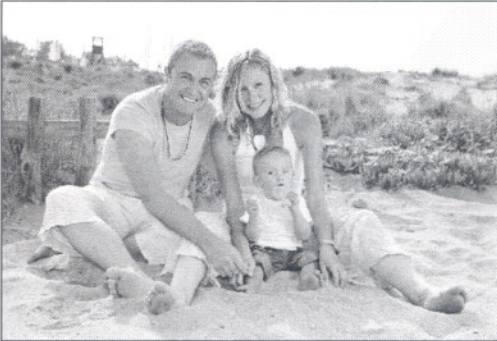


# TPC Preschool Tablets

April/May 2010

## Setting Limits is a Hallmark of Healthy Families



**P**arents spend a lot of time setting limits—it's the framework for positive discipline and healthy families. And children spend a lot of time testing those limits—it's their job! When a parent says to a two-year-old, "No jumping on the bed," the toddler will probably jump on the bed at least a couple of times, just to see what will happen. A preschooler may have a meltdown right in the middle of the supermarket because he can't have a package of candy. And going to bed at the proper time on a school night may set off a battle of the wills with a school-ager.

### *Setting limits is important.*

The reason for all of this commotion is that children are exploring their options. They test boundaries by stretching them as far as they can. And sometimes they test them by ignoring them altogether. ***But setting limits helps children feel safe and secure.*** Even though they rebel against them, they really feel better when they know someone is in control. Screaming, out-of-control children may need to be wrapped in calm, loving arms until they can pull it together. An older child probably understands on some level that he needs someone to tell him where and when he can ride his bike.

### *Parent's are a child's safety net.*

Electrical outlets are at eye level and meet the crawling child at almost every turn. They look like the perfect place to stick things, but parents know better; that's why they cover the

outlets and carefully monitor the exploring child. A preschooler may resist being placed in a car seat, but this issue is not negotiable. The parent must secure the pint-sized passenger no matter how angry the protest.

### *Parents know about nutrition.*

When it comes to nutrition, parents know best. They know about the food groups and they're in control of what and when their children eat. It's natural for children to ask for candy and sodas, it's up to parents to know when to say no.

### *Parents know what's acceptable.*

Children must also learn certain values and standards of behavior expected by society. Parents set limits so that children learn which words are acceptable and which are not, how to pet the cat gently, and why you have to get to school on time. There's a lot to learn!

### **How To Be Consistent**

***The challenge is enforcing limits while still respecting your child's needs and drive toward independence.***

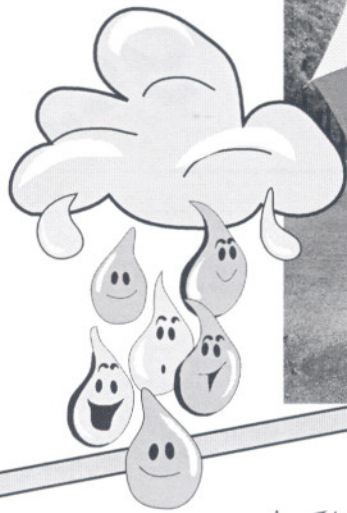
#### **Try these tips:**

- Tell your child the reason for the limit—be brief.
- Explain or demonstrate what *is* acceptable.
- Listen to your children, and make them a part of the process when possible.
- Remind yourself that children actually need limits in order to feel safe and secure!

I'm a limit tester!



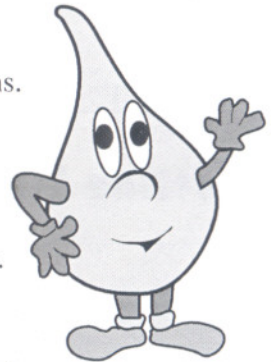
# PERSONAL PARENTING



## Walking in the Rain!

Spring showers bring big smiles. You never see kids scurrying to get out of the rain — they love it! Put on your boots and raincoat, and take a walk with them. Talk about what you see, hear, smell, and taste.

- Notice what's out and about, like worms.
- Notice how leaves shine.
- Smell the fresh air.
- Taste a raindrop on your tongue.
- Feel the rain on your head.
- Hear tires splattering on the pavement.
- Splish-splash in a puddle.



## Scratch, Scratch, Itch, Itch

The bugs are coming. Scratching a mosquito bite brings only momentary relief. It actually spreads the chemical that started the itch in the first place, which makes it itch even more. But that's hard for a child to understand.

**Try these remedies for easing the discomfort:**

- Apply an anti-itch lotion such as Caladryl to the affected area.
- Make a cool compress by chilling a folded wet towel in the freezer for a few minutes.
- Add 3 tablespoons of baking soda or 1 cup of chamomile tea to a warm bath.

## Orange Cream Cycles

- 6 3-inch paper cups
- 1 cup orange juice
- 6 Tbsp. heavy cream
- 2 tsp. sugar
- Drop of vanilla extract
- 6 ice-pop sticks

Place paper cups in a loaf pan to help keep them upright. Fill each cup half-way with juice and freeze for 1 hour. In a small bowl, stir together the cream, sugar, and vanilla extract. Pour 1 tablespoon of the cream mixture over the partially frozen juice. Insert an ice-pop stick into each cup, pushing down into the juice section. Freeze for 1 hour. Pour in the remaining juice and freeze until hard—30 minutes to 1 hour. Peel off the cups and enjoy.

