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Regional Supt. of Schools

Project Coordinator
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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

May 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 should have received a program evaluation form from their parent educator in April. Thank you for your help in gathering this information.

HOME VISITS

May is the last month for home visits with your parent educator until next fall. She will contact you in August to set a time for a September visit. If you should have a change in your address or phone number during the summer, please call your parent educator or Pat at 625-1495.

TOY LENDING LIBRARIES

The Parents As Teachers libraries at Merrill and Wallace schools will be open the first two weeks of May for playtime and return of borrowed items.

Please look around your house for items you have borrowed and not yet returned. If possible, bring them back to the library from which you checked them out. If you are unable to come to the library in May, please ask your parent educator to return them for you or call Pat at 625-1495 to make other arrangements. The libraries will reopen in September.

ENROLLING NOW FOR FALL

Do you know a family who would like to be a part of Parents As Teachers? If so, this month is a good time to tell them about the program. Each year we have families leave our program because their youngest child is entering kindergarten in the fall. You may refer a family through your parent educator or by calling Pat at 625-1495.

Fuss Management: Comforting the Irritable Child



You're out in public with your toddler or preschooler when the whining starts. Don't panic! When you take a calm, problem-solving approach, you help your child learn to calm himself when he is irritable.

★ Look for what's making your child irritable, and try a "quick fix."

- **She's uncomfortable.**
She may be hungry, thirsty, tired, cold, hot, or need a bathroom. You might help her adjust clothing or diapers, seat belts, or straps. Feel her hands, feet, and face to see if she needs a jacket on or off. Offer a snack and some water, or stop for a full meal. Make a bathroom stop. Change wet or dirty diapers as soon as possible.
- **He's tired or coming down with an illness.**
He may sleep if you can help him get comfortable. If not, say, "I know you're tired. You'll be able to sleep soon." Hug him, sing to him, or tell a story.
- **She's overwhelmed by crowds, new places, or wanting things she can't have.**
Find a quiet place to help her "collect herself." Reassure her: "There's a lot going on here, but we're safe and we'll be done before lunch." Talk about things she enjoys: "You want those toys, and you don't like to hear me say No. But we can talk about what you like about them." A little positive attention can lighten her mood.
- **He's worried because you seem stressed.**
If you're tense, try to relax. Tell your child how you feel: "This place can be too much for me, too. I'm glad we'll be home soon." You might quietly sing songs you both enjoy. Make silly faces together or talk in funny voices.
- **She's bored.**
Try giving her some jobs: "Please help me find a box of your cereal." "Are your muscles strong enough to carry this for a minute? Let's try." If she must stay in a car seat or stroller, draw pictures in the air with her or direct her attention to what's going on around you. Hand her a book or a toy. Talk with her about fun things to do later.

★ Keep in mind that your child does not enjoy fussing.

- Remind yourself that he prefers to have a good time with you. He just doesn't know how to do that at the moment.
- Speak to him in a friendly voice. Count to 10 first, if you must!

★ For related Web resources, see "Fuss Management: Comforting the Irritable Child" at <http://illinoisearlylearning.org/tips.htm>.



29 Children's Research Center
81 Gerdy Dr. • Champaign, IL 61820-7469
Telephone: 217-333-1386 • Fax: 217-244-7732
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Email: iel@uiuc.edu
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Illinois State Board of Education

El manejo de las quejas: Cómo tranquilizar a un niño irritado



Se encuentra en un lugar público con su hijo pequeño cuando se pone a lloriquear. ¡Que no cunda el pánico! Si usted toma una actitud tranquila y se enfoca en la resolución del problema, puede ayudar a su hijo a aprender a calmarse cuando está irritado.

★ Intente averiguar qué irrita a su hijo, para ver si necesita una "solución rápida".

