



UCHRA Van Buren County Head Start "Hand in hand together we can"



November Perfect Attendance

- Amya
- Rylee
- Adrien
- Mayah
- Collin
- Kurtis
- Hunter
- Skyler
- Raylee B.
- Nehemiah
- Wyatt
- Haisley
- Matthew
- Edyn
- Keegan
- Kolbie
- Raylee W.

Friday, December 1st Family Reading Night @ 2PM
 Wednesday, December 6th FCF Community Health Fair
 Monday, December 4th Birdhouse Building @ 9am
 Sunday, December 10th Spencer Christmas Parade @ 2PM
 Wednesday, December 13th Nutrition with AG Ext. Office
 Monday, December 18th Monthly Birthday Recognition and Christmas Program beginning at 9:00 AM. Parents need to be at Head Start and seated by 8:45am program will start promptly at 9am.



- Madalynn
- Hope
- Skyler
- Brittany
- Haisley

Van Buren County Head Start!
 If you are currently not a Facebook member please sign up. Some of the benefits include: photo galleries, special news and updates, plus the ability to connect and chat on line with other people who share your interest.



How to raise a reader



It's never too early to steer your child toward books. But with toddlers, the goal is to foster a lifelong love of reading – not have them get through the classics before they're out of preschool. "Parents often come to me wanting to push academics too much, too fast, too soon," says Roni Leiderman, dean of the Mailman Segal Center for Human Development at Nova Southeastern University in Fort Lauderdale, Florida. "Children learn best through play. Make reading a joyous event for them. "Here's our guide with some of BabyCenter's best tips for raising a reader:

1. Start a reading ritual

Setting a regular reading time establishes a calming routine young children love – that's why the bedtime story is a time honored tradition. But don't forget that many other daily events also provide good opportunities for reading. Try starting a ritual with a breakfast story, a bath-time story, or a just-home-from-daycare story. Some toddlers (and older children) who are heavy sleepers are able to face the day much better when their parents "read them awake," rather than hustle them out of bed.

2. Use books to bond

"It's not about reading the words," says Leiderman. "At this age, it's about learning to love the interaction with Mom, Dad, or a caregiver." When your child sits in your lap as you read aloud, he doesn't just enjoy books, he also enjoys the security of your undivided attention.

3. Choose age-appropriate books

Toddlers love board books, bathtub books, and pop-up books – any type they can hold easily and manipulate on their own. They love stories accompanied by bright, clear, realistic pictures. And, of course, they love rhymes. That's not to say your 2-year-old won't appreciate the stories her big brother chooses. Who knows? Maybe *Rocks and Minerals* will end up being her favorite book. Just make sure she has access to simpler books as well.

4. Make reading fun

Lose your inhibitions when you read to your child. Growl like the Papa Bear in *Goldilocks*, and squeak like Piglet in *Winnie-the-Pooh*. Kids love drama as much as adults do, so an older toddler may love pretending to be the scary wolf in *The Three Little Pigs*. Encourage him, even if it slows the story's progress. He'll get more out of the story if he's actively participating.

5. Pick books of interest

Choose books about her favorite activities – visiting the zoo, swimming, playing ball. Back up your kids' favorite shows and programs with books about the characters. You may be mystified by the appeal of *Barney*, but if your child loves the goofy, purple dinosaur, she'll love the books about his adventures as well.

Follow her lead, but experiment with a wide variety of books before you decide you know exactly what your child will like. Your little girl who loves to dress up and play dolls may, to your surprise, also be the one who asks to hear *Big Frank's Fire Truck* or *Monster Bugs* over and over.

Health and Safety News

Family gatherings, special traditions, delicious treats — the holiday season may be the most wonderful time of the year, especially for kids. Unfortunately, for emergency room doctors it's also one of the busiest.

Learn how to protect your little ones from some common holiday dangers, so you and your family can enjoy a season that's happy and healthy.

Poisoning

Mistletoe, holly, poinsettias, Jerusalem cherry plants, and other plants are commonly used as decorations during the holidays. Like many plants, these are considered potentially poisonous and should be kept out of the reach of kids. Symptoms of plant poisoning can include rashes, nausea, [vomiting](#), and [diarrhea](#). If you suspect that your child has eaten any part of a plant, immediately call your doctor or the National Poison Center: **(800) 222-1222**.

