

Project Administrator
Gary Steinert
Regional Supt. of Schools

Project Coordinator
Pat Rhodes

Parent Educators
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

Deb Jacobs
Sterling Dist.#5

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

Kathy Wolf
Erie Dist.#1

**Resource Center
Coordinators**
Linda Berentes
Merrill School

Laura McCullough
Kathy Wolf
Wallace Education Center

**Resource Centers and
Lending Libraries**
Prophetstown Elementary
Tampico Elementary
Wallace Education Center
Merrill School

Administered By
Whiteside County Regional
Superintendent's Office

Funded By
State Board of Education
Prophetstown Dist. #3
Sterling Dist. #5
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

April 2004

FROM THE COORDINATOR

The Whiteside County Parents As Teachers program is funded by the Illinois State Board of Educations Early Childhood Block Grant and your local school district.

The state board of education awards funds to programs who have met the goals and objectives for the previous year and can show, through self evaluation, that families benefited from the program.

Local schools contract with us to deliver services to families in their district. Please take a few minutes to write your school district to let them know how much you enjoy and have benefited from the home visits and parent/child activities provided by Parents As Teachers.

APRIL ACTIVITIES IN THE MERRILL P.A.T. LIBRARY

Linda has planned these special activities for you and your child to enjoy when you visit the Merrill toy lending library this month.

April 1	Popcorn Bunnies
April 8	Library closed
April 15	Tunnel Play
April 22	Spring Flowers
April 29	Bumble Bees

We are running short on the blue cloth bags that parents use to take home the items they borrow from our library. If you have more than one bag, please return it to a library. Thank you .

APRIL IS CHILD ABUSE PREVENTION MONTH

Child abuse is a serious social and public health issue. More than one million children are abused each year in the United States. In Illinois last year, 100,000 children were reported as abused or neglected. Recognizing that everyone can participate in efforts to eliminate this serious threat to children, communities across the country are stepping forward to promote the message that child abuse can and must be prevented.

Prevent Child Abuse Illinois offers the following suggestions about ways to help prevent child abuse in your community.

- Recognize that you are the most important person in your children's lives. What you say to them and how you treat them determines how they feel about themselves. Offer positive words and praise every chance you get.
- When you're feeling troubled or lonely, and when pressures build up, don't lash out at your child. Stop and take a deep breath.
- If you think you need help, you're not alone. Being a parent isn't easy for anyone, and sometimes it's very hard. Take the first step. Reach out for help. Call a family member or friend to talk about your feelings. Your parent educator can also be a resource for you; talk to her the next time she visits.

Using Words to Discipline Children



Here are some tips to keep in mind when you want to change your child's behavior by using the "carrot" instead of the "stick."

- ★ Show that you understand why he wants to do what you don't want him to do. "I know that you want to stay on the playground longer, but..." or "I know that you want me to buy candy for you, but..." You can say no to an action without shaming the child for his reasons.
- ★ Give a brief reason why you can't do what she wants you to do. Be honest, but let her know you are fair and in charge. "It will be time for dinner soon, and I need to be home to get it ready." "Candy may hurt your teeth."
- ★ Offer a solution or an alternative. Even if you believe she knows better, you can remind her. Try saying, "Sand is not to be thrown. Try letting it trickle through your fingers, or put it into the cup," or "Don't hit people. Tell me in words if you're angry, or hit your punching toy."
- ★ Remind her that there are other choices. You can say, "Would you like to pick out a pack of sugarless gum or an apple instead?" or "We can't stay now, but we can come back tomorrow." Be consistent in following through on these choices.
- ★ Let your child know that you believe in his ability to do the right thing. Speak respectfully (in tone and word) to your child. Consider saying, "I know how you like to help," instead of saying, "Don't bother me." Instead of saying, "You always forget to wait your turn," try saying, "I know you'll remember to wait your turn next time."
- ★ Set firm limits and rules children can understand. Use a firm, kind voice, and keep directions short. You may need to repeat rules and directions until your child remembers for himself. "You may not watch that television program. You may turn it off, or I will do it." "When you put your shoes on, we will go outside." "Yes, I know you're eager to go, but the car will not start until you are in your car seat."
- ★ Share as many happy times together as possible. Let him know you enjoy being with him. Laugh, play, hug, and cuddle your child. Compliment good efforts even if the result isn't perfect. Talk with and read to her. Doing these things lets children know that they are important to you and encourages them to want to please you.

It takes time, readiness, and practice for children to learn to follow rules just as it does for them to learn physical skills, such as walking, or social skills, such as sharing. Learn more about typical behavior for your child's age. Try to let them know that you are the leader and that you are there to help them grow.

*Adapted from Positive Discipline. (1990). ERIC Digest. Champaign, IL: ERIC Clearinghouse on Elementary and Early Childhood Education. Available:
<http://ericece.org/pubs/digests/1990/positi90.html>*

- ★ For related Web resources, see "Using Words to Discipline Children" at <http://illinoisearlylearning.org/tips.html>.



