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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

Sandy Davis
Mary Etnyre
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

March 2005

PRESCHOOL SCREENING

Several elementary schools in Whiteside County will offer free preschool screening for 3 to 5 year olds in 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.

KINDERGARTEN ROUND UP ROCK FALLS DISTRICT 13

Date: Wednesday, March 16

Time: 6:00 p.m.

Place: Dillon School

If you live in Rock Falls Dist. 13 and have a child who will be 5 years old on or before September 1, 2005, this is your chance to pre-register him/her for kindergarten.

Please bring a certified copy of your child's birth certificate and immunization record.

Call Dillon School at 625-3356 for more information.

Refreshments will be served.

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

FIRM LIMITS... EASIER SET THAN KEPT

Presented by:

Pat Albert

Family Life Coach

Whiteside County Health
Department

Tuesday, March 8

9:30 - 10:30 a.m.

Wallace School
Sterling

CHILD CARE PROVIDED

Helping your child learn appropriate behaviors is one of the toughest jobs of parenting. Children feel secure in a home where they know they are loved by parents who are in charge.


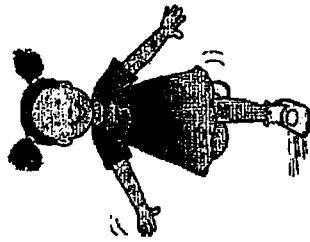

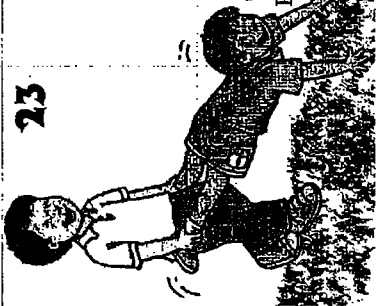

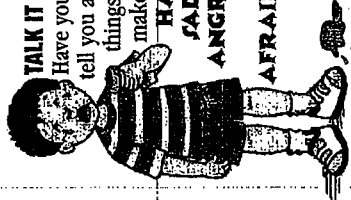



BUILDING BLOCKS

compliments of:



FAMILY ACTIVITY CALENDAR


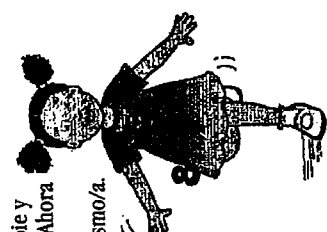

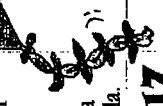



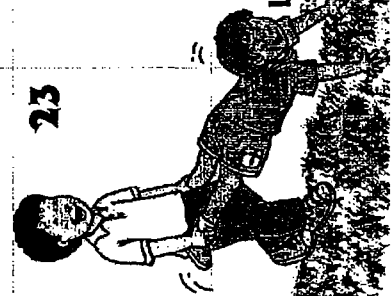
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>RAINY DAY? Get a clear plastic small container. When it starts to rain, put the container in an open area outside. After the rain, bring the container inside.</p> <p>6</p> <p>Stick your finger in the bucket. How much rain did you get? One fingernail? One knuckle? Maybe 2 knuckles! Great for the grass, trees, and spring flowers.</p>	<p>BLOW AND CHASE Blow bubbles and chase them. Did you catch any?</p> <p>7</p>  <p>14</p>	<p>BALANCE Stand in place. Balance on one foot and count to 10. Now try the other foot. Clap for yourself.</p> <p>1</p> 	<p>2</p> <p>9</p> <p>COLOR Draw pictures under the table in the kitchen.</p> <p>16</p>	<p>3</p> <p>CAR GAME Have several books in a shoe box for your child to "read." Change them regularly.</p> <p>10</p> <p>CALL A FRIEND Call a friend on the telephone. Have fun talking. Next time call Gramma or Granddad.</p> 	<p>4</p> <p>MARCH RIDDLE "What has a tail, a string, and flies on a windy day?" Check out <i>Gilberto And The Wind</i> from your library. Read it on windy days in March.</p> <p>12</p>	<p>5</p> <p>LET'S READ Have your child turn the pages of the book while you read. Talk a little bit about each illustration, then read the page.</p> <p>18</p> <p>THINK! Name 4 of each: ANIMALS VEHICLES STORES CLOTHING SPORTS FOODS</p>
<p>20</p> <p>FIRST DAY OF SPRING</p>	<p>21</p> <p>BOTTLE CAP SORT Get 10 plastic bottle caps. Write 1-10 on them with a black marker. Put them in a container. Dump all the caps on the floor. Help your child put them in order from 1 to 10. Starting with 1, point to each number and both of you say it aloud.</p>	<p>22</p> <p>MUSIC! MUSIC! Have a small tape/CD player that your child can easily carry around. Now she can have music and stories wherever she is playing.</p> <p>23</p> 	<p>24</p> <p>ST. PATRICK'S DAY</p> 	<p>25</p> <p>HAPPY SAD ANGRY AFRAID</p> 	<p>27</p> <p>HAPPY EASTER</p> 	<p>31</p> <p>WHEELBARROW Pick a partner and play on a carpeted or grassy area.</p>

