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**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
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July 2004

Bring A Friend To The Park

Do you have a neighbor, friend, or relative who would like to be a part of Parents As Teachers? If so, this month would be a good time to introduce them to the program by bringing them to one of our park activities.

Each year, we have families leave our program because their youngest child is entering kindergarten in the fall. 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 their first child within three months.

Check the enclosed activity schedule for PARK IT WITH A BOOK dates and locations in July. You and your friend will each receive a book to take home when you attend.



Healthy Habits Healthy Kids

Encourage your children to develop these healthy habits:

- Choose nutritious foods and limit sugary snacks and fatty foods, particularly before meals.
- Have your child start the day by eating a healthy breakfast at home or school.
- Teach your child how to stop the spread of germs by washing his or her hands in warm, soapy water before meals.
- Keep your child vaccinated against disease at the right age. Keep a chart of the shots your child has already had and is scheduled to have in the future.
- Turn exercise into family fun. Spend time together as a family playing ball, throwing a Frisbee, walking, or riding bikes.

U.S. Department of Education

What will it taste like?

By eating a variety of foods beginning early in life, children are more likely to try new foods. Children are sometimes distrustful of new things, especially an unfamiliar food.

What will it taste like? Will I like it? The more often children sample new foods, the more comfortable they will be. Experts recommend introducing one new food at a time, along with familiar foods, so children are not overwhelmed.

No More Diapers: Is Your Child Ready?



*"No more diapers!" Sounds great, but how do you get ready for toilet training?
Here are some tips.*

- ★ **Be sure you are ready!** Helping your child learn to use the toilet takes time and patience. Have a potty chair, a child-sized seat that fits the toilet, and a sturdy stepstool on hand. Training can take 3 months or more. If you start during warm weather, your child can wear fewer clothes—and you'll have fewer clothes to wash!
- ★ **Get your child interested!**
 - Let her get to know her potty chair or portable toilet seat. Let her sit on it fully clothed, if she wants.
 - Check out children's books about using the potty, and read them with your child [e.g., *Everyone Poops* by Taro Gomi (1993) and *Going to the Potty* by Fred Rogers (1986)].
 - Let him observe you or other children (if they are willing) using the toilet.
 - Show him how the toilet works. Let him flush it if he wants. (Note: To avoid messes, make the bathroom "off limits" to the toddler unless someone else accompanies him!)
- ★ **Teach the right words.** Use the terms you want your child to use. You might say in a friendly voice, "I'm changing your diaper because you peed in it." "You pooped in your diaper, so I'm putting on a clean one." Use terms that other people will understand.
- ★ **Watch for signs that your child is ready.** Most children learn to use the toilet between 2 and 3 years of age, but some learn later. Children may show some signs of readiness at around 18 months. Girls show signs of readiness an average of 3 months before boys. Your child may be ready to start toilet training if she shows any of the following signs:
 - knows the diaper is wet or dirty and wants a clean one
 - has bowel movements at regular times
 - stays dry for 2 hours at a time
 - can pull down her own diaper or underpants
 - uses facial expressions, sounds, or words to show she is ready to urinate or have a bowel movement
 - understands the terms you use for bladder and bowel functions
 - can follow simple directions and likes to put things in the right place
- ★ **Be aware of signs that your child is not ready.** You may need to wait a little longer if he simply doesn't want to sit on the toilet or if he is going through any of the following:
 - an illness
 - a phase of irritability or power struggles with you
 - major life changes such as the birth of a new baby or moving to a new home
- ★ **For related Web resources, see "No More Diapers: Is Your Child Ready?" at <http://illinoisearlylearning.org/tips.htm>.**



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Illinois State Board of Education

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

No más pañales: ¿Está listo su hijo?



“¡No más pañales!” Estas palabras tal vez parezcan maravillosas, pero ¿cómo se prepara para el entrenamiento en el uso del inodoro? He aquí unos consejos.

