

Welcome January!



Success is it!

Time to start off the year using every trick in the book for succeeding. Here are the top seven for getting a good start and running with the ball.

1. Create a spot for a guiding message of the day.” A blackboard, dry erase board, or even a bulletin board would work. Here are some beginning samples.
 - a. I feel good this morning.
 - b. This is going to be a great day.
 - c. I am ready to succeed.
2. Start a positive adjectives collection. Every time you think of one write it on an index card and place it in a bowl. Have each family member pick one each morning before leaving the house. It will be his or her own “word of the day.” Here are some starters: bright, capable, intelligent, optimistic, responsible, dedicated, thoughtful, motivated, helpful, etc.
3. Have a job/professions list. Add to it every time you think of one. Go over the list from time to time with your child. Explore with your child any particular one that captures his or her interest. Include talent-driven fields like writing, acting, or becoming an athlete.

4. Use positive comments to encourage success. Always point out skills, abilities, and accomplishments. Your child has to believe in his or her success to succeed. Never use a label when you talk to or about your child.
5. Look for your child's seeds of passion. They are deep parts of the soul that guide your child toward action. Respect, appreciate, and nourish them with interest and support.
6. Have a "giving" and "service" orientation in your home. Uncover as many opportunities as possible for your child to help others.
7. Be on the alert for problems or situations that may be blocking your child's spirit. These are the basics of health care and self care that are responsible for the beauty and balance of a finely tuned body.

Child Tip

Since food is your body's fuel, make it the best quality you can—fruit, vegetables and meat, chicken, fish and eggs are always good choices.

Parent Tip

Focus your child's eating plan on protein, whole grain breads and cereals, vegetables, and fruits. Exclude sugar when you can, and decrease fats as much as possible. Use olive oil for cooking when you have a choice. Nutrition plays a huge part in your child's health, and it worth every effort to make it as good as possible.

From "15 Parenting Musts" on www.earlychildhoodnews.net

Dr. Sally's Guide to Child Success

By Building Inner Strength

Your Parent Input is Everything

Since we are all a product of our experiences, we should make them as good as possible.

Every book that you read to your child, every song that you sing, every attentive conversation that you share makes a difference and taken together, the positive impact of those moments is enormous.

If your children are well-developed by the time they are three, they will automatically be predictive of being successful in school at age six.

New reading tip!

Time to start again with a new twist

Tip One - Read to your child often to give the finest preparation for learning to read. Rhythm, vocabulary, and feelings all play a role,

AND IT ALWAYS NEEDS TO BE WHEN THE TIME IS RIGHT FOR BOTH



YOU AND YOUR CHILD TO ENJOY READING TOGETHER.

Collect and use all past reading tips

Tip One - Read to your child often to give the finest preparation for learning to read. Rhythm, vocabulary, and feelings all play a role in this activity, and it is never too early to start.

Tip Two - Build your connection before starting any reading session.

Getting your child's attention is the key. Books with simple sentences and inviting pictures are always appropriate.

Tip Three - Point to familiar words as you say them. This is a perfect way to help your child connect print with what you read out loud.

Tip Four - Set up a reading routine to create an enjoyable part of everyday. Before bed is a natural time to read together, but you may also want to add on another opportunity during the day when you both are less tired and more relaxed.

Tip Five - HOP JUMP CLAP

Write each word on a 3' x 5' index card. Then have fun with your homemade reading game. Take turns with your child picking a word card and then acting out what it says. The repetition of seeing the words is for reading vocabulary building, and the repeated actions will improve motor development.

Tip Six - Change “reading to” your child to “reading with.” Familiar books hold the key for this activity. Encourage your little one to fill in words you think he or she is likely to know. Just the participation will increase for your child a love of books and reading.

Tip Seven - Turn reading time into teaching time. It is a big world out there with lots to learn. Find books about a topic your child likes—planes, trains, cars, boats, professions of all kinds, the seasons and much more. Then enjoy sharing your knowledge. Learning is great fun and really will make you smile.

Tip Eight - Record-a-story. Your child will especially love having a story recorded by you. It will be great to listen to together while you are at home and even better for times when you are away. After hearing many repetitions of the story, while looking at the print at the same time, he or she may begin to recognize some of the words.

Tip Nine - “**High quality and high quantity language** *play the biggest role.*” It is the **R, S, & T of Parenting** the holds the key. —
Read, Sing, and Talk to your child as much as you can.

Tip Ten - Talk and explain anything and everything to your child **as much as you can.** That is what advances receptive **understanding** and expressive **talking** abilities—both prerequisites for **learning to read.**