## Try This Hands-On Approach to Recycling



If you're interested in teaching your children how important recycling is to our environment, introduce them to *Terracycle*. It's a company with a great motto: "Outsmart Waste." *Terracycle* keeps tons of rubbish out of landfills by recycling all kinds of things, from yogurt containers, candy wrappers, vinyl records, and circuit boards in to cool functional items. Check out their Website to learn more about this hands-on approach to recycling waste: [www.terracycle.net](http://www.terracycle.net).

- You can join a brigade and suggest uses for products such as Cliff Bar wrappers and, CapriSun pouches and a wide variety of other things.
- You can collect items and get money donated to charities. Terracycle sends you the bags for collecting, and they pay the postage!
- You can buy things made from the recycled materials such as backpacks, clocks, flowerpots, kites, pencils, and many other items.

Individuals can collect on their own, or schools and other organizations can get in on the act. This win-win activity feels like a treasure hunt to children, gives families something to do together, and makes everyone realize they can make a difference!



## When It Comes to Family, Little Things Mean a Lot!

Have you ever thought about what kinds of things bond you together as a family? It's usually the little things that make the difference and make the memories. Small gestures and affections mean a lot to children as they grow up, and it's easy to incorporate them into your family rituals.



### Kids Like Placing Trust in Adults

Infants respond to what researchers refer to as Parentese, the practice of speaking in high-pitched, rhythmic, "baby talk." Babies learn early that if they cry (it's their language, after all) someone will respond by feeding them, changing a diaper, or just holding them. Children need a lap to sit on, a knee to hang on to, and a comforting nighttime phrase or bedtime prayer. Hurt feelings and physical injuries heal magically with kisses, kind words, and, of course, that wonderful invention—Band-Aids.

### Kids Like Games

Games that become family rituals are remembered for a lifetime. Piggy back rides on the way to bed or just for the fun of it are precious moments shared between parents and children. Word games like "I Love You More" never go out of style. With a little practice, children get very good at saying things like, "I love you more than all the fish in the sea" or "I love you more than the man in the moon."

Kisses

### Kids Like Feeling Connected

They like to repeat phrases like "See ya later, alligator" and "After while crocodile." They like blowing kisses, rubbing noses, high-fives, and secret handshakes. Reading books together, eating together, splashing in mud puddles, and visiting the library shapes their young lives. Celebrating birthdays and holidays are predictable activities children begin to look forward to year after year. Kids like to be given affectionate nicknames by family members, and they enjoy hearing stories about when they were "little." Maybe they tried to trim the dog's hair, or they colored on the wall instead of paper. Did mom barely make it to the hospital when they were born? Keep repeating family stories—they're important!



Hugs

Smiles

### Kids Like Smiles and Hugs

You can never get too many hugs from the people you love. Make a family "sandwich hug" by gently squeezing children between two adults or siblings. Use group hugs to resolve family conflicts or just for the fun of it. Hugs are physical, but smiles are a big part of body language that make kids feel valued and secure. And smiles are contagious! And last but not least, children like to hear those three little words, *I love you!*





# CLIPBOARD

Happy Spring! I hope that everyone enjoyed their break. It was much deserved for both children and staff.

We raised approximately. \$4,000.00 at our Art Show! What a great night it was. Thank you so very much for your support of our school. We raised enough money to purchase our playground wishes.

April will be a busy month. Our 2s and 3s will have Parent/Teacher Conferences (see sign up sheets outside of your classrooms). Teacher/Staff Appreciation Week is April 19-23. Thank you to our room moms for planning a nice week for our staff and thank you in advance to our parents for participating by showing our staff your appreciation!

Mark your calendars for Sunday, April 18. Children from our school will sing at the 9 am church service. Please plan to join us. Pastor Stacy will lead the children in some favorite chapel songs!

Mother's Day Tea will take place in classrooms during the week of May 3. Please plan to join us for Chapel on either Tuesday or Thursday that week.

We will celebrate again during the month of May. End-of-the-year picnics will take place for the 3-year-old classes on **Wednesday, May 12** (time/place to be announced....thanks to Nicki Toro for coordinating this.) And, the 4-year-old classes will picnic on **Thursday, May 20** (time/place to be announced.....thanks to Sonya Keller for coordinating this picnic.)

End-of-the-year programs will be held on Tuesday, May 25, Thursday, May 27, and Friday, May 28 as follows:

**Tuesday, May 25, 11:15 am:** Ms. Carol's M/T/W class, Ms. Jodie's M/T/W class, and Ms. Alina's M/T class.

**Thursday, May 27, 10:30 am:** Ms. Carol and Ms. Wendy's Th/F classes, Ms. Alina's W/T/F class, and Ms. Jean Ann's M-R class.

**Thursday, May 27, 11:30 am:** Ms. Cathie, Ms. Holly, Ms. Debbie's classes

**Friday, May 28, 11:30 am:** Ms. Debi M's, Ms. Stephanie, and Ms. Tricia/Ms. Missy's classes.

On behalf of my lovely staff, I thank you for sharing your child with us, and we look forward to doing so again!

