

Project Administrator
Gary Steinert
Regional Supt. of Schools

Project Coordinator
Pat Rhodes

Parent Educators
Janie Atilano
Sterling Dist.#5

Sue Austin
Sterling Dist.#5

Linda Berentes
East Coloma Dist.#12
Riverdale Dist.#14
Montmorency Dist.#145

Sandy Davis
Rock Falls Dist.#13

Mary Etnyre
Sterling Dist.#5

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

Whiteside County

PARENTS AS TEACHERS

1001 West 23rd Street
Sterling, IL 61081

Office Phone 625-1495
Library Warm Line 625-6331

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May2002

Parent To Parent

Do you have information you would like to pass on to the families who read this newsletter? If so, ***Parent to Parent*** is an opportunity for you to do so.

Submit your "tip" by the 15th of each month, by one of the following ways:

E-mail: rhodes@whitesideroe.org

Mail: Pat Rhodes
1001 West 23rd Street
Sterling, IL 61081

Phone: 815/625-1495

From the Coordinator

Now is a good time to tell your friends and relatives about Parents As Teachers. Several families will be graduating from our program this summer due to the fact that their youngest child will enter school in the fall. This means we have room to enroll new families. You may refer friends through your parent educator or call Pat at 625-1495.

The Parents As Teachers Lending Libraries at the Erie Early Childhood Center, Merrill School in Rock Falls, Wallace Education Center in Sterling

The Story of Mother's Day

In the United States, Mother's Day was first suggested in 1872 by Julia Ward Howe (who wrote the words to the Battle Hymn of the Republic) as a day dedicated to peace. Ms Howe would hold organized Mother's Day meetings in Boston, Mass every year.

In 1907, Ana Jarvis, from Philadelphia began a campaign to establish a national Mother's Day. Jarvis persuaded her mothers church in Grafton, WV to celebrate Mother's Day on the second anniversary of her mother's death, the second Sunday of May. By the next year, Mother's Day was also celebrated in Philadelphia.

Ms Jarvis and her supporters began to write to ministers, businessmen and politicians in their quest to establish a national Mother's Day. It was successful as by 1911 Mother's Day was celebrated in almost every state.

President Woodrow Wilson, in 1914, made the official announcement proclaiming Mother's Day as a national holiday that was to be held each year on the 2nd Sunday of May.

May Parent/Child Activities

These group meetings have been planned as family events.

Picnic in the Park

Date: Thursday, May 9

Time: 11 a.m.—noon

Place: Kelly Park - Morrison

Rain location: Music room - Northside Elem.

Join us as we kick off summer with bubble blowing, hula hooping, chalk drawing, and more. Bring a sack lunch and drink, we will provide the dessert.

Hosted by Laura McCullough and Debbie Klein

End of the Year Picnic

Date: Thursday, May 9

Time: 6—7 p.m.

Place: Lion's Shelter, Centennial Park

Rock Falls

Rain location: Merrill School Gym

Rock Falls

Bring the family for an evening of food and fun. Hot dogs, chips, drink, and dessert will be served.

***To ensure that we have enough food, please call Pat at 625-1495 by Monday, May 6 if you plan to attend.**

Hosted by Debbie Klein

Teddy Bears Picnic

Date: Tuesday, May 14

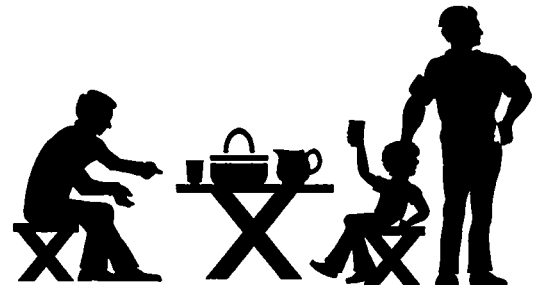
Time: 11:30 a.m. - 12:30 p.m.

Place: Sinnissippi Park - Sterling

Rain location: Wallace Education Center
Room 21 - Sterling

Join us for a BEARY GOOD TIME at our end of the year picnic. Bring a sack lunch and drink. Dessert will be provided. Don't forget to bring your favorite bear!

Hosted by Mary Etnyre, Sue Austin and Debbie Klein



Picnic in the Park

Date: Friday, May 17

Time: 11 a.m. - noon

Place: Booth Park - Tampico

Rain location: Preschool room -
Tampico Elementary



T H E

Well-Centered CHILD

April 2002

“Mom, they keep picking on me”

We asked a group of experienced early childhood educators how they would respond to a mother who is concerned because her child often comes home from school saying “Mom, they keep picking on me.” Their responses fell into these four categories.

1. Gather information at home

- First, listen sympathetically to your child without giving advice.
- Do a reality check: Ask yourself if the same thing happens in other social situations such as family reunions, scouts, or birthday parties.
- Discuss the problem with grandparents, aunts and uncles, and other family members.
- Ask yourself whether the situation seems even more painful because you can recall the same thing happening to you as a child.

