

**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

*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

April 2005

## **PRESCHOOL PROGRAMS**

All Whiteside County school districts now have preschool programs funded by the Illinois State Board of Education's Early Childhood Block Grant. These pre-kindergarten programs are available free of charge to those who qualify. If you would like your child to be considered for placement in a class next fall, please call your local school for more information.

## **KINDERGARTEN PRE-REGISTRATION**

If you have a child who will be 5 years old on or before September 1, 2005, please contact your local school about pre-registering him/her for kindergarten. This allows the district to plan ahead for classes and make sure your child gets off to a great start in their first year of school.

## **PROGRAM EVALUATION**

The Illinois State Board of Education requires that we evaluate the Whiteside County Parents As Teachers program each year. This information helps us plan next year's program and acquire the necessary funding.

Families receiving home visits will receive a program evaluation form from their parent educator this month. Please take a few minutes during your visit to complete the forms and return them to her.

## **SPRING INTO SAFE GARDENING Know Your Poisonous Plants and Garden Chemicals**

It's almost time to start digging in the dirt, picking out this year's plants, and laying the groundwork for your garden. But before starting any yard or garden maintenance, the Illinois Poison Center encourages everyone to take extra precautions to prevent poisoning during the spring planting season.

Using lawn chemicals safely and choosing non-toxic plants for landscaping and gardens are two important ways to avoid poisoning.

To prevent poisoning from toxic plants, follow these guidelines:

- Keep all houseplants out of children's reach.
- Identify and label all of your indoor and outdoor plants with the correct common and botanical names.
- Teach children never to put mushrooms, berries, or any part of a plant in their mouths.
- Do not assume a plant is non-toxic because birds or wildlife eat it.
- Keep the IPC number (1-800-222-1222) on or near all telephones.
- Have children wear protective clothing (long sleeves and pants) when out in grass fields and forest preserves.

*Source: Illinois Poison Center Newsletter*

# Helping Siblings Get Along



*All siblings argue now and again. But if your children have frequent, intense fights, you do not have to just stand by and let them treat each other badly. Brotherhood and sisterhood can begin at home!*

## ★ What are some causes of sibling rivalry?

- Rivalry may occur when children believe that there's not enough of what they need or want to go around. They may feel they have to compete for parents' attention, affection, recognition, or time.
- Children may get the idea that they are in a contest when parents compare one child to another: "Sit quietly like your brother does."

## ★ What can a parent do about sibling rivalry?

- Avoid comparing one child to another.
- Listen to the children's complaints to get clues to what the "rivals" believe is in short supply: "Dad always hugs Kendra first!"
- Let children know you understand their feelings even though you don't agree with them: "Yes, your brother needs more help getting dressed than you do, but you are just as important to me as he is."
- Spend some time alone with each child doing something he or she really enjoys: taking a walk, reading stories, playing catch—10 minutes a day for a week can do wonders.
- If one child says unkind things to you about another, remind him that "she's still one of us" no matter how annoying she is sometimes. That response reassures the child that he would still belong to the family even if a sibling had ill feelings toward *him*.
- Do not worry about treating all your children exactly alike. Children need comfort, help, and encouragement at different times and in different ways. When a child questions the attention you give to her sibling, reassure her that when she needs help, you will provide it.

## ★ What can parents do about quarrels?

- Keep in mind that you don't have to get involved in every sibling argument. Children can often work things out themselves.
- If your children's quarrels bother you, step in. If you tell them to stop, stay involved until the problem is resolved. For instance, if they quarrel when you are on the phone, tell the person at the other end that you will call back. Hang up, and focus on the quarreling.
- Avoid lecturing or nagging children about their arguments.
- Remember that children often push you to exercise your authority. By his or her behavior, a child may be saying, "Help me to be the kind of person *you want me to be!* That is the kind of person *I want to be too—but I need your help to get there.*"

★ For related Web resources, see "Helping Siblings Get Along" at <http://illinoisearlylearning.org/tips.htm>.



29 Children's Research Center  
61 Gerty Dr. • Champaign, IL 61820-7469  
Telephone: 217-333-1386 • Fax: 217-244-7732  
Toll-free: 877-273-3227 (Voice/TTY)  
Email: [iel@uiuc.edu](mailto:iel@uiuc.edu)  
Internet: <http://illinoisearlylearning.org>

Illinois State Board of Education

# Cómo ayudar a los hermanos a llevarse bien

*Todos los hermanos tienen discusiones de vez en cuando. Pero si sus hijos tienen intensas peleas frecuentes, Ud. no tiene que quedarse de lado y dejar que se traten mal uno al otro. ¡La fraternidad puede comenzar en casa!*

## ¿Cuáles son algunas de las causas de la rivalidad entre hermanos?

- La rivalidad puede surgir cuando los niños perciben que no hay suficiente para todos de lo que ellos quieren o necesitan. Quizás sientan que tienen que competir entre sí para obtener la atención, el cariño, el reconocimiento o el tiempo de sus padres.
- Los niños podrían percibirse como contrincantes en un concurso cuando los padres comparan a un hijo con otro: "Quédate sentado y tranquilo como tu hermano."