- Si su hijo no está cómodo:
Tal vez tenga hambre o sed, esté cansado, tenga calor o frío o necesite ir al excusado. Usted podría ayudar a su hija a ajustarse la ropa, el pañal o el cinturón de seguridad si está en el coche. Pálpele las manos, los pies y la cara para ver si necesita ponerse o quitarse el abrigo. Ofrézcale una merienda o un poco de agua, o vaya adonde pueda comer una comida completa. Tal vez necesite ir a los servicios sanitarios. Los pañales sucios o mojados deberían cambiarse lo más pronto posible.
- Si el niño está cansado o se está enfermando de algo:
Tal vez su hijo podría dormirse si usted lo ayudara a ponerse en una posición cómoda. Si esto no fuera posible, dígame: "Yo sé que estás cansado. Podrás dormir dentro de poco". Abrácelo, cántele o cuéntele un cuento.
- Si la niña se siente abrumada por causa del gentío, de estar en un lugar nuevo o de querer cosas que no puede tener:
Encuentre un lugar tranquilo para ayudarla a calmarse. Para reasegurarla, dígame: "Están pasando muchas cosas aquí, pero estamos seguros y nos iremos de aquí antes del almuerzo." Hable sobre cosas que le gustan: "Quieres esos juguetes y no te gusta que yo te diga que No. Pero podemos hablar sobre lo que te gusta de ellos." Un poco de atención positiva puede mejorar su estado emocional.
- Si el niño está preocupado porque usted parece estar estresado:
Si usted está tenso, intente relajarse. Cuente a su hijo cómo se siente: "Este lugar es un poco abrumador para mí también. Me alegra que pronto volveremos a casa." Podría cantarle en voz baja canciones que ambos disfrutaran. Hagan muecas juntos o hablen con voces chistosas.
- Si la niña está aburrida:
Intente encargarle algunas tareas: "Ayúdame por favor a hallar una caja de tu cereal." "¿Tienes los músculos fuertes para llevar esto por un ratito? Inténtalo." Si la niña tiene que quedarse en un carrito para niños o un asiento de seguridad, haga dibujos en el aire con el dedo o llame su atención sobre lo que está pasando en su entorno. Déle un libro o un juguete. Hable con ella sobre cosas divertidas que podrá hacer más tarde.

★ Tenga en cuenta que a su hijo no le gusta quejarse.

- Recuérdese a usted mismo que su hijo prefiere pasar un buen rato con usted, simplemente no sabe cómo hacerlo en este momento.
- Use un tono agradable para hablar a su hijo. ¡Si es necesario, cuente hasta 10 primero!

English Title: Fuss Management: Comforting the Irritable Child



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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>






BUDGING BLOCKS

compliments of:



MAY 2005

FAMILY ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>1</p> <p>IT'S MOTHER'S DAY Give your mom a big hug!</p> 	<p>2</p> <p>NATIONAL DAIRY MONTH Make grilled cheese sandwiches with several types of cheese. Remember to drink milk every day.</p> <p>THANK YOU COWS by Jane Flynn tune: <i>Mary Had a Little Lamb</i> Thank you cows for the milk we drink. Milk we drink, milk we drink. Thank you cows for the milk we drink. We say "MOOOO" to you!</p> 	<p>3</p> <p>10</p> 	<p>4</p> <p>CINCO DE MAYO</p>	<p>5</p> <p>13</p> <p>LET'S READ Take time to read 2 books to your child. Let him choose one then you choose one.</p>	<p>6</p> <p>CAR GAME "Read" simple car signs as you drive. Talk about safety. Stop sign Railroad crossing Children present Curve ahead and so on</p>	<p>14</p>	
<p>8</p> <p>SING Sing songs in a whisper voice. Start with ones your child knows well, such as <i>Happy Birthday</i> and <i>Old MacDonald Had a Farm</i>.</p>	<p>16</p> <p>LICENSE PLATES As you are safely walking around parked cars, stop and read some of the license plate numbers and letters.</p>	<p>17</p> <p>MAKE DECISIONS Let your child make as many decisions as possible: What would she like to drink for dinner, milk or water? What clothes to wear each day. What book to read.</p>	<p>18</p> <p>25</p> 	<p>19</p> <p>26</p> <p>TAKE A WALK Look for ants. Count them. Next time take a walk after a rain. Look for worms. Count them.</p> 	<p>20</p> <p>JACK</p> <p>READING LETTERS Put magnetic letters low on the refrigerator. Let your child play with them. Encourage her to: Make her name of the letters. Read the names of the letters. March letters that are the same. Play "Letters" with brothers and sisters.</p>	<p>21</p> <p>LADYBUG PIZZAS Ingredients English muffins Pizza sauce Shredded cheese Sliced and drained ripe olives Make 1. Spread pizza sauce on English muffins. 2. Sprinkle cheese over the sauce. 3. Add dots of ripe olives. 4. Toast under the broiler until the cheese has melted.</p>	<p>27</p> <p>TAKE IT UP! Ask your child, "If you were going to make a Silly Sandwich, what would you put on it? Would it be good to eat?" If so, make the Silly Sandwich together and have it for lunch or dinner.</p>