2. Gather information from school

- Talk to your child’s teachers to find

- It’s important to determine why your child is being picked on. “For what?” is a key question. It might be that your child is being picked on for something that could be easily changed, such as dress, hair, what she brings for lunch, etc.

*Both the tormented
and the tormentors
need our help.*

3. Plan ways to respond at home

- Give your child a chance to talk about it, hug her, and try to help her think about her involvement in the conflict since things generally go both ways.
- After you’ve communicated with the teacher and other parents (if you know

- Be sure to appear as interested and attentive when your child talks about other school topics as you do when he talks about being picked on.
- Be patient. Learning to solve problems regarding social interactions is a process. There are no overnight solutions.

4. Plan with your child’s teacher

- If the teasing continues over time, the teacher or school has to be involved and a parent has to stay on top of it as long as needed.
- Together, create a plan for the teacher to use in the classroom.
- Ask the teacher to keep you informed on progress so the plan can be changed if needed.
- Help the teacher work with your child to find and strengthen areas he or she may be good at, especially those areas that other children seem to value.
- Remember that there is a difference between casual “picking on” and tor-

May Parent/Child Activities

These group meetings have been planned as family events.

End of Year Ice Cream Social

Date: Tuesday, May 21

Time: 6 - 7 p.m.

Place: Washington School - Sterling

Join us as we celebrate the end of the school year with face painting, a butterfly craft, and a book walk. We will end the evening with ice cream treats.

Hosted by Janie Atilano



Lapsit: Ducks go "Quack, quack!"

Date: Tuesday, May 21

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

Place: Rock Falls Public Library
Community Room

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

Family Fun Run, Ride, and Crawl

Date: Friday, May 24

Time: 10 - 11 a.m.

Place: Erie Middle School Track

Rain location: Erie Middle School Gym

Come one come all in your stroller, on your bike or trike, and wear your running shoes.

Races and fun for all ages.

Hosted by Kathy Wolf and Debbie Klein



For your information

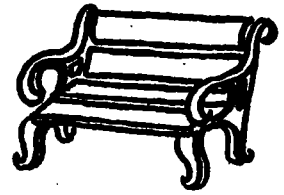
WHITESIDE COUNTY
HEALTH DEPARTMENT
COMMUNITY CARE CLINIC

1300 West 2nd St. Rock Falls
(Across from the Rock Falls High School)

Call 815/626-2230 for an appointment

The Park Bench School of Parenting

Years ago parents got most of their child-rearing information from each other. Articles in the Park Bench School of Parenting are written to revive that custom. If you belong to a parents' group, use these articles as discussion starters. Or ask a friend what he or she would do in a similar situation. Listen to different viewpoints and decide for yourself what's best for your family.



Helping Your Child Deal with *Fears!*

Few things are more unsettling than finding your ordinarily bold, cheerful three year old crying at the sight of a vacuum cleaner or the sound of a buzzing housefly. Nevertheless, such fears are common in young children.

Conscientious parents sometimes worry that they've done something to contribute to fearfulness in their children. However, studies show that even with the kindest of parental support, most young children do develop some fears. What's more, some fears are typical at various ages.

Younger preschoolers, for example, often have fears related to things that they can hear or see. Unexpected sounds such as thunder may startle them, and so can unexpected movements such as the reappearance of insects in the spring. Older preschoolers, on the other hand, are more likely to be anxious about things they imagine: monsters, darkness, wild animals, or the thought of injury.

You can't banish flying insects, loud noises and night time from the world, but you can help your child find ways to deal with fear.

- ◆ Accept your child's feelings. Even though you may be afraid of different things than your child, the feeling is exactly the same. Adults don't gain courage by being ridiculed or scolded. Neither do children.
- ◆ Reassure your child that everyone is afraid at

until he is a bit older and stronger. Don't force him into what, to him, is a terrifying situation. A child who is afraid of baths, for instance, can temporarily be bathed in a plastic tub.

- ◆ Help your child overcome a fear gradually, one step at a time. Whenever she actively resists, drop back a step or two and find a level at which she is comfortable. A child who is afraid of dogs could first look at pictures of dogs in books and play with toy dogs. When she is able to do that without being frightened, hold her in your arms and look at a dog out a window. Talk matter-of-factly about it. Later, you might pat a gentle dog while your child watches. Eventually, your child may be willing to walk up to a dog with you holding her hand. Don't make her pat it unless she's willing. There's no hurry.
- ◆ Don't be surprised if once a fear has faded, your child wants to spend a great deal of time in the formerly threatening situation. The child who used to be in tears at the sight of a vacuum cleaner may beg to vacuum all the rugs for you. The child who was afraid of slides at the playground, may insist on climbing to the top of the highest one. This "over-approach" is a way of coming to terms with a fear until all the mixed feelings are resolved.

