to your children about what you believe is good behavior. Catch children being good and then give them a lot of praise.
- Keep it positive - say what behavior you want, rather than what you don't want. Use "I" messages. For exam-

ple, "I want you to pick up your toys and put them into your toy box". Let your child choose to do something rather than telling your child not to do something. For example, instead of, "You can't go outside without a coat" try "Do you want to wear your coat or your sweater".

When making rules, there a couple of things to keep in mind. Parents need to set the rules, but also listen and respond to your child's ideas about them.

- Make rules very clear. Children need to know what is expected

of them. Explain your rules in ways that your child will be able to understand.

- Set rules that you know you will enforce. Rules only work if children are able to follow them and if parents can consistently enforce them. It doesn't do any good to tell your child you will *never* take them to the toy store again if they keep misbehaving, unless you really mean it. If children know you won't enforce your own rules, there is no reason for them to behave properly.

Activities to Do with your Child

Leaf Hunt

Take a walk with your child in the park, zoo, or neighborhood. Bring a box or some other type of container with you. As you walk, have your child find different kinds and colors of leaves. Put them in the box.

When you get home, have your child try to guess how many leaves you collected. You can also have your child sort the leaves by color or size.

My Body

Materials:

Construction Paper, Magazines, Scissors, Markers or Crayons, Glue

Instructions: Have your child draw a circle on the construction paper - this becomes their 'head'. Ask your child to find all their body parts from *different* pictures in the magazines (like eyes, nose, mouth, hair, arms, legs, neck, body, etc.) Have your child glue them onto their construction paper body.



Winter Fruits

The bright orange of fresh oranges and tangerines remind us that sunshine can exist during the winter months. Small children love their fresh sweet taste. Parents love their vitamin C which helps keep children healthy during the long winter months. *Enjoy winter fruits!*

Oranges and tangerines are available year round in the grocery store. However, they have their peak season during January, February and March.

These are the months when they taste their best and are the cheapest!

Tangerines are a special treat during the winter. Most are only available November through April. Tangerines are great for small children. They are smaller than an orange which can be a perfect size.

They are very easy for little hands to peel. *And they are sweet!*

Sweet Treats

- Add tangerine or orange segments



to coleslaw or cottage cheese.

- Add tangerine or orange segments to tuna salad or chicken salad.
- Toss orange or tangerine segments into a lettuce salad.
- Dip orange or tangerine segments in flavored yogurt.
- Sprinkle orange segments with brown sugar and cinnamon. Broil until sugar is bubbly and serve on ice cream.
- Slice an orange in half and eat with a spoon.



Easy Fruit Salad

Canned mandarin oranges are a great source of Vitamin C!

1 can fruit cocktail, packed in juice
11 oz. can mandarin orange segments, drained

2 bananas, peeled and sliced

Drain syrup off mandarin oranges. Combine fruit cocktail, mandarin oranges and bananas in bowl. Serve chilled. *Small children can help make this salad. They can slice bananas with a table knife (don't use a sharp knife), pour fruit into bowl or help stir fruit together!*

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