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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

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

Office Phone 625-1495
Library Warm Line 625-6331

A Whiteside County Regional Office of Education Publication

November 2002

Dear Parents,

I hope you had an opportunity to visit one of our toy lending libraries in October. Parents and children gather each week in the rooms at Merrill and Wallace for play time and/or to check out toys to take home. Our libraries are a great place for you and your child to make new friends. In addition to the Monday morning hours at Wallace, the library is now open on Monday afternoons. All of the lending library hours are listed on the enclosed calendar.

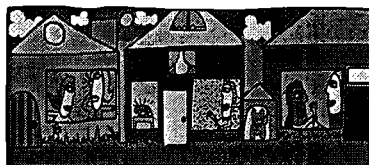
Our parent/child activities were well attended in October; hope you all had a good time. The parent educators have planned more great meetings for November. Check the enclosed schedule and mark your calendar now!

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. You may submit items for publication one of the following ways:

E-mail: rhodes@whitesideroe.org or
Phone: 815/625-1495

I look forward to hearing from you.

Pat



Tips for Reading to Young Children

Reading aloud to young children can help them acquire the information and skills they need to succeed in school and life such as understanding the difference between written language and everyday conversation, learning the meaning of many words and the world in which they live, and -- of great importance -- discovering the pleasure of reading.

Here are some suggestions for reading aloud to children:

Make reading books an enjoyable experience. Choose a comfortable place where the children can sit near you. Be enthusiastic about reading.

Read to children frequently. Establish regular times for reading during the day.

Help children to learn as you read. Explain words that they may not know.

Ask children questions as you read. Ask questions that help children connect the story with their own lives.

Encourage children to talk about the book. Ask them to talk about their favorite parts and encourage them to tell the story in their own words.

Read many kinds of books. Read books with characters and situations both similar and dissimilar to those in the children's lives so they can learn about the world.

Choose books to help you teach. Use alphabet books to help you teach the names of the letters and the sounds.

Re-read favorite books. Children love to hear their favorite books over and over again. Hearing books read several times helps children understand and notice new things.

U. S. Department of Education



ParentPage

FIRST STEPS TO PHYSICAL FITNESS

Recent studies show that the older a child gets, the less likely he is to get the physical activity necessary for good health. Chances are you haven't thought much about encouraging your young child's physical fitness — infants seem too young for such plans. But no matter what your child's age, you can start now to encourage his love of physical activity.

Opportunities for infants

Even before a child is born, babies in their mother's womb have regular periods during the day when they move their bodies rhythmically, almost as if they were doing exercises. Experts refer to this inborn desire to move as the motor drive. What your baby really needs is the opportunity to practice and the encouragement from you, her biggest fan.

When your baby is awake and playful, place her on her stomach on a firm surface such as a blanket on the floor. Stay on her level and talk to her. She will work to lift her head off the surface providing exercise to strengthen her back. Around 3 months of age she should be able to prop herself up with her arms and lift her chest off the surface. Next, she'll stretch to look at something above her eye level and — surprise! She rolls over for the first time. Mastery of these movement milestones depends on the chance to move unrestrained. If your baby is in an infant seat, swing or walker for long stretches of time she does not get the opportunity to develop physical fitness.

Movers and shakers

The toddler years are devoted to finding out how to get someplace; you can observe the motor drive in your child as he crawls, walks and climbs. Provide the

opportunity for your child to move his muscles by clearing an open space free of sharp edges, obstacles, strewn toys, or stairs and supervise your child as he walks. If your toddler goes to child care, talk to your child care provider to make sure ample time is devoted to physical activity during the day. Get outdoors as much as possible by walking around the block, kicking a ball in the yard, or playing at a park. Around this age children begin to imitate their caregivers, so make sure you engage in physical activity yourself.

Preschool powerhouses

Typically developing preschoolers are ready for lots of physical activity. They don't have to think so hard about how to move their bodies; their motor skills are becoming automatic. And a child's self-esteem is enhanced when she can run, jump, and play vigorously. Preschoolers are developing lots of other interests too, and your role includes making sure your child has a good balance of active and quiet pastimes. Preschoolers enjoy playing with friends, so arrange opportunities for your child to play with others and encourage active games.