Choking and Swallowing

Tree ornaments, light bulbs, icicles, tinsel, and small toys are potential [choking](#) hazards for small children because they may block the airway. The general rule of thumb is that if it's small enough to fit in the mouths of babies and toddlers, it's too small to play with.

Accidents

- A lot of cooking goes on during the holiday season, so there are many opportunities for burns and scalding's. Keep pot handles turned away from the front of the stove and always keep the oven door closed. To prevent accidents, watch your kids while you bake or cook. Kitchen appliances should be clean to prevent potential fires.
- Keep breakable ornaments out of young kids' reach — or keep them off the tree until your children are older. If one does break, clean up the pieces quickly.
- [Sledding](#) accidents can be very serious. Young kids should be supervised and should avoid dangerous sledding areas, such as rocky areas, steep hills, and crowded sledding hills.

During the holiday break- Get a "head start" on your new year's resolution:

**Physical activity-stretching, song/dance time, raking leaves, chopping/staking wood, etc....*

**Nutrition-portion control, increase fruits and vegies intake, decrease fats/sugars intake, drink at least one cup of water a day, etc....*

Remember-Small Steps Go A Long WAY!!!!

Parent's News



Bananas & Strawberries

Toast-no crust, Peanut butter, Pretzels, Raisins, a Cherry or Red M&M



Your choice of vegetables or cheeses arranged into tree.



