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**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

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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*

*Office Phone 625-1495  
Library Warm Line 625-6331*

A Whiteside County Regional Office of Education Publication

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## **Children are born to learn!**

You are already your child's first and most influential teacher. Helping your child get off to a good start during his early years will have a major impact on his entire life. Parents As Teachers is designed to offer developmental information and support to all parents of infants and young children. This information is based on recognized research, best practices in the field of early childhood education, and experience gained in Parents As Teachers programs.

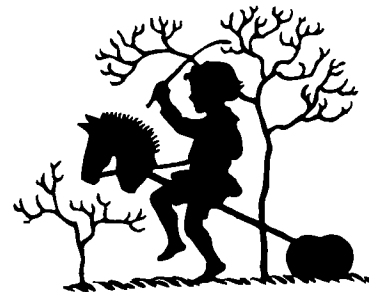
The goal of our program is to help you give your child the best possible start. There are four ways we partner with parents to help each child reach his potential for learning.

1. **The personal visit.** During a personal visit, your parent educator shares information on child development, brings an age-appropriate activity, and with you, observes your child's play and development. Please be considerate about keeping appointments by being on time and by canceling, well ahead of time, those that must be missed.
2. **Parent/child group meetings.** We schedule group meetings throughout the county each month. These provide a chance for you to meet other parents of young children. You will find a list of parent/child activities in the newsletter each month.
3. **Resource network.** We have identified resources in the community that are available for supporting and enriching families.

4. **Screenings.** Screening provides an annual opportunity for you to see where your child's progress fits in with standardized measures of child development. If delays are identified that may affect future learning, you can be referred to resources that will provide the help your child needs.

## **Toy Lending Libraries Reopen**

The centers and toy lending libraries will reopen this month. You may bring your children for play time and/or to check-out toys, games, and books to enjoy at home. The enclosed calendar lists the days and times the libraries at Merrill and Wallace will be open. If you live in Erie, Lyndon, Morrison, Prophetstown, or Tampico, ask your parent educator about a time to use the lending library in your school.



## **Wallace Lending Library has moved!**

Our toy lending library at Wallace school in Sterling has moved to the first floor. We are now located in Room 15 at the east end of the building. If you enter through the doors on Avenue E, we are in the first room on the left.

**Do you have a neighbor, friend or relative who would like  
to be part of Parents As Teachers?**

If so, now is a good time to tell them about our program. Each fall, we have families graduate from Parents As Teachers because their youngest child is entering kindergarten. This enables the parent educators to enroll new families.

The only requirements for enrollment are that the family lives in Whiteside County and has a child birth to age 5. We also will enroll a family who is expecting a child within 3 months.

You may refer a family through your parent educator or by calling Pat at 815/625-1495.

Gary J. Steinert  
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# Parent page

## On the road to reading

If you have a very young child, you may not be thinking about the day when she will read her first book to you. And yet, children begin on the road to reading very early in life. Here are some signs that show your child has already begun the great adventure of learning to read.

### Baby steps

Even your newborn is gaining skills that will prepare him to learn to read. You have noticed how intently your child stares at light and dark patterns with high contrast. Good vision is necessary for distinguishing dark letters on light paper. By looking around and staring at interesting things, your baby is completing the connections in the vision centers of the brain necessary for good visual discrimination.

Learning language is an important milestone on the road to reading. When your baby looks intently into your eyes, she is learning the art of communication. As she babbles and learns first words, she is experimenting with sounds of letters. By six months of age, the auditory circuits in your child's brain will be tuned to the sounds of her native language to the exclusion of speech sounds from other languages.

Reading to your baby, even when he is very young, is vital. Researchers say that a child must have thousands of experiences with print and listening to words read before they are ready to read themselves. If your older baby grabs his book and tries to put it in his mouth, he is not being disrespectful; he is just getting to know it and showing how interested he is.

### Toddling along

When your baby begins walking on her own, she may find it harder to sit still and look at a book with you. Don't be discouraged! Sit on the floor and read while your child plays near you. She will stop by frequently to look at pictures or listen. Your child will also learn how to handle a book during this time, holding books right side

up and turning pages. As your child gets closer to age 2, she will become very interested in looking at the pictures, possibly pointing and naming familiar objects.

Ages 1 and 2 are important times for language development. First your child will begin understanding more of what he hears, then he will begin to say words himself. By two years of age, he will combine words into short sentences. Learning to read has a similar sequence. First your child will listen and understand what you read to him and then will begin to read words himself. This is an important age to say nursery rhymes and sing songs to your child. Hearing rhyming words teaches your child to tell the difference between sounds, a skill he'll need when learning to read.