- ★ **¡Asegure que esté listo usted mismo!** Se necesita tiempo y paciencia para ayudar a su hijo a aprender el uso del inodoro. Provea una silla pequeña con orinal, una silla de un tamaño apropiado para el niño que cabe al inodoro y un escabel fuerte. El entrenamiento puede durar 3 meses o más tiempo. Si se comienza durante el tiempo caliente, su hijo puede traer menos ropas—y ¡usted tendrá menos que lavar!
- ★ **¡Despierta el interés de su hijo!**
 - Deje que su hija conozca su silla con orinal o silla portátil para el inodoro. Deje que se siente en ella con toda la ropa, si lo quiere hacer.
 - Busque libros infantiles sobre el uso del inodoro, y léalos con su hijo: el libro «Todos hacemos caca» por Taro Gomi (trad. al español en 1997) sirve bien.
 - Deje que su hijo observe a usted o a otros niños usando el inodoro (si están dispuestos).
 - Muéstrelle cómo funciona el inodoro. Deje que tire de la cadena del inodoro si quiere hacerlo. (Nota: para evitar que se desordene el cuarto de baño, ¡prohíba a su hijo la entrada a este a menos que alguien lo acompañe!)
- ★ **Enséñele las palabras correctas.** Use los términos que usted quiere que su hijo use. Podría decir en tonos amigables, “Te estoy cambiando el pañal porque orinaste.” “Hiciste caca en tu pañal, y por eso te lo pongo uno nuevo.” Use términos que otra gente entenderá.
- ★ **Busque indicios de que su hijo está listo.** La mayoría de los niños aprenden el uso del inodoro entre los 2 y 3 años de edad, pero algunos lo aprenden más tarde. Es posible que los niños muestren algunos indicios de estar listos a como los 18 meses de edad. Las niñas muestran indicios de estar listas a un promedio de 3 meses antes de los varones. Puede que su hija esté lista a empezar el entrenamiento en el uso del inodoro si muestra cualquier de los siguientes indicios:
 - sabe cuando el pañal está mojado o sucio y quiere uno limpio
 - tiene movimientos del intestino a intervalos regulares
 - pasa 2 horas seguidas sin mojar el pañal
 - puede quitar su propio pañal o calzoncillos
 - usa expresiones de la cara, sonidos o palabras para mostrar que está lista para orinar o tener un movimiento del intestino
 - entiende los términos que usted usa para las funciones de la vejiga y el intestino
 - puede seguir instrucciones simples y le gusta poner las cosas en el lugar adecuado
- ★ **Esté consciente de indicios de que su hijo no esté listo.** Quizás sea necesario esperar un poco más tiempo si sencillamente no quiere sentarse sobre el inodoro o si está pasando por cualquiera de los siguientes:
 - una enfermedad
 - una fase de irritabilidad o de luchas con usted por el poder
 - cambios profundos en la vida como el nacimiento de un bebé nuevo o una mudanza a una casa nueva

English Title: No More Diapers: Is Your Child Ready?



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No More Diapers: Getting Started



Learning to use the toilet is a big step for a child. When your child seems ready, start slowly, and be patient.

- ★ **Get the right equipment.** Decide on a stand-alone potty chair or a toddler seat that fits on your regular toilet. To use a regular toilet, you will probably need a stepstool. (A child needs to be able to reach the seat and to be able to have feet on a surface for leverage.)
- ★ **Help your child identify the right place and time.** Place the potty chair where she can easily reach it, and explain what you want. When she urinates or has a bowel movement in her diaper, clean it up calmly and let her know that she can do that in the potty now. You may want to put the bowel movement from her diaper into the potty and comment on this being the place for it. If the sound of the flush seems to frighten her, wait until she is out of the bathroom. Encourage her to sit on the potty chair when she may need to use it. (For many children, this is after sleeping or eating.)
- ★ **Teach additional skills gradually.** Once he is using the toilet some of the time, teach him to wipe, flush, take care of his clothing, and wash his hands. It is important that girls learn to wipe from front to back. Many children need help with wiping after a bowel movement until they are 4 years old or older. Now may be a time to try training pants or "big kid" underwear. It can be fun to take him shopping to choose his own. Some parents find pull-ups convenient to use, while others believe they prolong training. Many children are not ready to give up diapers at night for several months after learning to use the toilet during the day. Others want to stay out of diapers completely after wearing "big kid" underwear. When he can stay dry for several hours during the day, try sending him to bed without diapers. If your 5-year-old is never able to stay dry all night, discuss it with your child's health care provider.
- ★ **Work with your child care provider.** Your child care provider can help in encouraging toilet use. Try to use the same words and routines for toilet use that your provider uses. At first, your child may go at home but not day care, or just the opposite. If she only wants to go with your help, gradually encourage her to be more independent.
- ★ **Be prepared for setbacks.** Illness or a stressful change in his life may cause him to regress. And it's not unusual for some children to become so engrossed in their play or in learning something new that they forget or don't want to take the time to use the toilet. Try gentle reminders or regular breaks. Let his doctor know if your child becomes constipated or has painful bowel movements or other problems.
- ★ **Praise your child for any successes.** If she tells you after soiling or wetting a diaper, that's progress. If she urinates on the way to the toilet, that's also progress. Remember that she's trying, so it's important to treat accidents matter-of-factly and keep encouraging her. If she becomes discouraged, consider waiting a few weeks or months and then trying again. Avoid letting toilet training become a power struggle—or a major source of stress for you both.
- ★ **For related Web resources, see "No More Diapers: Getting Started" at <http://illinoisearlylearning.org/tips.htm>.**



