

Welcome October!



New month, new reading tip too!

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 on the page.

Your Parent Input is Everything.

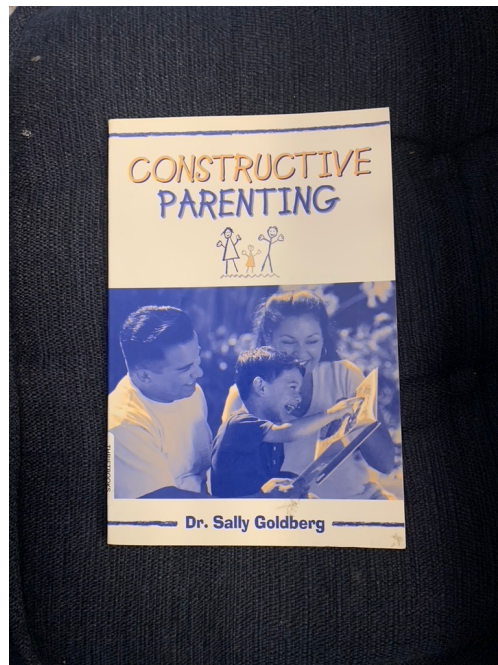
Be Prepared!

There are four pillars of preparation that can help each day.

The idea behind each is that it prepares you in one or more major ways to keep “life” running as smoothly as possible. Accidents happen, and mistakes are made, but fewer occur when precautions are taken. Rules, systems, order, expectations and schedules are the basics, but there are many other ways to be prepared.

All materials for October parenting are based on Chapter 2 in the book

Constructive Parenting by Sally Goldberg, Ph.D.,



published by Allyn & Bacon 2002

The knee bone's connected to the thigh bone.

The thigh bone's connected to the hip bone.

The hipbone's connected to the backbone.

Yes, that is right. Your child comes fully assembled—there are no directions for putting him or her together. However, there are guidelines for interacting all during the first five foundations years. There are strategies that you can use daily, that you can follow from the beginning and also enjoy in a modified fashion for the rest of your child's life and your life too.

Meet the Four Preparations!

Brief Introduction

1. **Set up for success.** Always use what you know from the **past** to prepare for what's ahead. Then use all **new** information to make upcoming situations run more smoothly. Even mishaps can be great for preventing future problems.
2. **Make expectations clear.** Be fair, firm and positive—parameters for effective discipline. “Fair” means to explain your reason to your child. “Firm” is to show that you mean what you say and say what you mean. “Positive” is a way to show your child your request is beneficial to him or her. **These three work together** to decrease misbehavior (mistaken behavior)
3. **Use praise and encouragement appropriately.** Praise is for acknowledging big successes with value words like “good, very good” or “excellent.” Examples: Your child built a very high tower or sang a catchy song. You can say they were terrific in any way you want. Encouragement, on the other hand, is totally different and meant to be more subtle. You encourage when you notice these kinds of “positives” as much as possible—a well-matched outfit, a colorful picture, a happy smile, and much more.
4. **Make your child feel needed and important.** Seek your child's help whenever possible. Parents often find their children uncooperative when they keep asking them to do things. However, when they make their request in a way that shows how important their child is for contributing, the response is usually much more positive. For example: “Please carry this box because it doesn't fit in my bag. Thank you for helping.” **Please** shows respect, and **thank you** conveys appreciation.



Parents and caregivers guide and support children. They lead and teach them by what they say and do. All words and actions count! The 15 pillars are very important!

Collect and use all past reading tips too

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.

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