28 Children's Research Center
51 Gerty Dr. • Champaign, IL 61820-7469
Telephone: 217-333-1386 • Fax: 217-333-3767
Toll-free: 800-583-4135 (Voice/TTY)
Email: iel@uiuc.edu
Internet: <http://illinoisearlylearning.org>



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

Cómo usar las palabras en la disciplina de los niños



He aquí unas palabras a utilizar cuando quiere cambiar el comportamiento de su hijo sin gritar, dar nalgadas ni airarse.

- ☀ **Demuestre que usted entiende por qué su hijo quiere hacer algo que usted no quiere que haga.** "Yo sé que quieres quedar un ratito más en el jardín de recreo, pero..." O: "Yo sé que quieres que te compre unos dulces, pero..." Es posible decirle que no a un niño sin avergonzarle por sus motivos.
- ☀ **Dé una razón breve para explicar por qué usted no puede hacer lo que ella quiere.** Sea honesto, pero déjele saber que usted es justo y el encargado. "Pronto va a ser la hora de cenar, y tengo que estar en casa para prepararla." "Los dulces pueden hacerte daño a los dientes."
- ☀ **Ofrezca una solución o una alternativa.** Aun si usted cree que ella ya entiende algo, puede recordárselo. Por ejemplo, se puede decir, "No hemos de tirar la arena. Prueba dejar que gotea por tus dedos, o échala en la cubeta..." O: "No pega a nadie. Dime en palabras si estás enojada, o pega tu juguete de golpear."
- ☀ **Recuérdale que hay otras opciones.** Usted puede decir, "¿Te gustaría escoger unos chicles sin azúcar o una manzana en vez de los dulces?" O: "No podemos quedarnos ahorita, pero podemos volver mañana." Sea consistente en cumplir con su palabra respecto a estas opciones.
- ☀ **Comuníquese a su hijo que usted cree que tiene la capacidad de hacer lo correcto.** Hable a su hijo con respeto, tanto en el tono de su voz como en las palabras que escoja. Considere decir, "Yo sé que te gusta ayudar," en vez de "No me molestes." En lugar de decirle, "Tú siempre te olvidas de esperar tu turno," pruebe decirle, "Yo confío en que la otra vez te acordarás de esperar tu turno."
- ☀ **Ponga límites firmes y reglas que los niños pueden entender.** Hable en un tono de voz firme pero bondadoso, y dé instrucciones breves. Es posible que usted tenga que repetir las reglas y las instrucciones hasta que su hijo se acuerda de ellas por sí mismo. "No puedes mirar ese programa de televisión. Lo puedes apagar tú, o lo hago yo." "Cuando te pongas los zapatos, vamos a ir fuera." "Sí, yo sé que estás ansioso para ir, pero el coche no se moverá mientras tú no estés en tu asiento de seguridad."
- ☀ **Comparte cuantos momentos felices juntos como sea posible.** Comuníquese a su hijo que le gusta pasar tiempo con él. Ríe y juegue con su hijo, abrácele y acarícele. Dé cumplidos cuando se esfuerce bien, aunque el resultado no sea perfecto. Platique y lea con ella. Al hacer estas cosas, usted les comunica a sus hijos que son importantes para usted, y les fomenta el deseo de agradarle.

Es cuestión de tiempo, preparación y práctica para que los niños aprendan a seguir las reglas, tal como la es para que aprendan las habilidades físicas, como la de caminar, o las sociales, como la de compartir. Aprenda más sobre los comportamientos típicos para la edad de su hijo. Intente comunicarle que usted es el líder, y que tienen a usted para ayudarles a crecer.

Adaptado de Positive Discipline (La disciplina positiva). (1990). ERIC Digest. Champaign, IL: ERIC Clearinghouse on Elementary and Early Childhood Education. Available: <http://ericece.org/pubs/digests/1994/disci94s.html>

- ☀ **Para recursos de Web relacionados, véase "Cómo usar las palabras en la disciplina de los niños" en <http://illinoisearlylearning.org/tips-sp.htm>.**

English Title: Using Words to Discipline Children



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81 Gerty Dr. • Champaign, IL 61820-7469
Teléfono: 217-333-1388 • Fax: 217-333-3787
Gratis: 800-583-4138 (Voz/TTY)
Email: iel@uiuc.edu
Internet: <http://illinoisearlylearning.org>

Illinois State Board of Education

Para más páginas de consejos acerca de otros temas, favor de visitar el: <http://illinoisearlylearning.org>

It's a party and you're invited to...

What: 20th Annual Child Fair
Where: Sauk Valley Community
College

When: April 17, 2004

Time: 9:00 a.m. - 1:00 p.m.

Who to Bring: Family & Friends



What you'll See and Do:

Mr. Steve

Book Bee

**Quad City Ballet Folklorico
Dancing**



Meeting Zoo-*Star Lab*-Kid's ID

Fire Trucks- *Ambulance*-Police K9

Lots of Exhibits too!