BUILDING BLOCKS

cortesía de:



CALENDARIO DE ACTIVIDADES FAMILIARES

DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
¿DÍA DE LLUVIA? Busca un pequeño y transparente recipiente de plástico. Cuando empiece a llover, saca afuera el recipiente y ponlo en una area abierta. Después de la lluvia, trae el recipiente adentro de la casa. Mete el dedo en la gubeta. ¿Cuánta lluvia cayó? ¿Una uña? ¿Un nudillo? ¿Quizá 2 nudillos! Es buena para la hierba, los árboles y las flores de la primavera.	7  POMPAJ DE JABÓN Haz pompas de jabón y trata de atraparlas. ¿Atrapaste algunas?	1 EQUILIBRIO Quédate de pie. Mantente en un pie y cuenta hasta 10. Ahora con el otro pie. Apláudate a ti mismo/a.	2 	3 JUEGO PARA EL COCHE Guarde varios libros en una caja para zapatos para leerlos su hijo/a. Cámbielos con frecuencia.	4	5 A LEER Pida que su hijo/a pase las páginas del libro mientras Ud. se lo lea. Hablen un poco sobre cada lámina, luego lea la página.
6	13 	14 LA MÚSICA! LA MÚSICA! Consiga una pequeña tocadora de cintas o discos compactos fácil a llevar por su hijo/a. Ahora puede escuchar música y cuentos dondequiera que esté jugando.	9 LLAMAR A UN AMIGO Llama a un amigo por teléfono. Que se diviertan hablando. La próxima vez, llama al abuelo o a la abuela.	10 	12 ADIVINANZA DE MARZO ¿Qué tiene una cola, una cuerda y vuela en un día de viento? Saque Gilberto And The Wind (Gilberto y El Viento) de la biblioteca. Léanlo en los días de viento en marzo.	19 A HABLAR Pídale a su hijo/a mencionar todas las cosas que le hacen sentir:
20 DÍA DE SAN PATRICIO	21 JUEGO DE CÁPSULAS DE BOTELLA Consiga 10 cápsulas de botella. Escriba los números 1 a 10 con un marcador negro en ellas. Métalas en un recipiente.	22	16 A COLOREAR Dibuja debajo de la mesa de la cocina.	17 DÍA DE SAN PATRICIO 	18 A PENSAR Menciona 4 de cada uno: ANIMALES TIENDAS ROPA DEPORTES COMIDAS	25 FELIZ TRISTE ENOJADO/A CON MIEDO 
27 FELIZ PASCUAS 	29 Vacíe todas las cápsulas en el piso. Ayúdele a su hijo/a a ponerlas en orden desde 1 a 10. Empezando con el 1, señale cada número con el dedo y digan juntos cuál es.	23 	24	31 LA CARRETILLA Escoja a una pareja y jueguen en una area alfombrada con hierba.		

Say What You Mean!

Talking Straight to Children



Sometimes we want to make things go smoothly with our preschoolers—so smoothly that we shy away from telling them clearly what we really mean.

Keep things simple.

