



Growing Together

Newsletter for
parents of preschool children

Games & Activities

Big or little?

Here's a game you can play anywhere, anytime — riding in the car, waiting in line or at the doctor's office.

Think of two common objects and ask your child which one is bigger:

A grape or an apple?

A cat or a cow?

A house or a bicycle?

A ping-pong ball or a basketball?

When this gets old or you can't think of any more objects, switch the game by asking which is littler:

A fingernail or a plate?

A car or a bicycle?

A tree or a dandelion?

A penny or a dime?

Finally, give your child a turn, and be patient with some of the more bizarre combinations he may come up with. □

January 2010

Vol. 26 No. 1

Discipline

When children misbehave

Most parents believe it would be nice to have a simple solution—like a magic wand—to use when they feel frustrated by their child's misbehavior.

Unfortunately, the reasons why children misbehave are too complicated for a simple solution. In dealing with misbehavior, it is important for parents to bear in mind that:

1) What works for one parent in disciplining a child may not work for another parent with the same child.

2) What works with one child may not work for another child in the same family.

3) What works well in one situation may not work at all in a different situation.

It is also important to remember that it is normal for young children to misbehave occasionally.

It also is normal for parents to make mistakes and lose their temper from time to time.

If you are thinking that you must be the only parent who can't handle misbehavior, then it is time to relax and realize you are not alone.

Don't be too hard on your-

self—try to take a good look at the situation. Parents who can laugh at themselves are more likely to have a child who is happy and well adjusted.



If you feel an extreme sense of "aloneness" in dealing with your child's misbehavior problems, you might consider joining a parent support group or parent education class in your area.

Sharing concerns with a good friend or listening to the problems other parents are having can help remove that sense of aloneness. It is also a good way to learn new ways to cope with your child's misbehavior. □

Preparing for numbers

Long before a child deals with mathematical concepts, she has the abilities required to deal with them.

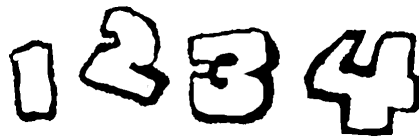
These abilities are gained through everyday activities: determining the difference between **these** things and **those** things; sorting objects which belong together; ordering objects in space.

To illustrate how children appreciate the order of things, look at Jennie who is a little over three years old. She and her brother enjoy helping put away the dishes, flatware, pots and pans.

In the beginning they would push the pots and pans into the cupboard only to discover that

the cupboard door wouldn't close.

About that time Mother casually suggested, "Why not try to put the cookie trays on the bottom?" Accepting the advice, they try several times before the door closed.



Since cleanup is their chore, they have plenty of practice in sorting and stacking.

It took only a week for them to solve the problem so they could announce: "The pans are in good today. They fit. The door

closes!"

There was no mystery — they had used their knowledge of how parts of space fit together. In other words, children develop a mathematical sense when they must share space, food and other materials.

Cooking and baking are also mathematical challenges, far more than the worksheets offered older children in school.

Given concrete materials — sugar, flour, salt, water, to mix, sift, or stir — the child can work through numbers and problems which appear as abstract concepts once the child enters school. □

Negative words

There are many unsavory words that attract the attention of young children, such as stupid, idiot, dummy, and various "bathroom" words.

Many children know impolite words because they have heard them, but they do not use them for two reasons.

The first is because they have been told not to use them, and the second is because they do not hear the words regularly used by their parents.

It is easy to use a negative word when we feel discouraged or frustrated, but there are some good reasons to avoid this. Insulting words make people feel bad and the use of unflattering words reflects a lack of high standards and values.

For example, "That stupid dumb door needs some oil," could become, "That squeaky, squealing door needs some oil."

Taking a few seconds to make statements that are as positive as we can make them has a positive effect on everyone—speakers and listeners. □

Something New!

"Grandma Says" is a twice-monthly special message that includes general parenting tips, words of encouragement, and children's book reviews. To receive your free issues, go to:

www.GrowingChild.com/
FreeGrandmaSays

and enter your e-mail address.

Growing Together is published by Growing Child, Inc., P.O. Box 2505 W. Lafayette, IN 47996 ©2010 Growing Child, Inc. Telephone: (765) 464-0920. Customer Service: 1-800-927-7289.

Growing Child also publishes: **Growing Child** (birth-six years), and **Growing Up** (grades K-12).

Growing Together issues may be reproduced in part or in full by participating organizations.

Articles in **Growing Together** refer to both boys and girls. For simplicity, the pronouns "he" and "she" are used interchangeably unless otherwise noted.

www.growingchild.com

January, 2010

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday



1 New Year's Day. Wear your hat.




2 What's the weather like today? Warm? Cold?

3 Do this exercise:
Touch: shoulders, knees, toes
Do this four times in a row.


4 Encourage your child to pivot while lying on her stomach.

5 Describe the differences between an apple and a banana.



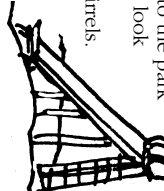
6 Move a brightly colored object back and forth for Baby to follow with her eyes.

7 Look at the food stored in the kitchen and say if it's served hot or cold.




8 Look for icicles outside. Where do they come from?

9 Go to the park and look for squirrels.




10 Sing: "Oh, Susannah"



11 Amelia Earhart Day. Why is her name in history books?

12 How many cousins do you have?

13 Ask toddler to draw a picture of himself.



14 Tell your teddy bear a story.

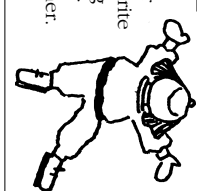
15 Look at your arms and use the words elbow, skin and bend.

16 Help clean up around the house.

17 Ben Franklin's birthday. What is he famous for?

18 Martin Luther King Jr. Day.


19 Sing your favorite song after dinner.



20 Show Baby how to touch his finger to his nose.

21 What color is a polar bear? Why?


22 Play with a push toy.



23 Lay objects on a piece of paper and trace around them.

24 Play with some clay or play doh. Attend a local basketball game.

25 Wash Baby's toys. Rinse well so all the soap is gone.



26 Practice drawing circles.

27 Count all the 2's on this page.

28 If you go outside today, will you see any butterflies? Why not?

29 Tu B'Shvat

30 What is your favorite color?

