

WHITESIDE COUNTY PARENTS AS TEACHERS

Parent/Child Activities for ALL P.A.T. Families

"Special Day CELEBRATIONS"

Celebrations make ordinary days meaningful and fun. Join us as we celebrate summer with story and play time in the park. Each week will feature a theme and book. Families attending will receive a copy of the book to take home. **All activities will be cancelled if it is raining.

CELEBRATION #4 - "Day of Swings"

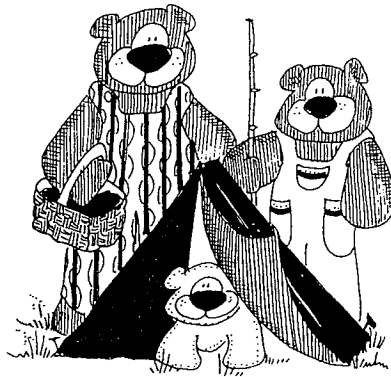
Date: Wednesday, July 12
Time: 10 - 11 a.m.
Place: Sinnissippi Park - Sterling



CELEBRATION #5 - "Family Day"

Date: Wednesday, July 19
Time: 10 - 11 a.m.
Place: Kelly Park - Morrison

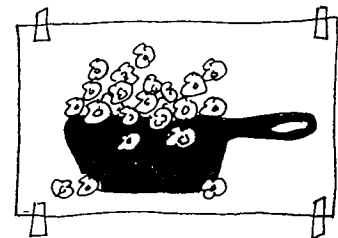
Date: Thursday, July 20
Time: 10 - 11 a.m.
Place: Heritage Park - Erie



CELEBRATION #6 - "Popcorn Day"

Date: Tuesday, July 25
Time: 10 - 11 a.m.
Place: Jaycee Park - Prophetstown

Date: Wednesday, July 26
Time: 10 - 11 a.m.
Place: Lions Shelter, Centennial Park - Rock Falls



Parent Page

Daily routines are important in your child's development

*Sun comes up! Day begins!
A time for all we do.
Eating, sleeping, reading books,
Time to play with you.*

*Sun goes down! Day is done!
Now it's time to rest.
Tomorrow is another day,
To do what you love best!*

As this rhyme reminds us, your child does many things during the course of a day. Schedules may change frequently and sometimes little ones are left wondering what comes next. Children need to know there's a predictable schedule for their day that allows time for all the things they love and need to do. Routines do that.

Why routines? As adults, we sometimes view routines as monotonous. We may long for a vacation that frees us from the daily grind. But we might feel disoriented and inefficient without some familiar daily routines that give structure to our days. Young children especially thrive on routines, because they bring order and organization to their world. Here are some important ways daily routines help your child's development.

Routines promote healthy eating habits. Proper nutrition is essential for growing brains and bodies, and regular mealtimes encourage eating a balanced diet. Grazing is likely to result in poor nutrition.

Routines help your child fall asleep easily and sleep through the night. Brain growth and optimal function require that both deep sleep and dream sleep cycles be experienced several times during the night. Learning that takes place during the day is placed in long term memory during sleep. A child who does not receive adequate sleep is likely to acquire skills more slowly, be less attentive during the day, and have less energy to learn.

Routines make the world more predictable. Learning to anticipate and predict events is an important intellectual skill. Building predictability into your child's day helps him recognize patterns and think of what is coming next.

Routines create a sense of security. Your child will feel more secure when she can rely on a familiar routine to help her

through the tough spots in life. A comforting blanket at bedtime and a familiar song that says, "I love you," are examples of routines that help a child feel secure.

Routines can help your child learn and practice language. Recent research shows that children who eat dinner with their parents learn to talk earlier and have larger vocabularies. Children learn words as part of daily routines, such as naming body parts every bathtime. Establishing routines frees up time for conversation, because once the child learns the routine, parents spend less time giving directions.

Routines help your child control her behavior. Whether it's a fussy baby drifting off to sleep or a preschooler taking turns at snack time, routines help a child organize his behavior and learn the appropriate things to do. Social skills help a child feel accepted by his peers. Routines teach important skills that help your child get along with others and be ready to follow classroom rules when he begins school.

Temperament and routines While every child benefits from daily routines, some find it easier to follow them regularly. You are the expert on your own child. You understand his temperament – his unique personal style

– better than anyone does. Your child may be easygoing, able to make transitions between activities with little difficulty, and may eat and sleep at predictable times during the day. Or he may seem to have no pattern to his behavior and need help moving from one thing to another. Neither of these temperament styles are cause for concern, but some children need more help from their caregivers to experience the benefits of daily routines. The children who are unpredictable and resist patterns may especially benefit from routines to help them organize their behavior.

When to start: It's never too early to start practicing routines. In fact, if you are expecting a baby here's how you can begin. At the same time every day spend a few quiet moments thinking about your baby. Stroke your abdomen and sing the same song to her daily. When your baby is born, she will recognize your voice and may even recognize the song you have been singing. No matter what your child's age, you can help her develop routines by understanding her temperament, setting goals for healthy habits, reading your child's cues, and repeating routines until your child learns them. Share the rhyme at the beginning of this article with your child. Together you will develop routines that help your child grow and learn.

Ten tips for timely routines

1. Think about your family's lifestyle and goals. All young children benefit from routines, but not all routines must be the same. Do what makes sense for you and your child.

2. Read your child's cues. Establish routines that go along with his biological rhythms and help him over the rough spots.

3. Observe those rough spots in the day. Transitions like leaving the house in the morning can be easier with a consistent routine that tells your child what to do and what will happen.

4. Know your child's temperament and what you can expect from a child who is his age. Make routines age and temperament appropriate.

5. When establishing a routine,

repetition is the key. Do the same thing in the same way each time.

6. Don't give up too easily. Give everyone lots of time to become accustomed to the new routine.

7. On the other hand, don't keep a routine that isn't working. Analyze your needs and your child's needs to make changes.

8. Strive for consistency, but accept that routines will be disrupted once in a while. Help your child learn to be flexible and resilient.

9. Involve older toddlers and preschoolers in developing their own daily routines.

10. Make showing your child that you love her part of every daily routine!

IF I HAD MY LIFE TO LIVE OVER - by Erma Bombeck

I would have talked less and listened more.

I would have invited friends over to dinner even if the carpet was stained and the sofa faded.

I would have eaten the popcorn in the "GOOD" living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.

I would have taken the time to listen to my grandfather ramble about his youth.

I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.

I would have burned the pink candle sculpted like a rose before it melted in storage.

I would have sat on the lawn with my children and not worried about grass stains.

I would have cried and laughed less while watching television and more while watching life.

I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day.

I would never have bought anything just because it was practical, wouldn't show soil or was guaranteed to last a lifetime.

Instead of wishing away nine months of pregnancy, I'd have cherished every moment realizing that the wonderment growing inside me was the only chance in life to assist God in a miracle.

When my kids kissed me impetuously, I would never have said, "Later. Now go get washed up for dinner."

There would have been more "I love you's"...more "I'm sorry's"...but mostly, given another shot at life, I would seize every minute...look at it and really see it...live it...and never give it back.

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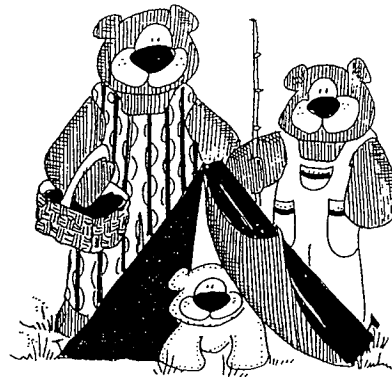
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