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Wallace Education Center

**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
Sterling, IL 61081*

*Office Phone 625-1495
Library Warm Line 625-6331*

A Whiteside County Regional Office of Education Publication

June 2005

TOY LENDING LIBRARIES

The Parents As Teachers Libraries at Merrill and Wallace are now closed for the summer.

If you were unable to come to the library in May to bring back your borrowed items, please call Pat at 625-1495 to make arrangements for their return.

The libraries will reopen in September.

HOME VISITS

May was 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 move or change your phone number during the summer, please let her know.

ENROLLING NOW FOR FALL

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.

You will find a Parents As Teachers program information page in the back of this newsletter. Please pass it on to someone who you think may be interested in enrolling.

PICNIC IN THE PARK

We had a great time at our end of year picnic on May 17 at Centennial Park. It was so good to see so many of you come out for this event.

A special thanks to the Rock Falls Culver's Restaurant for providing the frozen custard.

PARK IT WITH A BOOK

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 summer events.

Check the enclosed activity schedule for PARK IT WITH A BOOK dates, times, and locations.



HELPFUL SUMMER HINTS

Heat Safety News:

"Never leave your baby unattended" is a familiar warning to parents. But according to the National Safe Kids Campaign, it isn't heard often enough. On an 80-degree day, the temperature inside a car, even with a window cracked, can become lethal to a small child in minutes.

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>.



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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!"
- Comuníquese 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, recuérdese 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."

English Title: Helping Siblings Get Along



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Games for *All* Young Children



The Illinois Early Learning Standards (Benchmark 20.B.EC) stress the need for teachers to encourage young children to increase endurance (the length of time that one can continue a physical activity) by becoming more active. Games help make movement fun. Play and laughter can help develop friendship while encouraging physical fitness. Consider each child's abilities, and encourage all children to play by adapting games for children with special needs.

★ Play balloon games.

For older preschoolers, supervised balloon play can be a fun way to encourage control skills, such as hitting, kicking, and catching. Using large, colorful, inflated balloons, demonstrate hitting a balloon with different parts of your body. Emphasize safety: keep balloons away from the mouth, stay within a safe space, and let an adult pick up any broken ones. For children with poor motor control, partly inflate balloons and put them inside the palms of non-latex gloves, so that they can grasp and move the balloon more easily using the glove. Tie a bell onto balloons for the child with visual impairments.

★ Set up a maze indoors or out.

Try using large mats folded to stand on end or chairs with sheets draped over the back to form walls. Have one starting point but several exits. Make the path wide enough to accommodate wheelchairs and the walls sturdy enough for a child with visual impairment to feel her way. Place pictures or tactile objects on the walls and give children a picture checklist that they can mark as they find the pictures.

★ Provide a target for throwing.

Paint a target on the sheet, tie or sew bells onto it, and hang it in a safe place. Let children throw balls or safe beanbags at the target. Encourage children to make the bells ring. Let one child give verbal directions in throwing to a classmate who has visual impairments. Allow a child with poor motor control to get very close to the target.

★ Try the "freeze" game!

Have each child move her arms and legs and head in time to music. When the music stops, all children freeze in their positions for a few seconds. Play this game with eyes closed, then ask them to open their eyes to see the funny poses.

★ Play team tag.

If you have one child in a wheelchair, ask her and the child who is "it" to be a team. When a child is tagged, he remains touching the chair, joining the tagging team. Continue the game until all the children are tagged and have joined the team.

★ Have fun with rhythmic ribbons!

Children can wave colorful ribbons in time to music and form patterns with different colors. Use a soft elastic or rubber band to secure a ribbon to the wrist or ankle of a child who lacks motor control.

Look for other ideas related to specific special needs in these resources: Creative Play Activities for Children with Disabilities: A Resource Book for Teachers and Parents, by Lisa Rappaport Morris and Linda Schulz, and Adapted Games and Activities: From Tag to Team Building by Pattie Rouse (Champaign, IL: Human Kinetics).

★ For related Web resources, see "Games for *All* Young Children" at <http://illinoisearlylearning.org/tips.htm>.



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Juegos para todos los niños pequeños

Las Pautas de aprendizaje infantil de Illinois recalcan, en el Parámetro 20.B.EC, la necesidad de que los maestros animen a los niños pequeños a aumentar su resistencia física (la cantidad de tiempo que pueden continuar una actividad física) haciéndose más activos. Los juegos ayudan a hacer el movimiento más divertido. La diversión y la risa pueden fomentar la formación de amistades mientras animan el mantenimiento de la buena forma física. Considere las capacidades de cada niño y anime a todos los niños a jugar, adaptando los juegos para niños con necesidades especiales.

