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Morrison Dist. #6

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Wallace Education Center

**Resource Centers and
Lending Libraries**
Erie Early Childhood Cntr.
Merrill School
Northside School
Prophetstown Elementary
Tampico Elementary
Wallace Education Center

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

February 2005

PRESCHOOL SCREENING

Elementary schools in Whiteside County will offer free preschool screening for 3 to 5 year olds in February and March. This is an opportunity for you to find out how your child is progressing in his/her development.

All school districts in Whiteside County now have preschool programs funded by the Illinois State Board of Education's Early Childhood Block Grant. If you would like your child to be considered for placement in a class next fall, he/she must attend the screening in your school district.

Call your local school for screening dates and appointment information.

WHEN TO CANCEL YOUR HOME VISIT

If you or your child has a cold or the flu, please call your parent educator to cancel your visit. She will gladly reschedule your home visit, whenever possible, to a time when you are all well.

SPREAD THE WORD

Now is a good time to tell your friends about Parents As Teachers. Several families have moved or left the program making it possible for us to enroll new families. Call Pat at 625-1495 with referrals.

****** PARENT WORKSHOP ******

NUTRITIOUS SNACKS YOUR CHILDREN WILL EAT

Presented by:
Marilee Ashley
University of Illinois
Extension

February 23, 2005
9:00 a.m.
Jefferson School
Sterling

CHILD CARE PROVIDED

Marilee will give us some helpful information about family nutrition. After her presentation, parents and children will enjoy making and eating delicious and nutritious snacks together.





Página para Padres

LUGAR DONDE DUERME SU HIJO

Las familias toman muchas decisiones acerca del cuidado de sus hijos, y el lugar donde su bebé duerme es una de estas opciones. El lugar donde dormir es un tema muy personal. En algunas familias, los padres y bebés comparten la misma cama. Quizá hagan esto por razones prácticas, como espacio limitado en el dormitorio o un bebé difícil de calmar. O quizá les guste la cercanía que brinda compartir la hora de dormir en familia. Otros padres deciden que los bebés deben dormir en su propia cuna en una habitación independiente de la de los padres. Si está tomando decisiones acerca del lugar donde dormirá su bebé, le presentamos algunas cosas a tener en cuenta.

Estilo de vida

Muchas familias eligen compartir la misma cama porque esto les permite pasar más tiempo juntos. Cuando los padres trabajan todo el día y los bebés están atendidos fuera del hogar, el tiempo que los miembros de una familia pueden compartir juntos en la noche es limitado. Muchos padres valoran la cercanía que ofrece dormir todos juntos en una cama. Otros padres consideran que cada uno duerme mejor en su propia cama y que algunos niños se tranquilizan más fácilmente si no se distraen con la presencia de los demás a su alrededor. Muchos padres valoran la capacidad de un bebé para calmarse y dormirse por sí mismo, ya que fomenta el autocontrol y la independencia.

Cultura

El origen cultural de su familia puede influir en su decisión. La cultura es un conjunto de reglas invisibles acerca de cómo vivir la vida. Quizá usted provenga de una cultura que valora la dependencia entre los miembros de la familia, por lo tanto compartir una cama le resulta muy cómodo. O sus creencias culturales quizá lo lleven a desear tener privacidad durante la noche, por lo tanto querrá que su hijo se duerma en su propia cama. Ninguna de las dos perspectivas es correcta o incorrecta, pero ambas se originan en las reglas invisibles de la cultura. Piense qué cosas afectan sus propias opciones. Quizá decida seguir sus prácticas culturales o probar algo diferente.

Amamantar

Los bebés que toman leche materna se alimentarán con más frecuencia durante

la noche si comparten la misma cama con la madre. Tienen una mejor nutrición, y quizá se alimenten menos durante el día. Compartir la cama fomenta el vínculo físico y emocional necesario para un amamantamiento exitoso. Las madres que amamantan a sus hijos y duermen con ellos parecen estar más conscientes de la posición del bebé en la cama y tienen menos probabilidad de voltear encima de ellos.

Seguridad

Más allá de cuál sea el lugar donde duerme un niño pequeño, existen ciertas precauciones de seguridad a seguir. A algunos padres les preocupa girar sobre su bebé si comparten la cama juntos. Existe un riesgo mayor de sofocación para los bebés que duermen con adultos, pero puede tomar las precauciones necesarias para contar con una cama familiar segura.

La probabilidad de acostarse encima de un bebé o aplastarlo aumenta si los adultos en la cama han consumido alcohol, drogas, o están tomando medicamentos. La fatiga en grado extremo también aumenta el riesgo de aplastar a un bebé. Si se siente afectado por la fatiga, o por el alcohol o las drogas mientras está despierto, también le resultará más difícil dormir en forma segura con su bebé. Acueste a su bebé a dormir solo si éste es el caso.