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No más pañales: Cómo empezar



El aprender el uso del inodoro es un paso importante para un niño. Cuando su hijo parece estar listo, comience lentamente y tenga paciencia.

- ★ **Obtenga el equipo apropiado.** Decida si va a usar una silla pequeña con orinal o una silla de un tamaño apropiado para niños que quepa en el inodoro. Para usar un inodoro regular, probablemente se necesitará un escalón. (Un niño necesita poder alcanzar la silla del inodoro y tener ambos pies sobre una superficie para seguridad.)
- ★ **Ayude a su hija a identificar el lugar y el tiempo adecuados.** Coloque la silla con orinal donde pueda alcanzarla fácilmente y explíquelo lo que usted quiere. Cuando ella orina o tiene un movimiento del intestino en el pañal, límpiela tranquilamente y comuníquelo que ella ya puede hacer eso en el inodoro. Usted tal vez quisiera echar la materia fecal de su pañal al inodoro y comentar que ese es el lugar adecuado para ponerla. Si el sonido de tirar la cadena del inodoro parece asustarla, espere que haya salido del cuarto de baño. Anímela a sentarse sobre la silla con orinal cuando podría necesitar usarla. (Muchos niños necesitan hacerlo después de dormir o comer.)
- ★ **Enseñe habilidades adicionales poco a poco.** Una vez que su hijo usa el inodoro una parte del tiempo, enséñele a limpiarse, tirar la cadena del inodoro, arreglar su ropa y lavarse las manos. Es importante que las niñas aprendan a limpiarse de adelante hacia atrás. Muchos niños necesitan ayuda para limpiarse después de un movimiento del intestino hasta los 4 o más años de edad. Ahora tal vez sea buen momento para probar los calzoncillos de plástico o la ropa interior "de niños grandes." Algunos padres encuentran los "pull-ups" fáciles de usar, mientras que otros creen que prolongan el entrenamiento. Muchos niños no están listos para dejar los pañales de noche hasta varios meses después de aprender a usar el inodoro durante el día. Otros ya no quieren ponerse los pañales, una vez que empiezan a usar los calzoncillos "de niños grandes." Cuando su hijo pueda pasar varias horas durante el día sin orinar, pruebe hacerlo acostarse sin el pañal. Si su hijo de 5 años de edad nunca puede pasar toda la noche sin mojar el pañal, discútalos con el proveedor de atención médica de su hijo.
- ★ **Colabore con su proveedor de cuidado infantil.** Su proveedor de cuidado infantil puede animar al uso del inodoro. Intente utilizar las mismas palabras y rutinas para el uso del inodoro que utiliza su proveedor. Al principio, puede que su hijo use el inodoro en casa pero no en la guardería, o viceversa. Si su hija sólo quiere usar el inodoro si usted la ayuda, anímela gradualmente a ser más independiente.
- ★ **Esté preparado para retrasos.** Una enfermedad u otro cambio en la vida de un niño que le cause estrés quizá lo haga retroceder. Y no es muy raro para algunos niños estar tan absortos en jugar o en aprender algo nuevo que se olvidan o no quieren tomar el tiempo para usar el inodoro. Pruebe recordatorios suaves o descansos regulares. Comuníquelo al médico de su hijo si se constipa, mueve el intestino con dolor o tiene otros problemas.
- ★ **Felicite a su hija por sus éxitos.** Si le informa después de ensuciar o mojar un pañal, eso representa progreso. Si orina en camino al inodoro, también se trata de progreso. Recuerde que está intentando, de manera que es importante no perturbarse demasiado por los accidentes y seguir animándola. Si ella se desanima, considere esperar unas semanas o meses para luego intentarlo otra vez. Evite que el entrenamiento en el uso del inodoro se convierta en una lucha por el poder—o una fuente de mucho estrés tanto para usted como para su hija.