Children don't have to like everything that we ask of them. You won't hurt your child by saying what behavior you want, if you are calm, brief, friendly, and straightforward. Do you want your preschooler to stop jumping out of her chair at meal times? Say something like "I want you to sit still" instead of "You need to sit still." After all, she may not really "need" to sit still right at that moment! But you want her to finish breakfast quietly so she can be ready for the next activity of the day.

Express your understanding of how hard it might be for your child to do what you want.

When you insist on behaviors such as sitting still or not touching things, it can help to let your child know that you understand that what you are asking is hard. You can use a friendly but firm tone: "I know you would rather run around." "I can see why it might be fun to touch all Grandma's little flower pots. But they break very easily, so I don't want you to do that."

State clearly what behavior you want and then move on.

Once you've said what you want in a pleasant, clear, and firm tone, change the subject. Later, when the crisis has passed, you might explain in detail why the behavior you asked for was so important. But young children are best served by short and direct indications of what behavior their close adults want. They often "tune out" long explanations.

It is never necessary to be nasty or mean, but it is necessary to be firm.

During their preschool years, most children want to be the kind of people we want them to be, but they often need help learning how to do it. We don't have to be critical, sarcastic, or angry when we insist on the behavior we want. But we do have to be firm and clear. Resist the temptation to promise rewards if the child follows your requests; she should comply because you are responsible for her well-being.

For related Web resources, see "Say What You Mean! Talking Straight to Children" at <http://illinoisearlylearning.org/tips.htm>.



29 Children's Research Center
51 Gerty Dr. • Champaign, IL 61820-7489
Telephone: 217-333-1386 • Fax: 217-244-7732
Toll-free: 877-275-3227 (Voice/TTY)
Email: iel@uiuc.edu
Internet: <http://illinoisearlylearning.org>

Illinois State Board of Education

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

8/04

¡Dime lo que quieres decir! Cómo hablar a los niños de manera franca



A veces deseamos allanar las interacciones con nuestros niños de edad preescolar—a tal grado que no les decimos lo que verdaderamente queremos decir.

★ Hable de una forma sencilla.

No es preciso que a los niños les guste todo cuanto les pedimos. Usted no lastimará a su hijo diciéndole cuál comportamiento espera, si lo hace de una manera tranquila, breve, amistosa y franca. ¿Quiere que su hija de edad preescolar deje de saltar de su silla durante las comidas? Dígale "Quiero que te quedes sentada" o algo parecido, en vez de decirle "Necesitas quedarte sentada." En realidad, ¡tal vez ella realmente no 'necesita' permanecer sentada en ese momento! Pero usted desea que ella acabe tranquilamente con su desayuno a fin de estar lista para lo que va a hacer luego.

★ Expresé su comprensión de lo difícil que podría hacerse a su hijo hacer lo que usted desea.

Cuando usted insiste en comportamientos como quedarse sentado tranquilamente o no tocar ciertas cosas, podría ser útil comunicar a su hijo que usted comprende que se le hace difícil hacer lo que le pide. Podría utilizar un tono de voz amistoso pero firme: "Yo sé que preferirías andar corriendo." "Entiendo por qué podría ser divertido tocar todas las macetitas de Abuelita. Pero se rompen muy fácilmente, por eso no quiero que hagas eso."

★ Diga claramente cuál comportamiento espera y luego pase a otras cosas.

Una vez que haya indicado lo que quiere en un tono de voz agradable, claro y firme, cambie a otro tema. Más tarde, cuando la crisis haya pasado, podría explicarle con más detalles por qué era tan importante el comportamiento que le pidió. Pero los niños pequeños responden mejor a indicaciones breves y directas del comportamiento que desean los adultos más íntimos. Los niños frecuentemente se "desconectan" de las explicaciones largas.

★ Nunca es necesario ser desagradable ni tratar mal al niño, pero sí es necesario ser firme.

La mayoría de los niños preescolares desean ser la clase de persona que queremos que sean, pero frecuentemente precisan ayuda para aprender cómo serlo. No tenemos por qué criticar, ser sarcásticos ni estar enojados cuando insistimos en el comportamiento que deseamos. Pero sí tenemos que ser firmes y comunicarnos claramente. Resista la tentación de prometer recompensar a la niña por obedecer sus pedidos; debería obedecer porque usted es el responsable por su bienestar.