## ¿Qué podría hacer un padre o madre para disminuir la rivalidad entre sus hijos?

- Evite las comparaciones de un hijo con otro.
- Escuche las quejas de sus hijos para averiguar lo que los "rivales" perciben como insuficiente: "¡Papi siempre le da el primer abrazo a Nadia!"
- Comunique a sus hijos que comprende sus sentimientos, aunque no está de acuerdo con estos: "Sí, tu hermano necesita más ayuda que tú para vestirse, pero tú me importas tanto como él."
- Pase un rato a solas con cada hijo o hija haciendo algo que le guste mucho a ella: dando un paseo, leyendo cuentos, jugando a agarrar una pelota. Unos 10 minutos diarios durante una semana podrían hacer milagros.
- Si uno de sus hijos le dice cosas desagradables acerca de otro, recuérdale que "tu hermana es una de nosotros", sin importar cuán irritante es a veces. Esa respuesta reasegura al primero que *él* mismo pertenecerá a la familia aun cuando su hermana le tuviese rencor a *él mismo*.
- No se preocupe de tratar a todos sus hijos de la misma manera. Los niños necesitan consuelo, ayuda y palabras de ánimo en momentos distintos y de maneras distintas. Cuando su hijo o hija cuestiona la atención que Ud. le ha prestado a su hermano, reasegúrele que cuando ella necesite su ayuda, Ud. se la dará.

## ¿Qué podrían hacer los padres respecto a las riñas?

- Tenga en cuenta que no es necesario que Ud. se involucre en todas las discusiones entre hermanos. Los niños frecuentemente pueden resolver los asuntos por su cuenta.
- Si le molestan las riñas de sus hijos, intervenga en la discusión. Si les dice que dejen de discutir, mantenga su participación hasta que el asunto esté resuelto. Por ejemplo, si los niños riñen mientras está hablando por teléfono, diga a la otra persona que la llamará en otro momento. Cuelgue el teléfono y enfóquese en resolver la discusión.
- Evite sermonear o regañar a sus hijos con motivo de sus peleas.
- Recuerde que los niños frecuentemente intentarán forzarla para que Ud. ejerza su autoridad. Por medio de su forma de comportarse, un niño podría intentar comunicarle el mensaje: "¡Ayúdame a ser la clase de persona que *tú* quieres que sea! Esa es la clase de persona que *yo también* quiero ser... necesito tu ayuda para lograrlo!"

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English Title: Helping Siblings Get Along



29 Children's Research Center  
51 Gerdy Dr. • Champaign, IL 61820-7468  
Teléfono: 217-333-1386 • Fax: 217-244-7732  
Gratis: 877-275-3227 (Voz/TTY)  
Email: [tel@uiuc.edu](mailto:tel@uiuc.edu)  
Internet: <http://illinoisearlylearning.org>

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

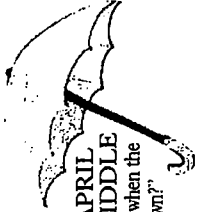

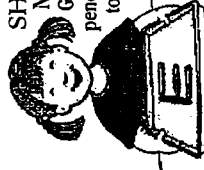

# Building Blocks

## April 2005

compliments of:



### FAMILY ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>SPRING HUNT</b> Take a walk. See if you can find:</p> <ul style="list-style-type: none"> <li>BIRD</li> <li>FLOWER</li> <li>KITE</li> <li>DANDELION</li> <li>BUTTERFLY</li> <li>ANT</li> <li>WORM</li> <li>PUDDLE</li> </ul>	<p><b>3 REPORT THE WEATHER</b> Listen to the weather report. Now look outside. "Is the weather at your house the same as the forecaster said?" If not, talk about what it is like in your neighborhood.</p>	<p><b>APRIL RIDDLE</b> "What goes up when the rain comes down?"</p>  <p><b>5 COUNT</b> Count as high as you can with your mom/dad. Give her/him a high-5.</p>	<p><b>CAR GAME</b> Sing the <i>We Are Safe</i> Song with your child while driving in the car. Talk about all the safety tips you can think of.</p>	<p><b>WE ARE SAFE</b> (tune: Mulberry Bush) by Dick Wilmes <i>This is the way that we are safe, We are safe, we are safe, This is the way that we are safe, Everyday of the year.</i></p>	<p><b>I</b></p> <p><b>8</b></p> <p><b>15</b></p>	<p><b>2</b></p> <p><b>RHYME TIME</b> Think of words that rhyme with: # bug # sand @ pail # kite</p>
<p><b>TALK IT UP</b> Play GO-TOGETHER Name 5 things that go-together, such as: Peanut butter and jelly Shoes and socks</p> 	<p><b>19 SHAPES and More!</b> Get some dull pencils, dull toothpicks, and/or craft sticks. Put them on a cookie sheet. Have fun making shapes, designs, letters, numbers, and more!</p> 	<p><b>6 FOLLOW THE LEADER</b> Play this favorite game inside or outside. Be sure to: MARCH HOP ON ONE FOOT JUMP UP AND DOWN TIPTOE STARE USE GAY STES</p>	<p><b>EARTH DAY</b> Remember to Recycle! Good day to water the flowers Take a walk and enjoy all the nature you see. What are the squirrels doing? If it is nice have an outdoor picnic, if not have an indoor picnic.</p>	<p><b>7</b></p> <p><b>13</b></p>	<p><b>22</b></p> <p><b>29</b></p>	<p><b>16</b></p>
<p><b>17 CRAYON SCRIBBLE</b> Is it a rainy day? Get out the paper and crayons. Scribble all over the paper with the sides of all your crayons.</p>	<p><b>18</b></p> <p><b>24</b></p> <p><b>LETS READ</b> Before reading a book, look at the front cover. Talk about the picture. What do you think the story will be about? Read.</p>	<p><b>20</b></p>	<p><b>27</b></p>	<p><b>28</b></p> <p><b>LETS REMEMBER</b> Practice saying your telephone number.</p>	<p><b>23</b></p> 	<p><b>30</b></p>