UCHRA Van Buren Head Start Menus 2017-2018

Week 1	Monday11/27	Tuesday11/28	Wednesday11/29	Thursday11/30	Friday12/1
Meal Pattern	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Tomato wedges (A,C)	Diced Strawberries & Blueberries	1/2 Banana	Orange Wedges (C)	Cooked Apple Slices (C)
Bread/Alternate	WW Biscuits	Oatmeal	WW Pancakes	Toasted English Muffin	WW Biscuit
Other/Notes	Gravy		Syrup	Jelly	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	Turkey	@Ground Beef Meat Sauce	Sausage, Egg, & Cheese Burrito	@White Beans with Ham Chunks	CN Label Pepporoni Cheese Pizza
Vegetable 1/4 c	Mashed Potatoes	Green Beans (Tomato Sauce- (A,C))	Baked Hashbrown	@Cole Slaw	Corn
Fruit 1/4 c (Veggies can replace fruits)	Green Peas	Diced Pears	Orange Wedges (C)	Tomato Wedges (A,C)	Diced Peaches (C)
Bread/Alternate	WW Bread	WW Spaghetti Noodles	(Burrito wrap)	Cornbread Muffin	(Crust)
Other/Notes	Turkey Gravy *Serve as Open Face Sandwich-Let	Parmesean Cheese *Serve as @Spaghetti	Ketchup, Salsa		
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c			1% Milk		
Fruit/Vegetable/Juice 1/2 c	Applesauce	Tomato Juice		Pineapple Tidbits	
Bread/Alternate	Grahams		Multi Grain Cheerios cereal	1/2 WW Bagel	WW Crackers
Meat/Alternate 1/2 oz		Monzerella Cheese Stick		Cream Cheese	American Cheese Slices
Other/Notes	Water			Water	Water Serve as Cheese Crackers- Let child assemb
Week 2	Monday 12/4	Tuesday12/5	Wednesday12/6	Thursday12/7	Friday12/8
Meal Pattern	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Diced Strawberries (A)	Tomato Wedges (A,C)	Banana Slices	Cooked Apple Slices (C)	Pineapple Tidbits (A,C)
Bread/Alternate	Oatmeal	WW Toast	Multi-Grain Cheerios Cereal	Blueberry Muffin	1/2 WW Bagel
Other/Notes		American Cheese *Serve as Cheese Toast			Cream Cheese
Lunch	Lunch	Lunch	Lunch	Lunch (Culture Food)	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	Fish Fillet (I)	Boiled Chicken	CN Beef Ravioli	Ground Beef Meatballs	Sausage, Egg, & Cheese Burrito
Vegetable 1/4 c	Steamed Broccoli (A,C)	Cooked Carrots (A)	Green Beans (Tomato Sauce- (A,C))	Green Peas	Baked Hashbrown
Fruit 1/4 c (Veggies can replace fruits)	Diced Pears	Cooked Cauliflower & Celery	Diced Peaches (C)	Pineapple Tidbits	Orange Wedges (C)
Bread/Alternate	WW Maccoroni with Cheese	WW Crackers	(Ravioli pasta)	WW Egg Noodles	(Burrito wrap)
Other/Notes	Ketchup	WW Egg noodles *Serve as @Chicken Noodle Soup		Serve as @Swedish Meatballs	Ketchup, Salsa
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c	1% Milk				
Fruit/Vegetable/Juice 1/2 c		Applesauce	Diced Pears	Diced Strawberries(A)	Tomato Juice (A,C)
Bread/Alternate	Granola Bars	Graham crackers			
Meat/Alternate 1/2 oz			Shredded Sharp Cheese	Yogurt	Monzeller Cheese stick
Other/Notes		Water	water	Water	
Week 3	Monday12/11	Tuesday12/12	Wednesday12/13	Thursday12/14	Friday12/15
Meal Pattern	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Diced Peaches (C)	Banana Slices	Orange Wedges (C)	Diced Apricots	Tomato wedges (A,C)
Bread/Alternate	WW Cream of Wheat	Rice Krispies Cereal	WW Toast	Oatmeal	WW Biscuits
Other/Notes			American Cheese *Serve as Cheese Toast		Gravy
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	CN Chicken Patty (I)	Pinto Beans(I)	Hamburger Steak	@Tuna Salad	CN Label Pepporoni Cheese Pizza
Vegetable 1/4 c	Baked Curly Fries	Turnip Greens (A,C)	Mashed Potatoes	Romaine Lettuce/Spinach mix & Tomato Slices (A,C)	Green Beans
Fruit 1/4 c (Veggies can replace fruits)	Romaine Lettuce/Spinach mix & Tomato Slices (A,C)	Corn	Green Peas	Tropical Fruit	Diced Peaches (C)
Bread/Alternate	WW Bun	Cornbread Muffin	WW Roll	WW Bread	(Crust)
Other/Notes	Ketchup, Mustard, Mayo *Serve as Sandwich-Let child assemble	Mustard	Cooked Sweet Peppers & Onions	*Serve as Sandwich	
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c	1% Milk				
Fruit/Vegetable/Juice 1/2 c			Tomato Sauce(A,C)		Applesauce
Bread/Alternate	Blueberry Muffin	WW Crackers	Bosco Stick-(Cheese & Bread)	Animal Crackers	Graham Crackers
Meat/Alternate 1/2 oz		Boiled Egg- halved		Yogurt	
Other/Notes		water	water	water	water
Week 4	Monday12/18	Tuesday12/19	Wednesday12/20	Thursday12/21	Friday12/22
Meal Pattern	Breakfast	No School Christmas Break			
Milk 3/4 c	1% Milk				
Fruit/Vegetable/Juice 1/2 c	Orange Wedges (C)				
Bread/Alternate	Toasted English Muffin				
Other/Notes	Jelly				
	Abbreviated day- starts Christmas Break				
Week 5	Monday12/25	Tuesday12/26	Wednesday12/27	Thursday12/28	Friday12/29
	No School Christmas Break	No School Christmas Break	No School Christmas Break	No School Christmas Break	No School Christmas Break
Week 6	Monday1/1	Tuesday1/2	Wednesday1/3	Thursday1/4	Friday1/5
Meal Pattern	No School Christmas Break				
Breakfast					
Milk 3/4 c					
Fruit/Vegetable/Juice 1/2 c					
Bread/Alternate				WW Pancakes	WW Toast
Other/Notes				Syrup	American Cheese *Serve as Cheese Toast
Lunch	No School Christmas Break				
Milk 3/4 c					
Meat/Alternate 1 1/2 oz					
Vegetable 1/4 c					
Fruit 1/4 c (Veggies can replace fruits)				Diced Pears	Orange Wedges (C)
Bread/Alternate				WW Crackers	(Burrito wrap)
Other/Notes				Shredded Sharp Cheese *Serve as @ Chili	Ketchup, Salsa
Snack (2 of 4 components)	No School Christmas Break				
Milk 1/2 c					
Fruit/Vegetable/Juice 1/2 c					
Bread/Alternate					
Meat/Alternate 1/2 oz					
Other/Notes					water

@ Recipe in recipe book WW=Whole Wheat or Whole Grain (I)=High Source of Iron, (A)=High Source of Vitamin A, (C)=High Source of Vitamin C, CN=Child Nutrition Label
 Note: Substitutions will be made in accordance with individually identified needs.