Hay muchos casos de bebés asfixiados al quedar atrapados entre el colchón y la cabecera o la pared. Además, los bebés también corren riesgo de asfixia si duermen sobre el torso de un adulto mientras el adulto está acostado en un

sofá, porque pueden deslizarse a un lugar entre el respaldo del sofá y el cuerpo del adulto. Retire la cama de la pared y nunca duerma con su bebé en muebles cargados con demasiadas cosas. Tome las medidas necesarias para que su bebé no se caiga de la cama, como bajar el colchón al piso o usar un moisés sujetado a su cama.

¿Es su elección!

Existen muchos factores a considerar al decidir el lugar donde dormirá su bebé. Sabrá si ha tomado la decisión adecuada cuando todos los miembros de la familia duerman cómodamente y su hijo cuente con las horas de sueño necesarias para crecer y desarrollarse adecuadamente.

Ropa de cama segura para el bebé

El Síndrome de Muerte Repentina Infantil (SIDS, por sus siglas en inglés) es la muerte sin explicación de un bebé mientras duerme. La mayoría de las muertes a causa de SIDS ocurren antes de los 6 meses de edad, pero el riesgo se prolonga hasta los primeros años de vida. La investigación ha indicado que acostar a los bebés boca arriba disminuye el riesgo de SIDS. Los bebés deben dormir sobre una superficie firme, sin ropa de cama blanda como almohadas y acolchados. Si comparte la cama con su bebé, debe seguir estas recomendaciones de seguridad para disminuir el riesgo de SIDS.



Parent Page

WHERE YOUR CHILD SLEEPS

Families make many choices about the care of their children, and where baby sleeps is one of them. Sleeping is a very personal topic. In some families, parents and babies share the same bed. They may do this for practical reasons, such as limited bedroom space or a difficult-to-soothe baby. Or they may want the closeness that sharing sleep time as a family provides. Other parents decide that babies should sleep in their own cribs in a different room from their parents. If you are making decisions about where your young baby will sleep, here are some things to consider.

Lifestyle

Many families choose to share a bed because it allows them more time to be together. When parents are at work all day and babies are cared for outside the home, the time a family can spend together in the evening is limited. Many parents cherish the closeness sleeping in a family bed provides. Other parents may feel that everyone sleeps better when in their own beds and that some children settle down more easily without the distraction of others near them. A baby's ability to self-calm and fall asleep is valued by many parents to promote self-regulation and independence.

Culture

Your family's cultural background may influence your decision. Culture is a set of invisible rules about how to live life. You may come from a culture that values dependence among family members, so sharing a bed is very comfortable. Or your cultural beliefs may lead you to desire privacy at night, and so you want your child to fall asleep in his own bed. Neither perspective is right or wrong, but both are shaped by the invisible rules of culture. Think about what influences your choices. You may decide to follow your cultural practices or to try something different.

Breastfeeding

Breastfeeding babies nurse more

frequently during the night if they share a bed with their mothers. They have better nutrition, and may nurse less during the day. Bed sharing promotes the physical and emotional bond that supports successful breastfeeding. Nursing mothers who sleep with their infants seem more attuned to the baby's position in their bed and are less likely to roll over on them.

Safety

No matter where your young child sleeps, there are safety precautions to follow. Some parents are worried about rolling over on a child if they share a bed. There is a greater risk of suffocation for infants if they sleep with adults, but you can take precautions to provide a safer family bed.

The chance of laying on a child, or overlying, is increased if the adults in a bed have used alcohol, drugs, or are taking medication. Extreme fatigue also raises the risk of overlying. If you are affected by fatigue, alcohol, or drugs while you are awake, you will also be less able to sleep safely with your child. Put your child to sleep alone if this is the case.

There are many cases of babies suffocating because they become trapped between the mattress and the headboard or a wall. Babies are also at risk for suffocating if they sleep on an adult's

chest while the adult is lying on a sofa because they may slide between the back of a sofa and the adult's body. Place the bed well away from a wall and never sleep with your baby on overstuffed furniture. Take steps so your baby won't fall out of a bed, such as lowering the mattress to the floor or using a "sidecar" bassinet attached to your bed.

Your choice!

There are certainly many factors to consider as you choose where your baby will sleep. You'll know you've made the right choice when everyone in the family sleeps comfortably and your child gets the sleep he needs to grow and develop successfully.

Safe Bedding for Infants

Sudden Infant Death Syndrome (SIDS) is the unexplained death of a baby during sleep. The majority of deaths due to SIDS occur before 6 months of age, but the risk extends into toddlerhood. Research has shown that putting babies to sleep on their backs decreases the risk of SIDS. Babies should sleep on a firm surface, without soft bedding such as pillows and comforters. If you are sharing a bed with your baby, you must still follow these safety recommendations to decrease the risk of SIDS.