English Title: No More Diapers: Getting Started



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July Parent and Child Activities

For All Parents As Teachers Families and Friends

PARK IT WITH A BOOK

Story and play time in the park for you and your children.
Families attending will receive a copy of the book of the week to take home.

***Please bring a blanket for story time.**

Date: Wednesday, July 7
Time: 10 a.m.
Place: Kilgour Park - **Sterling**

Date: Thursday, July 8
Time: 10 a.m.
Place: Booth Park - **Tampico**

Date: Wednesday, July 14
Time: 10 a.m.
Place: Heritage Park - **Erie**

Date: Thursday, July 15
Time: 10 a.m.
Place: Centennial Park - **Rock Falls**

Date: Tuesday, July 27
Time: 10 a.m.
Place: Kilgour Park - **Sterling**

Date: Thursday, July 29
Time: 10 a.m.
Place: Kelly Park - **Morrison**



***All activities will be cancelled if it is raining.**

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**For Preschoolers
and Kindergartners**

Listening Game

Have your child cover his eyes and try to guess what you are tapping on.

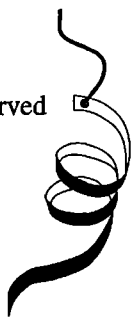
Choose objects made of different materials, such as:

- | | |
|--------------|--------------|
| plastic bowl | metal pan |
| glass window | wooden table |

Spiral Mobile

Once your child is skillful at cutting along curved lines, draw a large spiral on some stiff paper.

After it's cut, put a thread through the center and hang it up. It will spin and twirl in any passing breeze.



Apple Rings

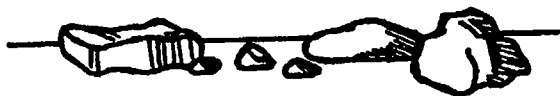
Instead of buying dried apple rings, make them.

- Core and slice a few apples.
- Have your child arrange the rings on a baking sheet.
- Then dry them at the lowest possible temperature in your oven (even the pilot light on a gas oven is warm enough). Drying takes about six to nine hours.
- Enjoy!

Math Game

Does your child like to gather stones, shells, twigs and other nature items when you take a walk?

- When you sit down to rest, ask him or her to think of different ways to sort the items.
- It's fun, and a great math activity.



FOR GRADE-SCHOOLERS

Drinking Straw Sculpture

You'll need a box of drinking straws, a package of pipe cleaners, masking tape and scissors. To make the sculptures:

- Cut the straws in pieces ranging from one inch to full-length.
- Cut the pipe cleaners into one inch lengths for connectors.
- Insert the pipe cleaners into two straws and bend to desired angle.
- Reinforce with tape as needed.
- Straw ends can be bent and taped to a cardboard base.



Enjoy creating a free-form sculpture along with your child.

Salads and Seeds

Play this game the next time you make a tossed salad.

- First, ask your child to predict whether or not there will be seeds inside each vegetable.
- Then cut them open to find out. Cucumbers, tomatoes and bell peppers have lots! (Include at least one vegetable, such as a carrot, that doesn't have any seeds.)

Your child can examine the seeds, count them, compare them, taste them--or even poke a few into the soil around your house plants to see what happens.

Ant Farm

Your child can make an ant farm by placing a clear plastic jar inside a slightly larger one and filling the space between them with dirt.

- Add a few ants.
- Cover by fastening a cloth over the top with a rubber band.
- Every few days put a few cookie crumbs on top of the dirt.

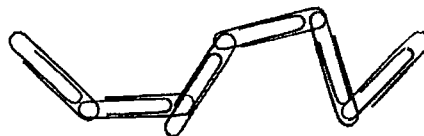
After a week or so you'll be able to see tunnels. Watch for a day or so and then return the ants to the outdoors.

Playing, Reading and Writing?

Does your child like to put on plays?

Encourage reading and writing by adding these items to dress-up clothes and other props:

- | | |
|---------------------|---------------------------------|
| old telephone books | pads of paper |
| envelopes | pens, pencils and paperclips |
| magazines | lined and plain sheets of paper |



Sterling Municipal Symphony Band



Grandon Civic Center
Across from the Sterling Post Office

Each Wednesday in July
7:30 p.m.

Bring the family and a blanket
Enjoy glorious music

FREE Admission

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

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