Early Years

WORKING TOGETHER FOR A GREAT START

December 2017



Compliments of
UCHRA Van Buren County Head Start

KID BITS

What day is it?

This riddle activity can help your youngster learn the days of the week and understand *today*, *yesterday*, and *tomorrow*. Secretly pick a day (say, Friday), and give your child clues to guess it. *Example*: “If yesterday was Thursday, and tomorrow is Saturday, what day is today?” She could recite the days to figure it out.

Learning to give

Here’s a way for your little one to practice generosity. Together, check your youngster’s closet for outgrown pants and tops that are in good shape. Then, take him along to donate them to a shelter or a thrift shop. Participating in the whole process will help him understand what it means to give.

Serve yourself

Instead of dishing up food for your youngster, let her serve herself. She’ll learn to judge how much to take—an important skill for eating healthy portions. She will also practice scooping food from a dish and passing bowls and platters politely.

Worth quoting

“The best way to cheer yourself up is to try to cheer somebody else up.”

Mark Twain

Just for fun

Q: Why did the boy sprinkle sugar on his pillow?

A: So he’d have sweet dreams.



Rules that make sense

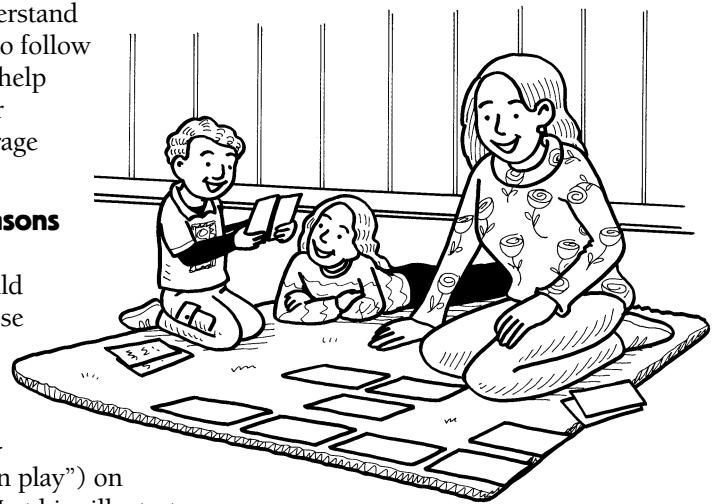
Children who understand rules are more likely to follow them. These tips will help you set limits for your youngster and encourage good behavior.

Match rules with reasons

Play this matching game to help your child understand the purpose of rules. Write each rule (“Share toys nicely”) and the reason (“So everyone gets along and can play”) on separate index cards. Let him illustrate them. Shuffle the cards, and place them facedown in rows. Take turns flipping over two cards—if the rule and reason match, keep them. When all the cards are claimed, the player with the most pairs wins.

Offer choices

When possible, give your youngster some control over his choices. He’ll feel more motivated to obey rules. Say he is allowed no more than 45 minutes of screen time each day. You could let him decide when and how to use it, perhaps



watching a 30-minute video after school and spending 15 minutes playing a computer game after dinner.

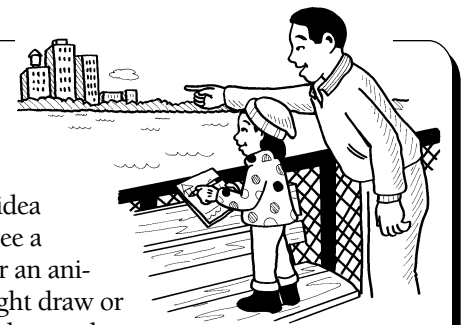
Be consistent

Your child will take rules more seriously if you always stick to them. Choose a handful of rules that really matter to you like “Speak nicely to each other” and “Help to keep our house clean.” If there are too many, it’s hard to enforce them all. Remind him of the rules if he breaks one, and follow through with a consequence—every time.♥

What’s your idea?