*The first 1000 Children
attending Child Fair will receive
a free book*

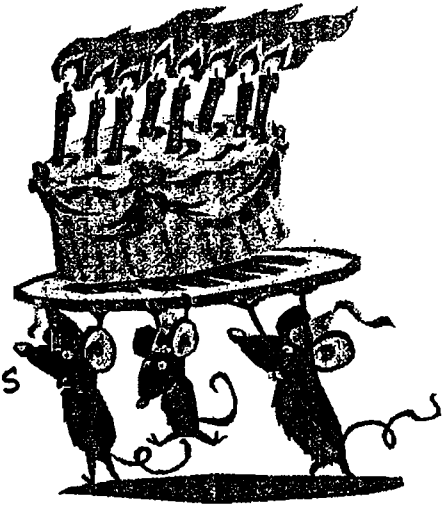
Es una fiesta y tú estas invitado...

Qué: 20ª Feria Anual del Niño
Dónde: Sauk Valley Community
College

Cuándo: Abril 17, 2004

Hora: 9:00 a.m. - 1:00 p.m.

A quién traer: Familiares y amigos



Lo que verán y harán:

Sr. Steve Competencia de Lectura

Ballet Folklórico de Quad-Cities

Zoológico - *Laboratorio de Estrellas* -

Identificaciones para niños

Camión de bomberos - *Ambulancia-*
Policía K9

También muchas exhibiciones!

*Los primeros 1000 niños en
asistir la Feria del Niño
recibirán un libro gratis*



April Parent and Child Activities

For all P.A.T. Families and Friends

DORA THE EXPLORER

Date: Friday, April 2
Time: 1:30 - 2:30 p.m.
Place: Franklin School Gym
1510 East 25th, **Sterling**

Find your way to our fiesta! Come and make a Dora friendship bracelet, enjoy a book, play games, and many other fun Dora activities.

Hosted by Deb, Mary, and Sue

¡DORA THE EXPLORER!

La Fecha: viernes, 2 de abril 2004
Hora: 1:30 - 2:30 p.m.
El Lugar: Al gimnasio a la escuela Franklin
1510 East 25th St., **Sterling**

¡Encuentre el camino a nuestra fiesta! Venga e Haga una pulsera de amistad como Dora. Goza un libro, juegue juegos, y muchas actividades Divertidas de Dora.

Anfitrionas: Mary, Devorah, y Sue

LAPSIT: BUBBLES

Date: Friday, April 9
Time: 10:00 - 10:30 a.m.
Place: **Rock Falls Public Library**
1007 Seventh Avenue

Lapsit is a play time designed especially for parents and children ages 1 - 3. You and your toddler will enjoy songs, finger plays, a simple activity, and time to share books.

Sponsored by the Rock Falls Public Library

OLD McDONALD'S FARM

Date: Friday, April 16
Time: 10 - 11 a.m.
Place: **Tampico Elementary**
Preschool Room

Spring is a busy time on the farm. There are crops to plant and baby animals to take care of. Join us as we explore life on the farm through activities, books, and crafts.

Hosted by Laura



IT'S SPRING!





Date: Wednesday, April 21
Time: 10:30 - 11:30 a.m.
Place: **Rock Falls Public Library**
1007 Seventh Avenue

Come and help us celebrate spring. We will have spring activities and crafts for you and your child to make and take home.

Hosted by Linda and Sandy



April Toy Lending Library Hours

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Tampico</u> The toy lending library is located in the preschool room.</p> <p>Talk to Laura about when you may use it.</p>	<p><u>Prophetstown</u> The toy lending library is located in the preschool room.</p> <p>Talk to Laura about when you may use it.</p>			<p>1 Merrill library 9:00 -11:30 a.m. and 12:30-2:00 p.m. Linda Berentes</p>	<p>2</p>	<p>3 </p>
<p>4 </p>	<p>5</p>	<p>6 Library Closed For Spring Break</p>	<p>7 Library Closed For Spring Break</p>	<p>8 Library Closed For Spring Break</p>	<p>9</p>	<p>10</p>
<p>11</p>	<p>12</p>	<p>13 Wallace library 9:00 -10:30 a.m. Wallace gym 10:30-11:30 a.m. Closed in the afternoon Laura McCullough</p>	<p>14 Wallace library 1- 3 p.m. Kathy Wolf</p>	<p>15 Merrill library 9:00 -11:30 a.m. and 12:30 - 2:00 p.m. Linda Berentes</p>	<p>16</p>	<p>17 CHILD FAIR</p>
<p>18 </p>	<p>19</p>	<p>20 Wallace library 9:00 -10:30 a.m. Wallace gym 10:30-11:30 a.m. Wallace library 12:30 - 2:00 p.m. Laura McCullough</p>	<p>21 Wallace library 1- 3 p.m. Kathy Wolf</p>	<p>22 Merrill library 9:00 - 11:30 a.m. and 12:30 - 2:00 p.m. Linda Berentes</p>	<p>23</p>	<p>24</p>
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HAPPY BIRTHDAY CHILD FAIR



**We are having a party to celebrate 20
years of Child Fair, and you are invited!**

Saturday, April 17, 2004

9 a.m. to 1 p.m.

Sauk Valley Community College

More details in this newsletter.

Gary J. Steinert
Regional Superintendent of Schools
Whiteside County ROE
1001 West 23rd Street
Sterling IL 61081

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