### Racing to school

When your child turns 3, it seems as if school is just around the corner. Many parents worry that their child needs to learn letters and numbers in order to be ready for formal reading instruction. But there are many other things that pave the road to reading during the preschool years. Children become good at pretending, a sign that they can let an object, symbol or idea stand for something else. This is an important intellectual development, as your child will need to understand that a letter represents a particular sound before she can read words.

Vocabulary increases dramatically during the preschool years as children have a wider range of experiences. Children must be able to say words in order to read them. Rhyming continues to help your child learn sounds. And preschoolers like to play with words – the sillier the conversation gets the better! Experimenting with sounds is a fun way to progress toward reading.

Your preschooler will probably be curious about letters and words. She may learn to recognize her name when she sees it







written. Because she recognizes that letters grouped into words mean something, she will ask you what print says when she sees it. Your child may surprise you by "reading" familiar signs or the names of favorite products. She will be very eager to use paper and pencil, and will distinguish between her drawing and her writing, although they may look very similar to you! She may even learn to write some letters that are important to her, such as her name.

### On the road

The road to reading is smooth for most children, but can be rocky for some. Unlike learning to talk, children are not born with the instinct to read. Reading must be intentionally learned. As your child's first and most influential teacher, you can provide him with a good start on the road to reading.

# September Lending Library Hours

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 LABOR DAY	3 LIBRARY CLOSED FOR CLEANING	4 LIBRARY CLOSED FOR CLEANING	5 LIBRARY CLOSED FOR CLEANING	6	7 
8 	9 LIBRARY CLOSED FOR CLEANING	10 LIBRARY CLOSED FOR CLEANING	11 LIBRARY CLOSED FOR CLEANING	12 LIBRARY CLOSED FOR CLEANING	13	14
15	16 Wallace library 10 a.m.-noon Linda	17 Merrill library 10 a.m.-noon Linda	18 Merrill library 10 a.m.-noon Linda	19 Wallace library 10 a.m.-noon Sue	20	21 
22 	23 Wallace library 10 a.m.-noon Linda	24 Merrill library 10 a.m.-noon Linda	25 Merrill library 10 a.m.-noon Linda	26 Wallace library 10 a.m.-noon Mary	27	28
29	30 Wallace library 10 a.m.-noon Linda		<u>Erie</u> The toy lending library will open in October. Check next months newsletter for hours. If you have questions, please ask Kathy Wolf.	<u>Prophetstown</u> The toy lending library is located in the preschool room. You may use it any school day before and after classes.	<u>Tampico</u> The toy lending library is located in the preschool room. You may use it any school day before and after classes.	<u>Morrison</u> A toy lending library is available in Morrison. Please ask Laura McCullough about its location and when you may use it.

# Página de los padres

## Camino a la lectura

Si usted tiene un niño muy pequeño, lo probable es que no esté pensando en el día en que le leerá a usted su primer libro. Sin embargo, los niños inician el camino a la lectura desde muy temprana edad. Aquí tiene algunas señales que revelan que su niño ha comenzado ya con la gran aventura de aprender a leer.

### Pasos de bebé

Aun su niño recién nacido está adquiriendo destrezas que lo prepararán a aprender a leer. Usted habrá notado ya la atención con que mira fijamente a la luz y a los patrones oscuros de alto contraste. Una buena visión es necesaria para distinguir letras oscuras sobre papel claro. Observando a su alrededor y mirando con atención cosas interesantes, su bebé completa conexiones en los centros de la visión del cerebro que son necesarios para una buena discriminación visual.

Aprender el lenguaje es otro punto de referencia importante en el camino a la lectura. cuando su bebé observa fijamente los ojos de usted, está aprendiendo el arte de la comunicación. Cuando balbucea y aprende las primeras palabras, está experimentando con sonidos de letras. Para los seis meses de edad, los circuitos auditivos del cerebro de su niño se pondrán a tono con los sonidos de su lengua nativa, excluyendo sonidos del habla de otros idiomas.

Es vital leer a su bebé, aun cuando es todavía muy pequeño. Los investigadores enseñan que un niño debe tener miles de experiencias con letras impresas y escuchando palabras leídas, antes de estar listo para leer por sí mismo. Si su bebé ya mayor toma un libro y trata de llevárselo a la boquita, no está siendo irrespetuoso: lo que hace es aprender, y mostrar cuánto interés tiene.