★ **Juegue juegos con globos.**

Para niños de 4 o 5 años de edad, los juegos supervisados con globos podrían representar una manera divertida de fomentar destrezas motoras de control como golpear, agarrar o dar puntapiés a una pelota. Use globos inflados grandes y de vivos colores, y demuestre golpear el globo con varias partes del cuerpo. Enfatique la seguridad: mantener los globos apartados de la boca, mantenerse dentro de un espacio seguro y dejar que un adulto recoja cualquier globo roto. Si un niño tiene pocas destrezas motoras de control, infle los globos parcialmente y colóquelos dentro de las palmas de guantes de plástico, que no están hechos de látex, para que el niño use el guante para poder agarrar y mover el globo más fácilmente. Para un niño que tiene algún impedimento visual, fije una campana al globo.

★ **Arregle un laberinto al aire libre o bajo techo.**

Podría probar el uso de grandes esterillas dobladas para que queden erguidas o colgar sábanas sobre el respaldo de sillas para formar las paredes del laberinto. Incluya una entrada y varias salidas. Haga el camino ancho para que quepan las sillas de ruedas y las paredes fuertes para que una niña con un impedimento visual pueda desplazarse tanteando. Coloque dibujos u objetos táctiles en las paredes y reparta a los niños una lista de cotejo pictórica para verificar que encuentran todos los dibujos.

★ **Proporcione un "tiro al blanco".**

Pinte un blanco en una sábana, átele o cósale campanas y cuélguelo en un lugar seguro. Permita que los niños le tiren pelotas o bolsas pequeñas llenas de frijoles de una manera segura. Anime a los niños a hacer que suenen las campanas. Pídale a algún niño que le dé instrucciones verbales sobre cómo tirar a un compañero que tiene un impedimento visual. Si un niño tiene pocas destrezas motoras de control, permita que se acerque bastante al blanco.

★ **¡Pruebe el juego de estatuas!**

Pídeles a los niños que muevan los brazos, las piernas y la cabeza al compás de la música. Cuando la música cesa, todos los niños se ponen como estatuas y se quedan sin moverse por unos segundos. Pídeles que jueguen este juego con los ojos cerrados y que luego los abran para ver sus posturas chistosas.

★ **Juegue al juego del tocado (corre-que-te-pillo) en equipos.**

Si una niña usa silla de ruedas, pídeles a ella y al niño que "es el iniciador" que formen un equipo. Cuando se toca a un niño, este se queda tocando la silla y se une al equipo de tocados. Continúe el juego hasta que todos los niños hayan sido tocados y se hayan unido al mismo equipo.

★ **¡Diviértanse con bufandas rítmicas!**

Los niños podrían mover bufandas de vivos colores al compás de la música y formar patrones con varios colores. Use un elástico suave o una banda de goma para fijar la bufanda a la muñeca o al tobillo de un niño que tiene pocas destrezas motoras de control.

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June 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, June 15

Time: 10 a.m.

Place: Heritage Park - Erie

Date: Thursday, June 16

Time: 10 a.m.

Place: Kilgour Park - Sterling

Date: Tuesday, June 21

Time: 10 a.m.

Place: Jaycee Park - Prophetstown

Date: Wednesday, June 22

Time: 10 a.m.

Place: Centennial Park - Rock Falls

Date: Tuesday, June 28

Time: 10 a.m.

Place: Kilgour Park - Sterling

Date: Wednesday, June 29

Time: 10 a.m.

Place: Kelly Park - Morrison



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

WHITESIDE COUNTY PARENTS AS TEACHERS

What is Parents As Teachers?

PAT is a school-based parent education program which provides developmental information and support to families with children birth through age 5.

It is based on the knowledge that the first three years of a child's life are a critical time in the development of communication, social-emotional, motor, and cognitive skills.

Parents who understand each stage of their child's development and offer materials and experiences that are appropriate at each stage will be giving their child the best possible start in life.

Why does the Whiteside County Regional Superintendent of Schools offer this program?

Because the way a child grows and learns, beginning at birth, has an enormous impact on later success in school and life.

Parents who feel confident as their child's first and most important teacher will be giving their children the security and encouragement they need to become curious, eager learners and independent, capable persons.

Parents As Teachers is a voluntary program available without charge to Whiteside County families with children birth to age 5.

Services Offered:

- Personalized home visits by a certified parent educator specially trained in child development.
- Group meetings and playgroups where you can share parenting experiences and gain new insights.
- Information and guidance, beginning even before your baby is born.
- Lending libraries where parents may borrow toys and books for use at home with their child.
- Periodic screening of children to follow growth and development.
- A monthly newsletter.

For more information about Parents As Teachers, contact Pat Rhodes at 815/625-1495.

Sterling Municipal Symphony Band

Concert In The Park
Each Wednesday evening
7:30 p.m.

Beginning June 1

Grandon Civic Center
Across from the Sterling Post Office

Bring the family, a blanket, and
enjoy the glorious music.

FREE Admission



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