Cómo enseñar a los niños a evitar el “peligro de los desconocidos”



Aunque nuestros niños preescolares se vayan independizando, todavía necesitamos supervisarlos de cerca, pero también queremos enseñar a nuestros hijos acerca de tratar con la gente desconocida. Un aviso a los niños sobre el “peligro de los desconocidos” puede ayudarlos tanto a estar a salvo como a disminuir la ansiedad de los padres. ¿Cómo podemos enseñar a los niños a ser cautelosos con los desconocidos pero no demasiado miedosos?

- ★ **Dígale más que sólo “no habla con los desconocidos.”** Su niña quizá no entienda que los desconocidos se ven similares a la gente que ella ve todos los días. Tal vez se pregunte también por qué está bien hablar con un maestro o vecino nuevo— personas que son desconocidas al principio—y no a otros.
- ★ **Explique unas reglas sencillas para mantenerse segura.** Trate de practicar o hacer papeles de situaciones que implican el uso de estas reglas con su hijo.
 - “Está bien hablar con alguien si estoy contigo o cuando te digo que está bien.”
 - “Los adultos que necesitan ayuda deben pedirla a otros adultos, *no a niños*. Esto incluye llevar un paquete o encontrar un lugar o un perrito perdido.”
 - “Quédate cerca de mí o del adulto con que andas en lugares públicos, como tiendas o parques.”
 - “Si no estás cerca de nosotros, queda a la distancia de un brazo o más lejos de alguien a quien no conoces. Aléjate o corre por ayuda si un adulto desconocido se acerca demasiado. Grita y patear si un desconocido te agarra.”
 - “Si te pierdes, busca a un policía, un guarda de seguridad o un tendero. Si estás separado de mí o del adulto con que andas en un lugar público, como una tienda o un centro comercial, quédate allí mismo hasta que alguien te halle.”
 - “No vayas a *ningún* lugar con alguien que no conoces.”
 - “Nunca acepta nada de un desconocido.”
 - “Haz caso de tus sentimientos. Si estás asustado, aléjate de allí y busca a quien te ayude.”
- ★ **Lea libros acerca de los desconocidos con su hijo y platique sobre lo que han leído.** Su bibliotecario puede recomendar unos títulos, o tal vez quisiera considerar estos libros infantiles: (en inglés)

A Stranger in the Park por Stuart Fitts y Donna Day Asay (1999).
Never Talk to Strangers por Irma Joyce y S. D. Schindler (2000).
The Berenstain Bears Learn about Strangers por Stan y Jan Berenstain (1985).
- ★ **Lea más acerca de cómo mantenerles seguros a sus hijos.** *Personal Safety for Children: A Guide for Parents* (La seguridad personal para niños: Guía para padres) se puede obtener en línea, o copias impresas pueden pedirse.

Education Publication Center (Ed Pubs)

P.O. Box 1398, Jessup, MD 20794-1398

Teléfono (línea gratis): 877-433-7827

E-mail: edpubs@inet.ed.gov

Internet: <http://www.ed.gov/parents/academic/involve/safety/index.html>

English Title: Teaching Children to Avoid “Stranger Danger”

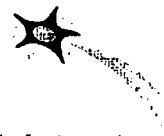


29 Children's Research Center
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Illinois State Board of Education

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

Teaching Children to Avoid "Stranger Danger"



As our preschoolers grow more independent, we still need to supervise them closely, but most of us also want to teach our children about dealing with strangers. Alerting children to "stranger danger" can both help them to be safe and reduce parents' anxiety. How can we teach children to be wary of strangers but not to be overly fearful?

- ★ Tell her more than just "Don't talk to strangers." She may not understand that strangers look like the people she sees every day. She may also wonder why it's all right to talk to a new teacher or neighbor—people who are strangers at first—and not to others.
- ★ Explain simple rules for staying safe. Try practicing or role-playing situations involving the use of these rules with your child.
 - "It's okay to talk to someone if I'm with you or when I tell you it's all right."
 - "Grown-ups who need help should ask other grown-ups, *not children*, for help. This includes carrying a package or finding a place or a lost puppy."
 - "Stay near me or the grown-up with you in public places, such as stores or parks."
 - "If you're not close to us, stay an arm's length or more from someone you don't know. Back up or run for help if an unfamiliar grown-up gets too close. Scream and kick if a stranger grabs you."
 - "If you get lost, find a police officer, security person, or store clerk. If separated from me or the grown-up you're with in a public place, such as at a store or shopping mall, stay in that spot until someone finds you."
 - "Don't go *anywhere* with someone you don't know."
 - "Never take anything from a stranger."
 - "Listen to your feelings. If you're scared, get away and look for someone to help you."
- ★ Read books on strangers with your children and talk about what you've read. Your librarian can suggest titles, or you may want to consider these children's books:
 - A Stranger in the Park* by Stuart Fitts and Donna Day Asay (1999).
 - Never Talk to Strangers* by Irma Joyce and S. D. Schindler (2000).
 - The Berenstain Bears Learn about Strangers* by Stan and Jan Berenstain (1985).
- ★ Read more on keeping your children safe. *Personal Safety for Children: A Guide for Parents* is available online, or print copies may be ordered.