Lifelong habits for good physical fitness begin early

- ▶ *Be a role model.* Participate in and enjoy physical activity yourself.
- ▶ *Play active games with your child.* Your participation encourages your child to engage in physical activity.
- ▶ *Plan time for unstructured play.* Young children need blocks of time to invent play, including physical activity.
- ▶ *Provide space, including outdoor space, for active play.* If your home does not have a place to play outdoors, take your child to a park or schoolyard every day.
- ▶ *Look for programs in your community.* Your community's recreation or parks department may have activities for young children. Attend your PAT program's group meetings that provide active play times.
- ▶ *Invite a buddy.* Your child may be more physically active when he has a playmate.
- ▶ *Limit TV watching.* More than an hour or two of TV watching and electronic game playing a day poses a threat to your child's physical well being.
- ▶ *Be positive about your child's activity.* Encourage her skills and avoid making fun of her or belittling her ability.



Página de los Padres

LOS PRIMEROS PASOS PARA LA BUENA SALUD FÍSICA DE SU HIJO

Algunos estudios realizados recientemente han comprobado que, a medida que va creciendo, el niño tiene menos oportunidades de realizar la actividad física que necesita para mantenerse sano. Probablemente a usted no se le haya ocurrido hacer algo para alentar el buen estado físico de su bebé porque le parece que es aún demasiado pequeño para hacerlo. Pero independientemente de la edad que tenga, puede empezar desde ahora a inculcarle el gusto por la actividad física.

Oportunidades para el bebé

Incluso antes de nacer, cuando aún se encuentran en el útero de su madre, los bebés mueven sus cuerpos rítmicamente durante diferentes momentos del día, como si estuvieran haciendo ejercicio. Los expertos se refieren a este deseo innato de moverse como impulso motor. Lo que su bebé realmente necesita es la oportunidad de ponerlo en práctica y el aliento de usted, su más ferviente admirador.

Cuando el bebé está despierto y con ganas de jugar, colóquelo boca abajo sobre una superficie firme, como por ejemplo una cobija extendida sobre el suelo. Colóquese al nivel del bebé y háblele. El bebé intentará levantar la cabeza de la superficie y, al hacerlo, estará fortaleciendo su espalda. Cerca de los 3 meses de edad, debería poder levantarse apoyando los brazos y levantar el pecho del suelo. Luego, se estirará para ver algo que se encuentra sobre la altura de sus ojos y - ¡sorpresa! - volteará el cuerpo por primera vez. Para aprender a dominar estos movimientos, el bebé debe tener la oportunidad de moverse sin restricciones. Si pasa mucho tiempo en la sillita, el columpio o la andadera, no tendrá la oportunidad de desarrollar un buen estado físico.

Pequeños caminantes

Los niños pequeños están constantemente intentando descubrir cómo llegar a algún lugar y su impulso motor se pone de manifiesto cuando gatean, caminan y trepan. Bríndele a su hijo la oportunidad de mover los músculos preparando un espacio sin bordes cortantes, obstáculos,

juguetes o escaleras y vigílelo mientras camina. Si va a una guardería, hable con la persona a cargo de su cuidado para asegurarse de que se dedique suficiente tiempo a la actividad física durante el día. Salga con el niño lo más posible. Llévelo a dar una vuelta a la manzana, por ejemplo, o a jugar a la pelota en el jardín, o al parque. Cerca de esta edad, los niños comienzan a imitar a las personas que los cuidan. Por eso es importante que usted también realice actividad física.

Preescolares a toda marcha

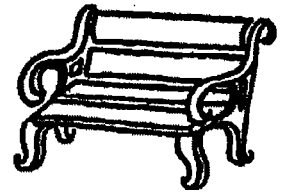
Normalmente, los niños en edad preescolar están listos para realizar una gran cantidad de actividad física. No tienen que pensar demasiado cómo mover sus cuerpos, ya que sus habilidades motrices se están volviendo automáticas. Además, la autoestima del niño aumenta cuando puede correr, saltar y jugar con toda su energía. Los niños en edad preescolar están desarrollando muchos otros intereses también y su función como madre o padre incluye asegurarse de que tenga un buen equilibrio de pasatiempos activos y pasivos. A los niños en edad preescolar les gusta jugar con amigos. Busque oportunidades para que su hijo pueda jugar con otros niños y aliente los juegos activos.

