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Montmorency Dist.#145

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Laura McCullough
Prophetstown-Lyndon-
Tampico Dist.#3
Morrison Dist. #6

Kathy Wolf
Erie Dist.#1

Laura Woodfall
Rock Falls Dist.#13

Resource Center Coor.
Debbie Klein

Resource Centers and Lending Libraries

Erie Elementary
Prophetstown Elementary
Tampico Elementary
Wallace Education Center
Southside School
Merrill School

Administered By
Whiteside County Regional
Superintendent's Office

Funded By
State Board of Education
Erie Dist. #1
Prophetstown Dist.#3
Sterling Dist.#5
Morrison Dist.#6
East Coloma Dist.#12
Rock Falls Dist.#13
Riverdale Dist.#14
Montmorency Dist.#145

Whiteside County **PARENTS AS TEACHERS**

1001 West 23rd Street
Sterling, IL 61081

A Whiteside County Regional Office of Education Publication February 2002

Office Phone 625-1495

Library Warm Line 625-6331

Parent to Parent

Debbie Klein asked several parents why they visit the Parents As Teachers Toy Lending Library.

Tina Johnson and Bryce, age 3

We enjoy coming to the library because Bryce enjoys the other children and toys. I enjoy talking to the other parents and that we can check out toys to borrow.

Kristin Wise mother of Chase, age 2 and Chance, 8 months.

I enjoy coming to the toy library so Chase can interact with other children. He enjoys playing with all of the toys. It also gives me a chance to take a break and let the boys be entertained.

Tina Chapman and her daughter Autumn, age 3.

I came for the first time when Autumn was one and we've been coming ever since. We love being able to come for the whole two hours or for just a half hour if we want. Autumn loves all the toys and getting to play with other children. She can check out toys to take home too. Mom likes the chance to visit with other moms while she plays. If you haven't gone yet, please come try it out!

Please see the enclosed calendar for lending library hours.

Preschool Screening

During the months of February and March, your local school district will offer free developmental screening for 3-5 year olds. This is an opportunity for you to find out how your child is progressing in his/her development.

Many school districts in Whiteside County have preschool programs funded by the Illinois State Board of Education. If you would like your child to be considered for placement in a class next fall, he/she must attend the screening in your school district.

Call your local school for screening dates and appointment information.

Whiteside County Health Department is not able to provide immunizations in connection with the preschool screenings this year. If your child needs shots before they enter school in the fall, please call the Rock Falls Health Department office at 815/626-2230 for days and times that shots are offered.

Hearing and vision testing will be offered during preschool screening. If you have a concern about your child in one of these areas, please call your school to make an appointment for this testing.

Now is a good time to tell your friends and relatives about P.A.T.

Several of our families have moved from the area which means we have room to enroll new families. You may refer friends through your parent educator or call Pat at 625-1495.

Cutting Down on Colds

The average preschooler is estimated to catch at least four to six colds per year. Any parent who has ever been up at night with a feverish, coughing child knows that even one cold is too many.

By working together with your child's caregiver you may be able to cut down on the number of colds passed from child to child in the classroom:

- Careful handwashing with soap and warm water at school and at home can make a tremendous difference. Encourage frequent handwashing. And because children want to be like grown-ups and do what you do, be sure they see you washing your hands.
- Regular bedtimes, predictable meal schedules and time for outdoor play promote resistance to illness.
- Be sure to send along mittens, boots, and other cold-weather gear every day. (And take time to label each piece with your child's name.)
- Review your school's or care provider's policy about illness. You may need to keep your child at home or make other arrangements when he or she is ill. Do this for the benefit of the other children and your own child. One typical preschool policy reads: "Children should not be sent to school if they have rashes, fever, nausea, vomiting or diarrhea, or a fresh cold or cough."

Nothing Much? It's Everything

Having a hectic day? Try spending 15 minutes with your child doing "nothing much." Sit on the floor and watch your child play. Join in if he or she wants you to. Relax in a rocking chair together. Look out the window at the rain or snow. Don't watch t.v. Don't make a list of things to do. Don't talk on the telephone. Do nothing except be with your child. That, in itself, can mean just about everything.

How Children Learn

1. Children learn by doing, not by passively observing.
2. Children learn by asking questions and by searching for answers to their questions.
3. They learn by discovery.
4. They learn by using all their senses when possible.
5. They learn by experimenting.
6. They learn by sorting and combining objects.
7. They learn by repeating experiences.
8. They learn by building confidence in themselves.