### Cuando empieza a caminar

Cuando su bebé empieza a caminar solo, puede hacérsele difícil quedarse sentado y observar un libro con usted. ¡No se desanime! Siéntese en el suelo y siga leyendo mientras su niño juega a su

alrededor. El se detendrá con frecuencia para mirar grabados o escuchar. A esta edad, su niño aprende también a manejar un libro, sosteniéndolo en la posición debida y dando vuelta a las páginas. Al acercarse a los 2 años de edad, se le despertará el interés en contemplar grabados, y quizá en señalar y decir el nombre de objetos bien conocidos.

Las edades de 1 y 2 años son un período importante para el desarrollo del lenguaje. Primero su niño empezará a entender más de lo que oye, luego empezará a decir palabras él mismo. Para los 2 años, combinará palabras en oraciones cortas. El aprendizaje de la lectura sigue una sucesión parecida. Primero, el niño escuchará y entenderá lo que usted lee y luego empezará a leer palabras por sí mismo. Es una edad importante para recitarle rimas infantiles y cantarle canciones. Oír palabras que riman enseña a su niño la diferencia entre sonidos, que es una destreza que va a necesitar cuando aprenda a leer.

### De prisa a la escuela

Cuando su niño cumple 3 años, parece que la escuela está ya a la vuelta de la esquina. A muchos padres les preocupa que su niño aprenda letras y números para estar listo para instrucción formal en lectura. Pero hay muchas otras cosas que preparan el camino a la lectura durante los años preescolares. Los niños avanzan en el arte de fingir, lo cual es señal de que pueden aceptar un objeto un símbolo o una idea como representante de un sonido particular, antes de ser capaces de leer palabras.

El vocabulario aumenta notablemente durante los años preescolares, porque nos niños tienen una amplia escala de experiencias. Los niños deben poder decir palabras, para poder leerlas. La rima continúa ayudando a su niño a aprender sonidos. Además, a los preescolares les gusta jugar con palabras: ¡cuanto más boba se vuelva la conversación, tanto mejor es para él! Experimentar con sonidos es un modo divertido de progresar en el camino hacia la lectura.



Su niño preescolar probablemente tendrá curiosidad con letras y palabras. Es posible que aprenda a reconocer su nombre cuando lo vea escrito. Como reconoce que las letras agrupadas en palabras significan algo, le preguntará lo que dice el papel impreso cuando lo vea. Es posible que su niño sorprenda a los padres "leyendo" señales bien conocidas o nombres de productos favoritos. Estará muy dispuesto a usar papel y lápiz, y distinguirá entre su dibujo y su escritura, ¡aunque a usted pueda parecerle que son muy semejantes! Es posible incluso que aprenda a escribir algunas letras que son importantes para él, como su propio nombre.

### En el camino

El camino a la lectura no presenta tropiezos para la mayoría de los niños, pero puede ser accidentado para algunos. A diferencia del aprendizaje del habla, los niños no nacen con el instinto de leer. Leer debe aprenderse con toda deliberación. Como el primero y el más influyente maestro(a) de su niño, usted puede proporcionarle un buen principio en el camino a la lectura.

# September Parent/Child Activities

## For ALL P.A.T families

**Can we fix it?  
Yes we can!**

**Date:** Thursday, September 12  
**Time:** 1 - 2 p.m.  
**Place:** Music/art room - Early Childhood Annex  
**Erie**  
Hosted by Kathy Wolf



Join us for an hour of fun with *Bob the Builder and Friends* activities. Children and parents are encouraged to wear building clothes or accessories if they would like.

### Resource Center and Lending Library Open Houses

**Date:** Tuesday, September 17  
**Time:** 10 a.m. to 12 noon  
**Place:** Merrill School P.A.T. Library - Room 1  
**Rock Falls**

Hosted by Linda Berentes, Sandy Davis,  
and Laura Woodfall



**Date:** Tuesday, September 17  
**Time:** 3 - 5 p.m.  
**Place:** Wallace School P.A.T. Library - Room 15  
**Sterling**

Hosted by Janie Atilano, Sue Austin, and Mary Etnyre

**Parents and children are invited to join us for the opening of these two libraries. Come and see what is new, visit with friends, have a snack, and check out a toy to take home.**

# Making and Keeping Friends



*Knowing how to make and keep friends is an important skill for young children to learn. For preschool and school-age children, friends are fun to have around. They can also be important to success in school! Here are some facts about friendships.*

## ★ The effect of friendships on school success shows up very early

Young children who know how to form and maintain close friendships tend to:

- adjust well to school and do well in classes
- have high self-esteem
- learn important social skills, such as cooperation and problem solving

## ★ The benefits of childhood friendships can have lifelong effects

People who learn at an early age to make and keep close friends tend to engage in fewer risky behaviors as teens and have fewer mental health problems as adults than do those who have no close childhood friends.