Los hábitos que permiten mantener un buen estado físico toda la vida comienzan desde temprano

- ▶ **Sea un modelo.** Participe en la actividad física y disfrútelas usted también.
- ▶ **Participe en juegos activos con su hijo.** Su participación alienta a su hijo a realizar actividad física.
- ▶ **Reserve un tiempo para juegos no estructurados.** Los niños pequeños necesitan contar con cierta cantidad de tiempo todos los días para inventar juegos e incluso para la actividad física.
- ▶ **Proporcione el espacio necesario, incluido espacio al aire libre, para el juego activo.** Si su casa no tiene un espacio al aire libre donde su hijo pueda jugar, llévelo a un parque o al patio de una escuela todos los días.
- ▶ **Busque programas en su comunidad.** El departamento de recreación o parques de su comunidad posiblemente tenga organizadas actividades para niños pequeños. Asista a las reuniones en grupo del programa PAT donde se dedica parte del tiempo a los juegos activos.
- ▶ **Invite a un amigo.** Es posible que su hijo esté más activo físicamente cuando tiene alguien con quién jugar.
- ▶ **Limite el tiempo de televisión.** Más de una hora o dos de televisión y juegos electrónicos por día amenazan el bienestar físico de su niño.
- ▶ **Demuestre su entusiasmo por la actividad que realiza su hijo.** Aliente sus habilidades y evite reírse de él o denigrar su capacidad.

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.



Kids Aren't the Only Ones

It's not only children who benefit from play. Adults do, too. In fact, we need play breaks in our grown-up lives — especially in times of stress or worry. Play relaxes and strengthens us. It keeps our thinking flexible and adaptable and restores our enthusiasm.

Because play is a state of mind, it can be hard to define. Even so, most of us can tell when we're playing. We know it's play when it's satisfying, when it causes us to lose track of time, when it's our own choice, and when we know we're not seeking any outside recognition for doing it. Play can be as simple as pausing to turn a slotted spoon into a bubble wand while washing dishes or as involved and complex as a game of chess.

What do you do to play?

Some say that, for them, play includes:

- laughing with an old friend
- cooking a favorite meal
- solving a puzzle
- throwing a Frisbee

- jumping in the leaves with your child
- watering a plant
- taking a walk
- savoring the movement of light and shadows on a sunny day
- imagining
- riding a bike
- making something—a drawing, a warm scarf, a shelf for the kitchen
- enjoying a pick-up game of basketball
- making music alone or with others
- laughing with a *new* friend

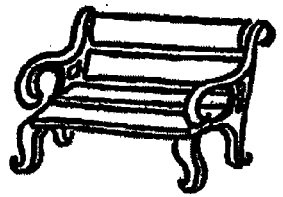
A play break can take ten seconds or last all day. It can be simple or complex. It's doing something you love simply because you love doing it.

There are times when it's not only all right for adults to play, it's essential.



La Escuela En El Banco del Parque

Hace muchos años los padres se ayudaban unos a otros para criar a sus hijos. Los artículos que se encuentran en *La Escuela en el Banco del Parque* fueron escritos para revivir esa costumbre antigua. Si usted participa en un grupo de padres que se reúne con regularidad, puede usar estos artículos para empezar conversaciones con ellos. O pregúntele a un amigo o amiga qué haría él o ella en una situación semejante. Escuche bien los diferentes puntos de vista y decida por sí mismo qué es lo mejor para su familia.



Los Niños No Son los Únicos

Los niños no son los únicos que se benefician del juego. Los adultos también pueden beneficiarse. De hecho, los adultos necesitamos un poco de juego en nuestras vidas especialmente en épocas de estrés o preocupación. El juego nos relaja y nos fortalece. Nos ayuda a mantener nuestra mente flexible y adaptable y restaura nuestro entusiasmo.

El juego es un estado mental y por lo tanto es difícil de definir. Sin embargo, la mayoría de nosotros sabemos cuando estamos jugando. Sabemos que estamos jugando cuando estamos involucrados en algo simplemente porque nos trae satisfacción. Sabemos que estamos jugando cuando la actividad nos hace olvidar el tiempo, cuando es por elección propia y cuando no estamos buscando ningún reconocimiento exterior. El juego pudiera ser tan sencillo como convertir una cuchara acanalada en una varita para burbujas mientras estamos lavando los trastes o pudiera ser tan complicado y tomar tanto tiempo como un juego de ajedrez.

¿Qué hace usted cuando quiere jugar? Algunas personas dicen que, para ellos, el juego incluye:

- reír con otra persona
- preparar su comida favorita
- hacer puzzles

- lanzar un Frisbee
- saltar en las hojas con su hijo
- regar las plantas
- dar un paseo
- disfrutar el movimiento de la luz y las sombras en un día soleado
- imaginar
- pasear en bicicleta
- hacer algo—un dibujo, una bufanda tejida, una repisa para la cocina
- un partido amistoso de baloncesto
- tocar música sólo o con otras personas
- reír con un amigo nuevo

Los momentos de juego pueden durar desde diez segundos hasta todo el día. Pueden ser sencillos o complicados. Jugar es hacer algo simplemente porque le gusta hacerlo.