Little ones are full of ideas. Encourage your child to express hers—and to try them out. She’ll stretch her thinking with these activities:

- Suggest that your youngster decorate an “idea notebook” to carry with her. Perhaps she’ll see a building she wants to recreate with blocks or an animal she’d like to write a story about. She might draw or write her idea in her notebook to use when she gets home.
- Let her be an inventor. Designing a pond for her rubber duck or making a parachute for an action figure involves coming up with—and testing—lots of ideas.♥



Winter investigations

Your backyard is the perfect science lab for your youngster. Here's how to explore science while enjoying outdoor winter fun.

Mystery object. Encourage your child to pay close attention to the *attributes* of natural items—their sizes, shapes, textures, and weights. First, secretly slip an object (say, an acorn) into a paper bag. Let her reach in and describe it without looking. “It’s *small* and *round*. Part of it is *bumpy*, and part is *smooth*.” Can she guess what it is? Let her pull it out to check. Now, have her put something in the bag for you to investigate.



child draw and label a picture of what she sees. Then, fill the jar with fresh water and pick a new *specimen* to examine. ♥

Magnified observations.

Fill a clear jar with water, and take it outside. Next, have your youngster drop in an object from the ground (evergreen needle, holly sprig). Replace the lid, and look through the side of the jar together. The combination of the water and the jar will magnify what’s inside. Suggest that your



Q & A The backup plan

Q: My daughter becomes frustrated when things don’t go as planned. Last week, she had a meltdown when her playdate was canceled. What will help her to take changes in stride?

A: “Flexible thinking” lets kids adapt when the world doesn’t behave the way they’d like. You can help your daughter develop this skill.



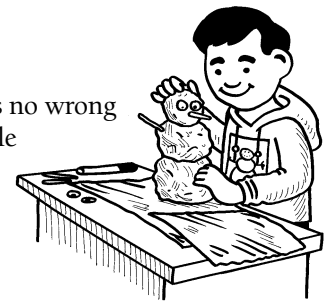
When things don’t work out, invite her to come up with a backup plan. For a playdate that falls through, you might have her think of two or three activities to do instead.

Let her hear you talk through your own disappointing situations, too. “I wanted to go to the gym today, but Dad needed the car. So I’m going to do this workout video instead.” Over time, your daughter will automatically think of alternatives rather than being “stuck” on whatever didn’t go according to plan. ♥

ACTIVITY CORNER

Art explorer

When it comes to art, there’s no wrong way to do it. Allowing your little Picasso to squish, splatter, cut, and paste without a plan fosters creativity. It strengthens hand muscles, too. Consider this advice.



Provide different materials. Think beyond crayons, markers, and construction paper. You could offer your child cotton balls, aluminum foil, macaroni noodles, and toothpicks, to name a few.

Offer tips. It’s okay to give your youngster a creative nudge. For example, it might not occur to him to crumple aluminum foil into a ball to make a sculpture. Show him how, then step back and allow him to do his own thing.

Ask about his project. Instead of telling him what to make, or trying to guess what he’s doing, invite him to tell you about his creation. For instance, ask open-ended questions like, “If you gave your picture a title, what would it be?” or “How did you get the idea for your sculpture?” ♥

PARENT TO PARENT

Holidays on a budget

Money is especially tight during the holidays, so I’m always looking for ways to save. This year, I decided to get my children involved so they would learn you don’t have to spend a lot to celebrate.

Instead of buying greeting cards, the kids designed a homemade one for each person on our list. Henry, who’s 4, drew pictures and added stickers.



Jess, who’s 6, wrote greetings inside, and then they both signed their names.

We also worked together to make gifts. The children and I enjoyed baking bread and framing family photographs for relatives. And we made gift bags by decorating brown paper sacks.

With everyone’s help, we’ll be able to stick to our holiday budget. And I think it will be more meaningful for the kids to give gifts and cards knowing they played a big part in making them. ♥

OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com
ISSN 1540-5567

Early Years

TRABAJANDO JUNTOS PARA UN GRAN COMIENZO

Diciembre de 2017



NOTAS BREVES

¿Qué día es hoy?

Este juego de adivinanzas puede ayudar a su hija a aprender los días de la semana y a entender los conceptos de *hoy*, *ayer* y *mañana*. Elija un día en secreto (por ejemplo, el viernes) y dele pistas a su hija para que lo adivine. *Ejemplo:* “Si ayer era jueves y mañana es sábado, ¿qué día es hoy?” Podría recitar los días para averiguarlo.