## ★ Parents can help their child learn how to be a good friend

The best social skills teacher of all can be the example you set in your daily interactions with others. (Actions speak louder than words!) You help your children learn how to make and keep friends when you:

- model cooperation and kindness with other people, including neighbors, shopkeepers, and teachers
- invite friends over and find times for your child to play with others
- talk to your child about what it means to be a “host” and how to look out for another child’s needs
- help your child learn how to listen to others’ ideas
- discuss fairness with your child—how to take turns, how to share, and how to solve problems
- help your child learn words to express his feelings
- discuss the importance of being honest and loyal with friends
- discourage hurtful behaviors in your child, and offer other ways to solve problems
- talk to your child about being kind and helpful to others
- help your child recognize and respond to others’ feelings

To learn more about the importance of friendships for young children, see these Web sites:

<http://ericeece.org/pubs/digests/1992/hartup92.html>

[http://www.nccc.org/Guidance/dc26\\_wo.friends1.html](http://www.nccc.org/Guidance/dc26_wo.friends1.html)

<http://ericeece.org/pubs/digests/1999/freed99.html>

<http://npin.org/pnews/1998/pnew998/inte998a.html>



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Internet: <http://illinoisearlylearning.org>



For more tip sheets on other topics, please go to <http://illinoisearlylearning.org>

# Cómo hacer y conservar las amistades



*Saber cómo hacer y conservar las amistades es una habilidad importante que los niños deben aprender. Para los niños de las edades preescolar y escolar, los amigos son una fuente de mucha diversión. ¡También pueden ser importantes para su éxito en la escuela! Hay aquí unos datos acerca de las amistades.*

## ★ Los efectos de las amistades en el éxito escolar aparecen muy temprano

Los niños pequeños que saben formar y mantener amistades íntimas tienden a:

- ajustarse bien a la escuela y ser buenos alumnos
- gozar de mucho amor propio
- aprender habilidades sociales importantes, como la cooperación y la resolución de problemas

## ★ Los beneficios de las amistades infantiles pueden perdurar toda la vida

Las personas que aprenden a una edad joven a hacer y conservar las buenas amistades tienden a ocuparse en menos comportamientos arriesgados como adolescentes y sufren menos problemas con su salud mental como adultos, que aquellos que no forman amistades infantiles.

## ★ Los padres pueden ayudar a su hijo a aprender cómo ser un buen amigo

El mejor maestro de habilidades sociales puede ser el ejemplo que Ud. da con sus interacciones cotidianas con los demás. (“¡Dónde hay obras, las palabras sobran!”) Está ayudando a sus hijos a aprender cómo formar y mantener las amistades cuando:

- muestra cooperación y bondad con los demás, como vecinos, vendedores y maestros
- invita a sus amigos a la casa y encuentra tiempo para que su hija juegue con otros niños
- habla con su hijo de lo que significa ser un “anfitrión” y de cómo prestar atención a las necesidades de otro niño
- ayuda a su hija a aprender cómo escuchar las ideas de los demás
- habla de lo justo con su hijo—cómo turnarse, cómo compartir y cómo resolver problemas
- ayuda a su hija a aprender las palabras para expresar sus sentimientos
- discute la importancia de ser honesto y fiel con los amigos
- desaprueba los comportamientos dañinos de su hijo y le ofrece otras maneras de resolver sus problemas
- habla con su hija sobre cómo ser bondadosa y amable con los demás
- ayuda a su hijo a reconocer y responder a los sentimientos de los demás

## ★ Para aprender más acerca de la importancia de las amistades infantiles, puede visitar estos sitios Web:

<http://ericeece.org/pubs/digests/1992/hartup92.html> (en inglés)

<http://www.nncc.org/Guidance/sp.aprend.compr.html>

<http://ericeece.org/pubs/digests/2001/mcclel01s.html>

<http://ericeece.org/pubs/digests/1997/moor97s.html>



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