

Parents as Teachers Fall 2011



Branson Parents as Teachers

Let's Learn Colors

With the Fall fast approaching I encourage you to get outside and enjoy nature. It is a great way to teach your child colors. Your 2 year old is learning colors, even if he isn't saying the names of colors yet. Learning colors takes a long time. There are three main steps and each step may take weeks or months.

Step 1: Matching colors

Your child can give you something that is the same color as something you have. For example, if you place a red bowl on the table he can find the red cup that matches it.

- Make clean up time learning time.

Ask your child to pick up all the toys of one color. When he is finished, go on to another color.

- Pick a "color of the day." Look for the special color all day.
- Say the color names of things all day long.

Step 2: Pointing to colors.

Soon your child will be able to find a color you name. If you ask him to hand you the red sweater, he will be able to. During this step you can ask him to point to packages and cans that are a certain

color. Play the I Spy game. Say "I spy something in this room that is blue. Your child has to find what it is.

Step 3: Naming colors.

The final step in learning colors is to say the color names. When your child can answer the question "What color is this?" you know that he has learned his colors. To help your child say his colors you can:

- Read books about colors. Ask your child the name of the color on each page.
- Pick up fall leaves and ask your child to name the color.

Read from the Start

Read from the Start is the Missouri Humanities Council's statewide family reading initiative. Read from the Start is a free program designed for parents and caregivers of children ages birth to five years old. Participants

learn to create positive experiences with their children using books, stories, and conversation.

Read from the Start participants:

- Attend a two-session workshop where they

discover new ways to bring stories to life.

- Learn how to instill in their children a love of books and stories.
- Receive a set of seven FREE books.

September 2011

Special points of interest:

- Read from the Start
- November 7th and 21st.
RSVP-Robin @417-336-1887 ext. 6135
- Fall Carnival
October 27th
- Gingerbread Night-
December 13th
- Ready, Set, Go
- April 24th

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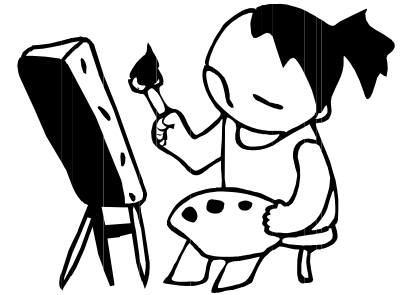
Ways to Encourage Fine Motor Development

The period from 3 years to kindergarten entry is especially important in the development of your child's fine motor skills or the control of small, precise movements. Fine motor movements include those of the hands, fingers, toes, mouth, lips, tongue, and sphincter muscles. Such movements are necessary for many activities, including writing, using scissors, buttoning, zipping, tying shoes, controlling bowel and bladder; and later, keyboarding and playing a musical instrument.

You can help your child by providing activities that exercise small muscles. Keep in mind, however, that it may be difficult for children in this age range

to remain seated for long periods of time. Your child will enjoy activities more if you join in with him-and you'll have fun, too. Activities for preschoolers that encourage fine motor include:

- Scribbling, drawing, and writing.
- Cutting
- Painting with paint or water.
- Stringing.
- Finger painting.
- Touching and squeezing textured items.
- Sorting small objects.



Handedness: right vs. left

Many children show no hand preference until the end of the preschool years. By kindergarten entry, almost all children show a clear preference for the use of one hand over the other. Among 5-year-olds who show a clear-cut tendency to use one hand over the other, about 90 percent are right-handed. More boys than girls are left-handed.

Is handedness hereditary? Twins-whether identical or fraternal-are more

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likely than ordinary siblings to display opposite handedness. Furthermore, hand preference seems to be related to

a child's position before birth. Most fetuses lie with their bodies turned toward the left, which some researchers believe promotes right handedness.

It is generally recommended that you allow your child to develop his hand dominance naturally. Try to avoid placing objects in one hand or the other. Instead, hold them out directly in front of him and let him use the hand with which he feels most comfortable.

Looking for Child Care?

Child Care Resource and Referral offers you.....

- Referrals to quality child care providers within your area
- Information for selecting quality child care
- Personal assistance in evaluating your child care needs

- Enhanced Inclusion Referral Services

Child Care Resource and Referral
1910 E. Meadowmere
Springfield, MO65804
(417) 887-3545 or (800) 743-8497
Serving 28 counties in Missouri



Weaning from Thumb-Sucking, Pacifiers, or Bottles

Are you considering weaning your child from bottles, pacifiers, or thumb sucking? Consider your approach with care. It will be a big adjustment for your child!

Sucking helps children soothe themselves. This is an important skill to learn. But by the time they are toddlers, they will have other ways to find comfort.