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P.O. Box 1398, Jessup, MD 20794-1398
Telephone (Toll-free): 877-433-7827
Email: edpubs@inet.ed.gov
Internet: <http://www.ed.gov/parents/academic/involve/safety/index.html>
- ★ For related Web resources, see "Teaching Children to Avoid 'Stranger Danger'" at <http://illinoisearlylearning.org/tips.htm>.



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

Parent and Child Activities

For all Parents As Teachers and Prekindergarten Families

SCIENCE: IT'S A BLAST!

Date: Thursday, February 3
Time: 6:30 - 7:30 p.m.

and

Date: Friday, February 4
Time: 10:00 - 11:00 a.m.
Place: Erie Early Childhood Annex

Children learn by doing. To construct their own knowledge, they need opportunities to manipulate, explore, touch, probe, and just play around to find out how things work. Several exploration and experiment centers will be set up for you and your children to try out.

Hosted by Kathy Wolf and Erie Prekindergarten Program

MARCHING TO THE MUSIC

Date: Friday, February 4
Time: 9 - 10 a.m..
Place: Northside School Gym
Morrison

Parents and children will explore how to use music in a variety of fun ways. Movement will be our focus, and you can join in on some fun entertainment.

Hosted by Laura McCullough

FAMILY READING NIGHT

Date: Thursday, February 10
Time: 6 - 7 p.m.
Place: Prophetstown Elementary
Preschool Room

Enjoy a "no television" evening with your family! A variety of books will be available so you can spend time reading together. You can also try one of the make-it take-it projects that will be available for you and your children.

Hosted by Laura McCullough and the Prophetstown Prekindergarten Program

LAPSIT: PUPPETS

Date: Friday, February 11
Time: 10 a.m.
Place: Rock Falls Public Library

Lapsit is a playtime designed for parents and their children ages 1 to 3. You and your toddler will enjoy songs, fingerplays, simple activities, and time to share books.

Sponsored by the Rock Falls Public Library

BEAR SNORES ON Puppet Show in English and Spanish

Date: Friday, February 18
Time: 10 - 11 a.m..
Place: Sterling Public Library
Sterling

Follow Bear's tracks to the puppet theater (lower level) of the Sterling Public Library. Join Bear and his friends for a story, activities, crafts, and snack.

Hosted by Sue Austin, Linda Berentes, Sandy Davis, Mary Etnyre, and Deb Jacobs








Exposición de Títeres

Fecha: 18 de febrero
Hora: 10 - 11 por la mañana
Lugar: Biblioteca Pública de Sterling
el departamento de los niños

¡Lleva toda la familia a nuestra reunión del grupo del febrero! Vamos a mirar los títeres El Oso Sigue a Roncar, hacer los títeres, y tener mucho divertido. Tendremos refrigerios también.

Anfitrionas: Devorah Jacobs

Toy Lending Library Hours

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Wallace Library 9:30-10:30 a.m. Wallace Gym 10:30-11:30 a.m.	3 Merrill library 9:30-11:30 a.m.	4	5
6	7	8	9 Wallace Library 9:30-10:30 a.m. Wallace Gym 10:30-11:30 a.m.	10 Merrill library 9:30-11:30 a.m.	11	12 
13 	14	15	16 Wallace Library 9:30-10:30 a.m. Wallace Gym 10:30-11:30 a.m.	17 Merrill library 9:30-11:30 a.m.	18	19
20	21	22	23 Wallace Library 9:30-10:30 a.m. Wallace Gym 10:30-11:30 a.m.	24 Merrill library 9:30-11:30 a.m.	25	26 
27 	28		<u>Erie</u> A toy lending library will be available soon. Ask Kathy for details.	<u>Prophetstown</u> The toy lending library is located in the preschool room. Talk to Laura about when you may use it.	<u>Tampico</u> The toy lending library is located in the preschool room. Talk to Laura about when you may use it.	<u>Morrison</u> A toy lending library will be available soon. Ask Laura for details.



Oh, the weather outside is frightful...

When the schools are closed due to bad weather, all Parents As Teachers activities will be cancelled and the toy lending libraries will be closed. If you should have questions about any of our scheduled activities, please call your parent educator at home or Pat at 625-1495.

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