Author unknown

HOW TV AFFECTS YOUR CHILD

From the American Academy of Pediatrics

Family is the most important influence in a child's life, but television is not far behind. Television can inform, entertain and teach us. However, some of what TV teaches may not be the things you want your child to learn. TV programs and commercials often show violence, alcohol or drug use and sexual content that may not be suitable for children or teens. Studies show that TV viewing may lead to more aggressive behavior and less physical activity. By knowing how television affects your children and by setting limits, you can help make their TV-watching experience not only enjoyable but healthy, too.

Next time your child sits down to watch TV, consider the following:

- Children in the United States watch about four hours of TV every day. Watching movies on tape and playing video games only adds to time spent in front of the TV screen. It may be tempting to use television, movies and video games to keep your child busy, but your child needs to spend as much time growing and learning as possible. Playing, reading and spending time with friends and family are much healthier than sitting in front of a TV screen.
- Children who watch too much television are more likely to be overweight. They do not spend as much time running, jumping and getting the exercise they need. They also see many commercials for unhealthy foods, such as candy, snacks, sugary cereals and drinks during children's programs. Commercials almost never give information about the foods children should eat to keep healthy.
- The average child sees more than 20,000 commercials each year. Commercials are quick, fast-paced and entertaining. After seeing the same commercials over and over, your child can easily remember a song, slogan or catchy phrase. Ads may try to convince your child that having a certain toy or eating a certain food will make him happy or popular. Older children can begin to understand how ads use pictures, music and sound to entertain. Kids need to know that ads try to convince people to buy things they may not need.

February Parent/Child Activities

These activities are designed for children under age four and their parents, but older children are always welcome.

Snowmen Will Warm Your Heart

Date: Wednesday, February 6

Time: 10:30 - 11:30 a.m.

Place: Odell Public Library
Morrison



and

Date: Friday, February 8

Time: 9:30 - 10:30 a.m.

Place: Prophetstown Elementary
Preschool Room

We will stay warm and cozy as we make snowmen measuring sticks and dress like snowmen. Laura is planning activities for the younger children while Debbie plans for the older ones. We will also give you the recipe for Snowman soup!

Valentine Variety Hour

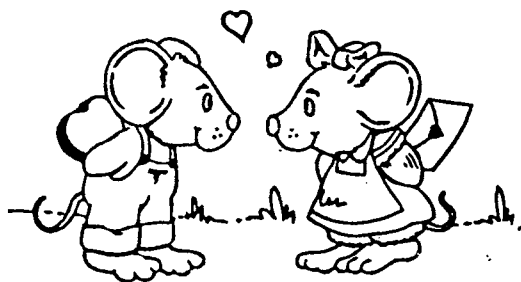
Date: Wednesday, February 13

Time: 1 - 2 p.m.

Place: Thome School Gym
Rock Falls

Please join us for an hour of Valentine Fun. Celebrate Valentine's Day by reading a book to your child. We will create valentines to take home and a valentine cookie for snack.

Hosted by Laura Woodfall, Sandy Davis, and Linda Berentes



Lapsit: I Love You

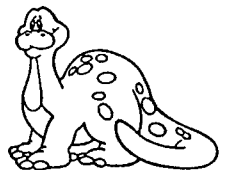
Date: Tuesday, February 19

Time: 10:15 - 11:00 a.m.

Place: Sterling Public Library
Conference Room

Lapsit is a play time designed especially for parents and their children ages 1-3. You and your toddler will enjoy songs, fingerplays, a simple activity, and time to share books. Feel free to bring siblings along.

Hosted by Pat Rhodes



Dinosaur Doings!

Date: Friday, February 22

Time: 10:00 - 11:00 a.m.

Place: Wallace Education Center
Room 18 - Sterling

We will read "Dinosaur Roar" and explore the world of the dinosaur. You and your child will enjoy a variety of hands-on dinosaur activities.

Hosted by Mary Etnyre & Sue Austin

Storytime with the Librarian

Date: Tuesday, February 26

Time: 7 - 8 p.m.

Place: Erie Public Library

Join us for a story, craft, and snack time at the library. The librarian has picked out several of her favorite books to read to us. Kathy has planned activities for the younger children while Debbie has planned for the older ones. Children may wear pajamas if they wish.

February Parent/Child Activities

For families with children 3, 4 and 5 years old

Snowmen Will Warm Your Heart

Date: Wednesday, February 6
Time: 10:30 - 11:30 a.m.
Place: Odell Public Library
Morrison

and

Date: Friday, February 8
Time: 9:30 - 10:30 a.m.
Place: Prophetstown Elementary
Preschool Room

and

Date: Friday, February 8
Time: 1 - 2 p.m.
Place: P.A.T. Lending Library
Merrill School - Rock Falls

We will stay warm and cozy as we make snowmen measuring sticks and dress like snowmen. We will also give you the recipe for snowman soup!