Aprender a dar

He aquí una forma de que su hijo practique la generosidad. Busquen en el armario de su hijo pantalones y camisetas que se le han quedado pequeños y están en buenas condiciones. Luego vayan juntos a donarlos a un albergue o a una tienda de segunda mano. Al participar en todo el proceso su hijo entenderá qué significa dar.

Sírvete tú misma

En lugar de servirle la comida a su hija, deje que se sirva a sí misma. Aprenderá a calibrar cuánto debe poner en el plato, una importante habilidad para comer porciones sanas. También aprenderá a sacar comida de un plato y a pasar cuencos y fuentes con corrección.

Vale la pena citar

“La mejor manera de alegrarte es alegrar a otra persona”. *Mark Twain*

Simplemente cómico

P: ¿Por qué puso el niño azúcar en su almohada?

R: Para tener sueños dulces.



Normas lógicas

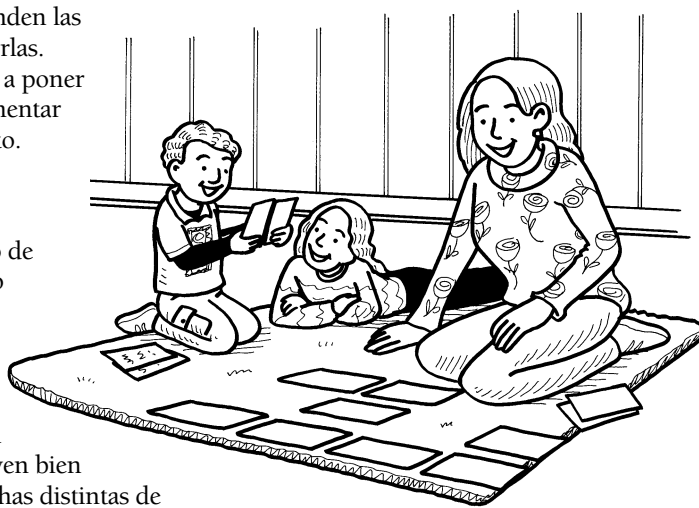
Los niños que entienden las normas suelen obedecerlas. Estas ideas le ayudarán a poner límites a su hijo y a fomentar el buen comportamiento.

Empareje normas con razones

Jueguen a este juego de parejas para que su hijo entienda el objetivo de las normas. Escriba cada norma (“Comparte tus juguetes con amabilidad”) y la razón (“Para que todos se lleven bien y puedan jugar”) en fichas distintas de cartulina. Dígale que las ilustre. Barajen las fichas y colóquenlas boca abajo en dos filas. Descubran por turnos dos fichas: si la norma y la razón forman pareja, guárdenselas. Cuando hayan combinado todas las fichas, gana el jugador con más parejas.

Ofrezca opciones

Cuando sea posible dele a su hijo control sobre sus opciones. Se sentirá más motivado para obedecer las normas. Digamos que le permite un máximo de 45 minutos de pantalla al día. Podría dejar que elija cuándo y cómo usarlos, por ejemplo mirando un vídeo de 30 minutos después del



colegio y jugando 15 minutos en la computadora después de cenar.

Sea coherente

Su hijo se tomará más en serio las normas si usted las sigue siempre. Elija un puñado de normas que le importan de verdad como “Habla educadamente” y “Ayuda a mantener la casa limpia”. Si hay demasiadas normas, hacer que se respeten es difícil. Recuérdele las normas si desobedece una y aplique una consecuencia cada vez que lo haga.♥

¿Qué idea tienes?

Los pequeños están llenos de ideas. Anime a su hija a que exprese las suyas y pónganlas en práctica. Agilizará su pensamiento con estas actividades:

- Sugiera a su hija que decore un “cuaderno de ideas” y que lo lleve siempre consigo. Tal vez vea un edificio que quiera recrear con bloques o un animal sobre el que le gustaría escribir un cuento. Podría dibujar o anotar su idea en el cuaderno para usarla cuando regrese a casa.
- Anímela a que invente. Diseñar un estanque para su pato de goma o hacer un paracaídas para una figura de acción implica concebir —y comprobar— muchas ideas.♥



Investigaciones invernales

El patio de su casa es el laboratorio perfecto de ciencias para su hija. He aquí cómo explorar las ciencias en invierno disfrutando al aire libre.