English Title: Say What You Mean! Talking Straight to Children



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

Parent and Child Activities

For all Parents As Teachers and Prekindergarten Families

SPRING IS COMING!

Date: Friday, March 4
Time: 9 - 10 a.m.
Place: **Tampico** Elementary
Preschool Room

Are you ready for spring? You and your children will enjoy several activities that will get you buzzing for it. Come and see!

Hosted by Laura McCullough

SPRING IS COMING!

Date: Friday, March 11
Time: 9 - 10 a.m.
Place: Northside School Lunchroom
Morrison

Are you ready for spring? You and your children will enjoy several activities that will get you buzzing for it. Come and see!

Hosted by Laura McCullough

LAPSIT: EGGS

Date: Friday, March 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

**La reunión del grupo en el marzo para Padres
Como Maestros anunciaremos por correo lo más
pronto posible.
Gracias, Devorah**

RUN AND PLAY IN THE GYM

Date: Tuesday, March 15
Time: 6:00 - 7:00 p.m.
Place: East Coloma School - **Rock Falls**

Come run, play and dance to the music of the Wiggles. Bring the family and have an hour of fun, complete with an ice cream treat.

Hosted by Linda Berentes and Sandy Davis

LET'S GET READY TO FLY A KITE!

Date: Friday, March 18
Time: 9:00 - 10:00 a.m.
and
Date: Tuesday, March 29
Time: 6:30 - 7:30 p.m.
Place: **Erie** Public Library

This is story morning/night with the librarian. Mrs. Littrel will first read two books having to do with kites. Afterwards there will be a variety of activities to encourage imagination, art exploration, and thinking skills, and yes, we will be making kites! Snacks will be served.

Hosted by Kathy Wolf and Erie Prekindergarten Program





JUMBLE, RUMBLE, TUMBLE

Date: Friday, March 18
Time: 10 - 11 a.m.
Place: Wallace School Gym
Sterling

Come join us for high energy fun in the gym. Lots of riding toys, tumbling mats, parachute, balls and much more. Wear tennis shoes.

Hosted by Sue Austin and Mary Etnyre

Toy Lending Library Hours

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Erie</u> A toy lending library will be available soon. Ask Kathy for details</p>	<p><u>Prophetstown</u> The toy lending library is located in the preschool room. Talk to Laura about when you may use it.</p>	1	<p>2</p> <p>Wallace Library 9:30-10:30 a.m.</p> <p>Wallace Gym 10:30-11:30 a.m.</p>	<p>3</p> <p>Merrill library 9:30-11:30 a.m.</p>	4	5
6	7	8	<p>9</p> <p>Wallace Library 9:30-10:30 a.m.</p> <p>Wallace Gym 10:30-11:30 a.m.</p>	<p>10</p> <p>Merrill library 9:30-11:30 a.m.</p>	11	<p>12</p> 
<p>13</p> 	14	15	<p>16</p> <p>Wallace Library 9:30-10:30 a.m.</p> <p>Wallace Gym 10:30-11:30 a.m.</p>	<p>17</p> <p>Merrill library 9:30-11:30 a.m.</p>	18	19
20	21	22	<p>23</p> <p>SPRING BREAK LIBRARY CLOSED</p>	<p>24</p> <p>SPRING BREAK LIBRARY CLOSED</p>	25	<p>26</p> 
<p>27</p> 	28	29	<p>30</p> <p>Wallace Library 9:30-10:30 a.m.</p> <p>Wallace Gym 10:30-11:30 a.m.</p>	<p>31</p> <p>Merrill library 9:30-11:30 a.m.</p>	<p><u>Tampico</u> The toy lending library is located in the preschool room. Talk to Laura about when you may use it.</p>	<p><u>Morrison</u> A toy lending library will be available soon. Ask Laura for details.</p>



SAVE THIS DATE

CHILD FAIR 2005
Saturday, April 16
9 a.m. - 1 p.m.
Sauk Valley
Community College

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

Nonprofit Organization
U.S. Postage
Paid
Morrison, IL 61270
Permit No. 93