To make weaning easier for your child:

- Make sure that this is the only change going on in her life.
- Keep your routines the same.
- Make changes gradually.
- Give her extra affection and support-remember, she is learning something new.
- Be prepared to offer distractions.
- Give her a substitute like a stuffed animal, blanket, doll, or other comforting toy.
- Avoid harsh words, teasing, or punishment-these are not effective ways to break a habit.



Playing Peek-a-boo With Your Baby

Babies around the world love playing this classic game. At around 6 months your baby is beginning to notice that you are out of his sight sometimes. Peek-a-boo combines the feeling of missing you with the joy of seeing your face again. The game helps him learn that even when he can't see you, sooner or later you will reappear.

How to play

- Begin by covering your face with your hands or with a blanket.
- Hide behind a door or piece of furniture, pop out and say "Peek-a-Boo!"
- Look for your baby to squeal or try to say peek-a-boo himself.

When he can crawl or walk, play a combination of hide-and-seek and peek-a-boo. Hide behind a chair or couch or around a corner. Call to your baby to come. Let him find you.

Let the games continue!

Your baby has learned that you are a good partner for play. Now that he can sit up and control his arms and legs more, he is ready to learn new games that challenge his coordination.

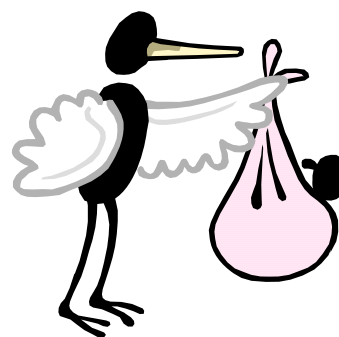
Helping Your Toddler Adjust to the New Baby

Welcoming a new baby is an exciting time for your family! Your toddler knows something big is about to happen, but he may need help figuring out what it means for him. You can do many things to help your child get ready for a new brother or sister.

- **Share the news.** Wait until mom's pregnancy is showing before telling your toddler. Sharing the

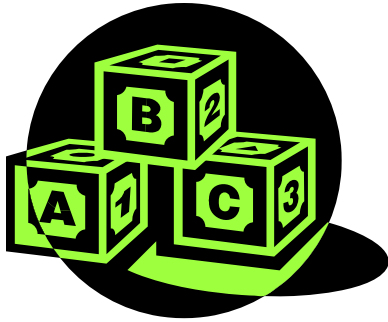
news too soon makes for a long wait!

- **Make believe.** Pretend to do things you might do when the baby arrives-diaper changing, feedings, and so on. Let your child know the new baby is an addition, not a replacement.
- **Start early to create a safe and healthy home for your baby!**



Branson Parents as Teachers

404 Cedar Ridge Drive
Branson, Missouri 65616
417-336-1887 ext. 6135
Robin M. Mackey-Supervisor



Born to Learn

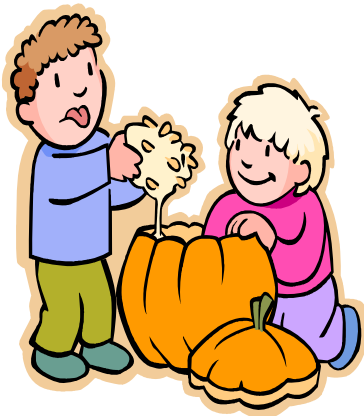
Vision-All children will learn, grow and develop to realize their full potential.

Mission-To provide the information, support and encouragement parents need to help their children develop optimally during the crucial early years of life.

Core Values-The work of Parents as Teachers is grounded in these basic beliefs:

- Parents are their children's first and most influential teachers.
- The early years of a child's life are critical for optimal development and provide the foundation for success in school and life.
- Established and emerging research should be the foundation of parent education and family support curricula, training, materials, and services.
- All young children and their families deserve the same opportunities to succeed, regardless of any demographic, geographic, or economic consideration.
- An understanding and appreciation of the history and traditions of diverse cultures is essential in serving families.

Calendar of Events



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|----------|------------------------------------------------------------------|
| 9/7/11 | 11:00-Noon-Wednesday Play groups begin-Primary Gym |
| 10/27/11 | 5:00-6:30 PM-Fall Carnival-Primary Gym |
| 11/7/11 | Read from the Start-RSVP Primary |
| 12/13/11 | 4:00-5:30 PM-Gingerbread Make-It-Take-It Night Primary Cafeteria |
| 2/29/12 | 5:30-7:00 PM-Family Fun Night-YMCA |
| 3/6/12 | 6:00-7:30 PM- Hispanic Resource Night-Primary |
| 4/24/12 | Ready, Set, Go -Primary Cafeteria |