BLOTTING BLOCKS



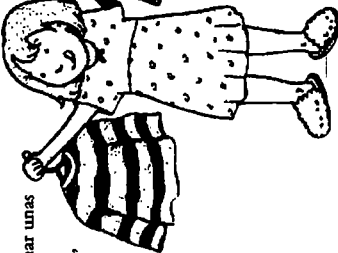

MAYO 2005

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CALENDARIO DE ACTIVIDADES FAMILIARES

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
<p>1</p>	<p>2</p> <p>MES NACIONAL DE PRODUCTOS LÁCTEOS</p> <ul style="list-style-type: none"> Hagan sandwiches tostados de queso, con diferentes tipos de queso. Toma leche todos los días. <p>GRACIAS, VACAS por Jane Flynn (a la melodía de "Mary Had a Little Lamb")</p> <p><i>Gracias, vacas, por la leche que tomamos, La leche que tomamos, la leche que tomamos, Gracias, vacas, por la leche que tomamos, ¡Les decimos: MU!</i></p>	<p>3</p> 	<p>4</p>	<p>5</p> <p>CINCO</p> <p>DE MAYO</p>	<p>6</p>	<p>7</p> <p>JUEGO PARA EL COCHE</p> <p>"Lean" señales de tráfico mientras vayan en el coche. Hablen de las reglas de seguridad.</p> <ul style="list-style-type: none"> Alto Cruce de vías
<p>8</p>  <p>EL DÍA DE LA MADRE</p> <p>¡Dátele a tu mami un abrazote!</p>			<p>12</p> <p>YA VEO</p> <p>El primer jugador se fija en algo, como por ejemplo una flor. Les da pistas a los otros jugadores que alternan en adivinar qué es.</p>	<p>13</p> <p>A LEER</p> <p>Lea 2 libros a su hijo/a. Que él/ella escoja uno y luego Ud. el otro.</p>	<p>14</p> <ul style="list-style-type: none"> Niños Curva y más 	
<p>15</p>	<p>16</p> <p>PACAS</p> <p>Mientras caminan con cuidado por los coches estacionados, párense para leer algunos de los números y letras en las placas.</p>	<p>17</p> <p>A TOMAR DECISIONES</p> <p>Permítale a su hijo/a tomar unas decisiones.</p> <ul style="list-style-type: none"> ¿Qué tomar en la cena, ¿leche o agua? ¿Qué ropa ponerse cada día. ¿Cuál libro leer. 	<p>18</p> 	<p>19</p>	<p>20</p> <p>JACK</p>	<p>21</p> <p>PIZZAS DE MARIQUITA</p> <p>Ingredientes</p> <ul style="list-style-type: none"> English muffins (panecillos) Salsa para pizza queso rallado aceitunas cortadas <p>Preparación</p> <ol style="list-style-type: none"> Untar la salsa en los panecillos Salpicar con queso. Hacer puntos con aceitunas Tostar hasta que se derrita el queso
<p>22</p> <p>A CANTAR</p> <p>Canten canciones en voz baja. Empieza con las bien conocidas por su hijo/a.</p>	<p>23</p>  <p>ADIVINANZA DE MAYO</p> <p>"¿Qué le dijo la abeja a la flor?" (<i>"Vaya luna de miel!"</i>)</p>					
<p>29</p>	<p>30</p> <p>JUGAR A LA PELOTA</p> <p>Lleva una pelota al parque. Driblar con ella en las aceras.</p>					
						<p>31</p> <p>DAR UN PASEO</p> <p>Busca hormigas. Cuéntelas. En otra ocasión, da un paseo después de la lluvia. Busca lombrices. Cuéntalos.</p>