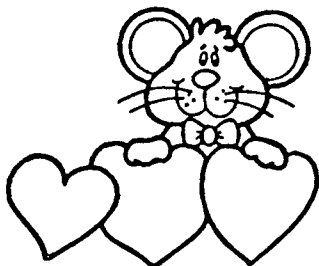
Hosted by Debbie Klein

Valentine Make It & Take It

Date: Tuesday, February 12
Time: 6 - 7:30 p.m.
Place: Washington School Gym
Sterling

Bring your children for an evening of fun making valentine cards and crafts for the special people in their lives.

Hosted by Janie Atilano



Tacky the Penguin

Date: Thursday, February 21
Time: 10 - 11 a.m.
Place: Wallace Education Center
Room 21 - Sterling

and

Date: Friday, February 22
Time: 10 - 11 a.m.
Place: Tampico Elementary
Preschool Room

We will read Tacky the Penguin by Helen Lester. Dive on over as we learn about these birds who don't fly. We will talk about black and white and why being tacky is alright.

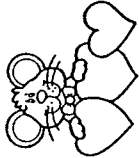

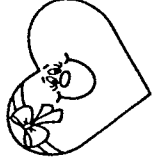
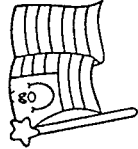
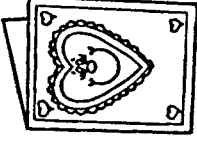
Hosted by Debbie Klein

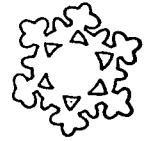
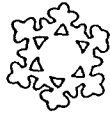
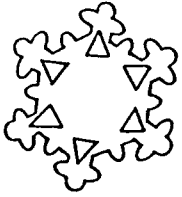


Our parent/child activities and toy lending libraries are a great way to introduce a new family to the Parents As Teachers program. Bring a friend along this month.

Whiteside County Parents As Teachers

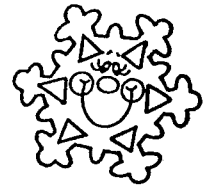
February Lending Library Hours

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Erie The toy lending library is in the preschool room, which is now located in the old high school annex. Times you may visit are listed below.</p> 	<p>Morrison A toy lending library is available in Morrison. Please ask Laura about its location and when you may use it.</p>	<p>Prophetstown The toy lending library is located in the Pre-school Room. You may use it any school day before or after classes or when you attend an activity.</p>	<p>Tampico The toy lending library is located in the Pre-school Room. You may use it any school day before or after classes or when you attend an activity.</p>			
3	4	5	6	7	8	9
<p>Wallace library/center 10 a.m.-noon/Debbie</p>	<p>Wallace library/center 10 a.m.-noon/Debbie</p>	<p>Erie library 9-10 a.m. Merrill library/center 10 a.m.-noon/Debbie</p>	<p>Merrill library/center 10 a.m.-noon/Sandy Wallace library/center 3:30-5:30p.m./Janie</p>	<p>Wallace library/center 10 a.m.-noon/Sue</p>		
10	11	12	13	14	15	16
	<p>Wallace library/center 10 a.m.-noon/Debbie</p>	<p>Erie library 9-10 a.m. Merrill library/center 10 a.m.-noon/Sandy</p>	<p>Merrill library/center 10 a.m.-noon/Debbie</p>	<p>Wallace library/center 10 a.m.-noon/Mary</p>		
17	18	19	20	21	22	23
	<p>President's Day No School Library Closed</p>	<p>Erie library 9-10 a.m. Merrill library/center 10 a.m.-noon/Laura</p>	<p>Merrill library/center 10 a.m.-noon/Debbie</p>	<p>Wallace library/center 10 a.m.-noon/Sue</p>		
24	25	26	27	28		
	<p>Wallace library/center 10 a.m.-noon/Debbie</p>	<p>Erie library 9-10 a.m. Merrill library/center 10 a.m.-noon/Linda</p>	<p>Merrill library/center 10 a.m.-noon/Debbie</p>	<p>Wallace library/center 10 a.m.-noon/Mary</p>		



Oh, the weather outside is frightful...

When the schools are closed due to bad weather, all P. A. T. activities will be cancelled and the lending libraries will be closed. If you should have questions about any of our scheduled activities, please call your parent educator or Pat at 625-1495.



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