While you can't eliminate fears altogether, you can

Keeping Young Children Safe in the Car

From the Illinois Early Learning Project

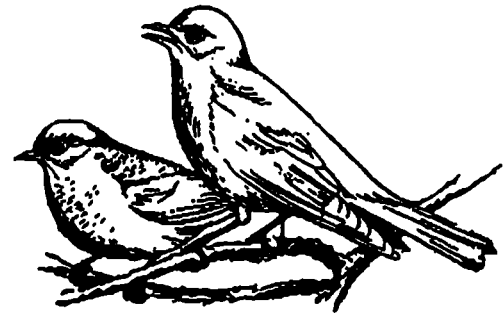
Far too often there are preventable tragedies involving young children and cars. We can avoid these tragedies by keeping in mind a few simple rules.

- **Never hold a baby in your lap when riding in a car.** Always use a car seat suited to your baby's age and size. It's important to use the right kind of car seat.
 - > Infants up to 20-22 pounds and up to 1 year old should ride in a rear-facing child seat positioned in the back seat, and facing the rear of the car, van, or truck.
 - > Children weighing more than 20 pounds and at least 1 year of age should ride in a car seat that faces the front of the car, in the back seat.
 - > Children over 40 pounds should ride in a belt-positioning booster seat until the car's lap and shoulder belts fit properly. Be sure not to place the shoulder belt behind the child's back or under her arm.
- **Avoid heat-related injuries.** In just a few minutes alone in a car, children can be in serious danger from heat exposure and dehydration, even if the windows are partly open. No matter how short a time you plan to be away from the car, take your child with you.
- **Remember that children don't belong in truck beds.** Allowing children to ride in a truck bed is dangerous as well as illegal. They can fall out of the truck bed when the driver swerves, brakes, or drives over rough roads. Children may forget what you have told them and stand up, sit on the tailgate, or play while the truck is moving. Covered truck beds pose problems, too. In covered truck beds, children can become overheated and be exposed to carbon monoxide poisoning from exhaust fumes.
- **Put children in the back seat--away from the air bag!** An inflating passenger air bag can kill a baby in a rear-facing safety seat if the seat is in the front. The National Highway Traffic Safety Administration (NHTSA) warns against placing a child seat for infants in the front seat of any car with an air bag. The NHTSA also recommends that the safest place for children of any age to ride is the rear seat of a vehicle.

BAGEL BIRD FEEDERS

Spread peanut butter on a bagel half. Sprinkle with birdseed. Tie the bagel near a window so your child can easily see the birds enjoying their treat.

You and your child can also learn more about the birds you see. Check out a book about birds from the library. Find pictures of the birds that come to your bagel birdfeeder and read about them to your child.



HOW TODDLERS LEARN

*From A Caring Place for Your Toddler, brochure #509,
National Association for the Education of Young Children
www.NAEYC.org*

Toddler "curriculum" starts from the very beginning, with good caregivers and a "developmentally appropriate" program--one that provides safe, challenging, and meaningful materials for children's learning.

Toddlers learn best...

- **when they feel secure.** Children thrive in a warm, safe, loving environment that gives them the confidence to explore. That's why it's so important for caregivers to be responsive and nurturing. The more secure children feel, the more they will try new things, and make connections with others.
- **through play, exploration, and observation.** Like all children, toddlers learn best when they engage in challenging and meaningful activities. Often they pretend to do what adults do. They may play dress-up with mommy's hat or act out driving a car or building a house. Toddlers learn "how the world works" by observing and interacting with objects around them.

• **at their own pace.** Good caregivers know that each child

May Lending Library Hours

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Erie - The toy lending library is in the pre-school room in the old high school annex. Times you may visit are listed below.	Prophetstown The toy lending library is located in the preschool rm. You may use it any school day before or after classes.	Tampico The toy lending library is located in the preschool rm. You may use it any school day before or after class.	1 Merrill library 10 a.m. - noon Debbie Wallace library 3:30—5:30 p.m. Janie	2 Wallace library 10 a.m.-noon Debbie	3	4
5 The toy lending libraries will be open for playtime and return of borrowed items.	6 Wallace library 10 a.m.-noon Debbie	7 Erie library 9-10 a.m. Merrill library 10 a.m.-noon Linda	8 Merrill library 10 a.m.-noon Debbie	9 Wallace library 10 a.m.-noon Sue	10	11
12 The toy lending libraries will be open for playtime and return of borrowed items.	13 Wallace library 10 a.m.-noon Debbie	14 Merrill library 10 a.m.-noon Laura W.	15 Merrill library 10 a.m.-noon Debbie	16 Wallace library 10 a.m.-noon Mary	17	18
19	20 Library closed	21 Library closed	22 Library closed	23 Library closed	24	25

A MOTHER
IS A
GARDNER
PLANTING THE
SEEDS
OF LOVE
IN THE LIVES OF
HER
CHILDREN



Gary J. Steinert
Regional Superintendent of Schools
Whiteside County ROE
1001 West 23rd Street

Nonprofit Organization
U.S. Postage
Paid
Morrison, IL 61270

Julie Schwenk
201 Ave. D
Rock Falls IL 61071