Objeto misterioso. Anime a su hija a prestar mucha atención a los atributos de los objetos de la naturaleza: su tamaño, forma, textura y peso. En primer lugar, ponga en secreto un objeto (por ejemplo, una bellota) en una bolsa de papel. Dígale que meta la mano en la bolsa y que describa el objeto sin mirar. “Es pequeño y redondo. Una parte tiene bultitos y otra es suave”. ¿Puede adivinar qué es? Dígale que lo saque para comprobarlo. A continuación, que ella ponga algo en la bolsa para que usted lo investigue.



que dibuje y rotule la imagen de lo que ve. Luego llenen el frasco con agua limpia y examinen otro espécimen.♥

Observaciones ampliadas.

Llenen un frasco transparente con agua y sáquenlo al jardín. A continuación que su hija ponga en él un objeto del suelo (aguja de un árbol de hoja perenne, ramita de acebo). Tapen el frasco y observen a través del lateral del frasco. La combinación de agua y frasco ampliará lo que hay en el interior. Sugiera a su hija



PCR Plan alternativo

P: Mi hija se disgusta cuando las cosas no salen según el plan. La semana pasada tuvo un berrinche porque había quedado para jugar con una amiga y hubo que cancelarlo. ¿Qué le ayudaría a tomarse las cosas con más calma?

R: El “pensamiento flexible” facilita que los niños se adapten cuando el mundo no se comporta como ellos quieren. Usted puede ayudar a su hija a desarrollar esta habilidad.



Cuando las cosas no salgan bien, invite a su hija a que piense en un plan alternativo. Si queda a jugar y se suspende el encuentro, podría sugerirle que piense en dos o tres actividades que podría hacer en su lugar.

Describa en detalle situaciones decepcionantes para usted y cómo las ha resuelto. “Hoy quería ir al gimnasio, pero papá necesitaba el auto. En lugar del gimnasio, voy a seguir este vídeo de ejercicios”. Con el tiempo su hija pensará automáticamente en alternativas en lugar de “atascarse” en lo que no salió de acuerdo con el plan.♥

RINCÓN DE ACTIVIDAD

Exploradores de arte

En lo tocante al arte, no hay una forma equivocada de hacerlo. Cuando permite que su pequeño Picasso estruje, salpique, corte y peque sin un plan premeditado está estimulando su creatividad. Además así se fortalecen los músculos de las manos. Tenga en cuenta estos consejos.



Proporcione materiales diversos. Piense más allá de crayones, marcadores y cartulina. Podría darle a su hijo bolas de algodón, papel de aluminio, fideos largos y palillos para los dientes, por decir unos cuantos.

Ofrezca consejo. No pasa nada si le da un empujoncito creativo a su hijo. Por ejemplo, quizá no se le ocurra que arrugando papel de aluminio en forma de pelota puede hacer una escultura. Enséñele la manera y luego deje que él haga su propia obra.

Pregúntele por su proyecto. En lugar de decirle qué hacer o de intentar adivinar qué está haciendo, pregúntele por su creación. Por ejemplo, haga preguntas abiertas como “Si le pusieras título a tu dibujo, ¿qué sería?” o “¿Cómo se te ocurrió la idea para tu escultura?”♥

DE PADRE A PADRE

Presupuesto para las fiestas

El dinero es especialmente escaso durante las fiestas así que busco siempre formas de ahorrar. Este año decidí involucrar a mis hijos para que aprendieran que no es necesario gastar mucho para festejar.

En lugar de comprar tarjetas de felicitación, los niños diseñaron una para cada persona de nuestra lista. Henry, que tiene 4 años, hizo dibujos y añadió pegatinas. Jess, que tiene 6,



escribió las felicitaciones en el interior y luego los dos firmaron sus nombres.

También hicimos juntos regalos. Los niños y yo lo pasamos bien horneando pan y enmarcando fotos para nuestros familiares. Hicimos además bolsas de regalo decorando saquitos de papel marrón.

Con la ayuda de todo el mundo vamos a ajustarnos a nuestro presupuesto. Y creo que para mis hijos los regalos y las tarjetas tendrán más sentido pues saben que desempeñaron un papel importante en su fabricación.♥

NUESTRA FINALIDAD

Proporcionar a los padres ideas prácticas que promuevan el éxito escolar, la participación de los padres y un mejor entendimiento entre padres e hijos.

Resources for Educators,
una filial de CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com
ISSN 1540-5575