Hay ocasiones en las que el juego para los adultos no es sólo una buena idea, sino una necesidad.



November Parent/Child Activities For All Parents As Teachers Families

Going on a Bear Hunt!

Date: Thursday, November 14
Time: 1 - 2 p.m.
Place: Erie Early Childhood Center
Art/Music Room

A story stretcher event based on this popular children's book. We will prepare for the hunt by making bear hunter hats, badges, and instruments to create the environmental sounds of the places we will search. There will be a variety of bear hunts to expand on the book's theme: in cornmeal; with animal puppets; and through an obstacle course. *Children are invited to bring a teddy bear.

Hosted by Kathy Wolf

Family Fun Night

Date: Thursday, November 14
Time: 6:30 - 7:30 p.m.
Place: Prophetstown Elementary
Gym

November is the month when we remember all that we are thankful for. Activities will all be related to Thanksgiving. Come and enjoy time together as a family with a variety of fun projects.

Hosted by Laura McCullough



Jumble, Rumble, Tumble

Date: Friday, November 15
Time: 10 - 11 a.m.
Place: Wallace Education Center Gym
Sterling

Children and parents will enjoy gross and fine motor activities in the gym. All motor skills are learned and improved through repetition. Life-long habits for good physical fitness begin early! Activities also give parents a chance to socialize with other parents and observe their child socializing with others.

Hosted by Sue Austin, Mary Etnyre and Janie Atilano

Family Fun Night

Date: Tuesday, November 19
Time: 6:30 - 7:30 p.m.
Place: Northside Lunch Room
Morrison

Spend a fun evening together doing a variety of Thanksgiving activities. Be ready to trot like a turkey, play inside a teepee, make pumpkin pies, and much more.

Hosted by Laura McCullough




Family Night At The Library

Date: Thursday, November 21
Time: 6:00 - 7:00 p.m.
Place: Rock Falls Public Library
1007 - 7th Avenue

Join us for an evening of fun, food, and games at the Rock Falls Public Library to celebrate National Family Reading Night. We will have activities for all ages so bring the whole family. Reservations are appreciated: call Pat Rhodes at 625-1495.

Hosted by Laura Woodfall, Sandy Davis, and Linda Berentes

November Lending Library Hours

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Erie</u> The toy lending library is located in the preschool room. Times you may visit are listed below.</p>	<p><u>Morrison</u> A toy lending library is available in Morrison. Ask Laura McCullough for details.</p>	<p><u>Tampico</u> The toy lending library is located in the preschool room. You may use it any school day before and after classes.</p>	<p><u>Prophetstown</u> The toy lending library is located in the preschool room. You may use it any school day before and after classes</p>		1	2 
3	4 Wallace library 10 a.m.-noon Linda Wallace library 1-2:30 p.m. Alice	5 Merrill library 10 a.m.-noon Sandy	6 Erie library 9-11 a.m. Merrill library 10 a.m.-noon Linda	7 Wallace library 10 a.m.-noon Sue	8	9
10 	11 Veterans' Day Library Closed For Holiday	12 Merrill library 10 a.m.-noon Sandy	13 Erie library 9-11 a.m. Merrill library 10 a.m.-noon Linda Wallace library 3:30-5:00 p.m. Janie	14 Wallace library 10 a.m.-noon Mary	15	16
17	18 Wallace library 10 a.m.-noon Linda Wallace library 1-2:30 p.m. Alice	19 Merrill library 10 a.m.-noon Linda	20 Erie library 9-11 a.m. Merrill library 10 a.m.-noon Linda	21 Wallace library 10 a.m.-noon Sue	22	23
24	25 Wallace library 10 a.m.-noon Linda Wallace library 1-2:30 p.m. Alice	26 Merrill library 10 a.m.-noon Laura W.	27 Library Closed For Holiday	28 Thanksgiving Library Closed For Holiday	29	30 

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

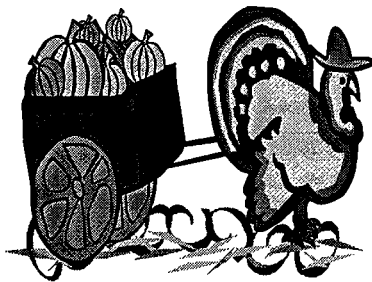
If so, now is a good time to tell them about our program. Each fall, we have families graduate from Parents As Teachers because their youngest child is entering kindergarten. This enables the parent educators to enroll new families.

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
Regional Superintendent of Schools
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Nonprofit Organization
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«Mother» «Last»
«Address»
«City» «State» «Zip»