

"Off To A Good Start"

A Newsletter for You and Your Kids

University of California Cooperative Extension

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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

- 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

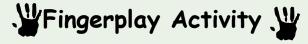
- Where the Wild Things Are by Maurice Sendak
- Leo, the Late Bloomer by Robert Kraus
- The Grouchy Ladybug by Eric Carle
- Clap Your Hands by Lorinda Bryan Cauley
- If You Give a Mouse a Cookie by Laura Joffe Numeroff

Reading

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Two Kids Page Inserts



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.

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 <u>very</u> 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

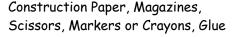
Leaf Hunt

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:



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.
 - gerine red
- 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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