# Parent and Child Activities

## For all Parents As Teachers and Prekindergarten Families

### BUBBLES AND FUN!

**Date:** Friday, April 8  
**Time:** 9 - 10 a.m.  
**Place:** Northside Preschool Room  
Morrison

Join us for a morning filled with bubbles and fun activities. Weather permitting, we will play outside.

Hosted by Laura McCullough and the Morrison Prekindergarten Class

### LAPSIT: FLOWERS

**Date:** Friday, April 8  
**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, finger plays, simple activities, and time to share books.

Sponsored by the Rock Falls Public Library

### STORY TIME WITH THE DUCKS

**Date:** Monday, April 11  
**Time:** 10 - 11 a.m.  
**Place:** Rock Falls Public Library

Bring the children and join us for a morning of quacky fun including a duck story, craft and snack.

Hosted by Linda Berentes and Sandy Davis



### ERIE GROUP MEETING

A parent/child activity is being planned for Parents As Teachers and prekindergarten families in April. Information about this activity will be sent to Erie families next week.

### THE SOUND OF MUSIC

**Date:** Tuesday, April 12  
**Time:** 6:30 - 7:30 p.m.  
**Place:** New Life in Christ Church  
1101 First Avenue, Sterling

Musicians young and old will gather to demonstrate the instruments they play. Children will have the opportunity to hear a banjo, mandolin, guitar, trumpet, trombone, flute, and drums. Refreshments will be served.

Hosted by Deb Jacobs



### BUBBLES AND FUN!

**Date:** Friday, April 22  
**Time:** 9 - 10 a.m.  
**Place:** Prophetstown Elementary  
Preschool Room

Join us for a morning filled with bubbles and fun activities. Weather permitting, we will play outside.

Hosted by Laura McCullough






### A LUNCH DATE WITH YOUR CHILD

**Date:** Tuesday, April 26  
**Time:** 11:30 a.m. - 12:30 p.m.  
**Place:** Sterling Public Library  
Upstairs meeting room

Make a lunch date with your child, bring a sack lunch and blanket to sit on, then cozy down for finger plays, a story, The Napping House, and an activity. We will finish just in time to take the little ones home for napping time.

Hosted by Mary Etnyre and Sue Austin

# Toy Lending Library Hours

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Erie</u> Ask Kathy about borrowing items from our lending library</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>	<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> Ask Laura about borrowing items from our lending library.</p>		1	<p>2</p> 
<p>3</p> 	4	5	<p>6</p> <p>Wallace Library 9:30-10:30 a.m.</p> <p>Wallace Gym 10:30-11:30 a.m.</p>	<p>7</p> <p>Merrill library 9:30-11:30 a.m.</p>	8	9
10	11	12	<p>13</p> <p>Wallace Library 9:30-10:30 a.m.</p> <p>Wallace Gym 10:30-11:30 a.m.</p>	<p>14</p> <p>Merrill library 9:30-11:30 a.m.</p>	15	<p>16</p> 
<p>17</p> 	18	19	<p>20</p> <p>Wallace Library 9:30-10:30 a.m.</p> <p>Wallace Gym 10:30-11:30 a.m.</p>	<p>21</p> <p>Merrill library 9:30-11:30 a.m.</p>	22	23
24	25	26	<p>27</p> <p>Wallace Library 9:30-10:30 a.m.</p> <p>Wallace Gym 10:30-11:30 a.m.</p>	<p>28</p> <p>Merrill library 9:30-11:30 a.m.</p>	29	<p>30</p> 

## **CHILD FAIR 2005**



**Saturday, April 16  
9 a.m. - 1 p.m.  
Sauk Valley  
Community College**

**See you there!**

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

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U.S. Postage  
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Morrison, IL 61270  
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