A HABLAR

Pregúntele a su hijo/a: "Si hicieras un Sandwich Italiano, ¿de qué lo harías? Sería bueno para comer?" Si así es, hagan juntos el Sandwich Italiano y comiánlo en el almuerzo o en la cena.

Parent and Child Activities For All Parents As Teachers and Prekindergarten Families

PICNIC AND PLAYTIME IN THE PARK

Date: Thursday, May 12
Time: 11:30 a.m. - 12:30 p.m.
Place: Waterworks Park
Morrison

***In case of rain, meet in the Northside Preschool Rm.**

Please join us at the park for playtime and a picnic. Bring a sack lunch for you and your children; drink and treats will be provided.

Hosted by Laura McCullough



PICNIC IN THE PARK

Date: Tuesday, May 17
Time: 5:30 - 6:30 p.m.
Place: Centennial Park - Lyons Shelter
Rock Falls

***In case of rain, meet in the gym at Merrill School,
600 Fourth Avenue, Rock Falls**

Bring the family for supper and playtime in the park. Hot dogs, chips, dessert, and drink will be provided.

Hosted by Sue, Linda, Sandy, Mary, and Deb

COMIDA EN EL CAMPO "PICNIC"

Cuando: el 17 de mayo (el martes)
5:30 - 6:30
Donde: Centennial Park - Lyons Shelter
Rock Falls

***En caso de lluvia vamos a reunirnos en la escuela
Merrill, 600 - 4th Avenue, Rock Falls en el gimnasio.**

Nos invitan toda la familia al "picnic" para jugar, cantar, y comer la cena. Es la última reunión del grupo este año. Esperamos a vea todos.

PICNIC AND PLAYTIME IN THE PARK

Date: Friday, May 20
Time: 11:30 a.m. - 12:30 p.m.
Place: Prophetstown - Jaycee Park

***In case of rain, meet in the Prophetstown Elementary
Preschool room.**

Please join us at the park for playtime and a picnic. Bring a sack lunch for you and your children; drink and treats will be provided.

Hosted by Laura McCullough

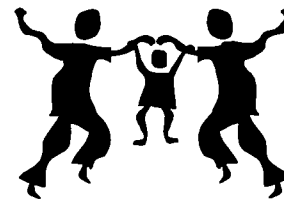
RUN IN THE SUN

Date: Thursday, May 26
Time: 10 - 11 a.m.
Place: Middle School Track
Erie

***Rain Date: Friday, May 27**

Join us for a run or walk and some field events at the Erie Middle School track. Parents with infants may bring strollers. A morning snack will be served.

Hosted by Kathy Wolf








LAPSIT: BUTTERFLIES

Date: Friday, May 13
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

Toy Lending Library Hours

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Wallace Library 9:30-10:30 a.m. Wallace Gym 10:30-11:30 a.m.	5 Merrill library 9:30-11:30 a.m.	6	7 
8 	9	10	11 Wallace Library 9:30-10:30 a.m. Wallace Gym 10:30-11:30 a.m.	12 Merrill library 9:30-11:30 a.m.	13	14
15	16	17	18 LIBRARIES CLOSED FOR THE SUMMER	19 LIBRARIES CLOSED FOR THE SUMMER	20	21 
22 	23	24	25 LIBRARIES CLOSED FOR THE SUMMER	26 LIBRARIES CLOSED FOR THE SUMMER	27	28
29	30	31				

Work like you don't need the money.
Love like you've never been hurt.
Dance like nobody's watching.
Sing like nobody's listening.
Live like today is the best day of your life.

Gary J. Steinert
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