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**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

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Sterling, IL 61081

Office Phone 625-1495
Library Warm Line 625-6331

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October 2005

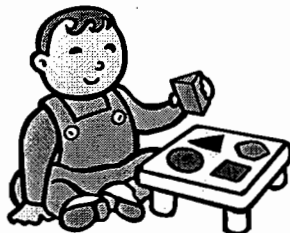
Parents As Teachers Resource Centers and Toy Lending Libraries

The resource centers and toy lending libraries are now open. You and your children are invited to come for play time and/or to check-out toys, games, or books to enjoy at home. The enclosed calendar lists the days and times the libraries at Merrill and Wallace will be open.

Just a reminder, the PAT library at Merrill School has moved next door to room 2. At Wallace, we moved upstairs to rooms 20 and 21.

A family gym time has been scheduled at Wallace each Friday morning from 10:00-11:00 a.m. There will be a variety of large motor activities and toys available for your use. Children must be accompanied by an adult.

If you live in Erie, Morrison, Prophetstown, or Tampico, ask your parent educator about lending library services in your school.



Bring A Friend To Play

Do you know a family who would like to be a part of Parents As Teachers? If so, October would be a good time to introduce them to the program by bringing them to a group meeting.

Each fall, we have families leave our program because their youngest child is entering kindergarten or they have moved out of our program service area. This enables the parent educators to enroll new families.

The only requirements for enrollment are that the family lives in a participating school district in Whiteside County and has a child birth to age five. We also will enroll a family who is expecting a child within three months.

Check the enclosed schedule for the dates and locations of group meetings this month.

You may also refer an interested parent by calling Pat at 625-1495.

Welcome Prekindergarten Families

If you have a child enrolled in one of the prekindergarten-at-risk programs in Whiteside County, you are invited to attend Parents As Teachers group meetings and borrow items from our toy lending libraries. We will keep you informed of activities through this newsletter. You may call Pat at 625-1495 if you have any questions.

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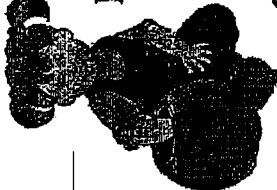
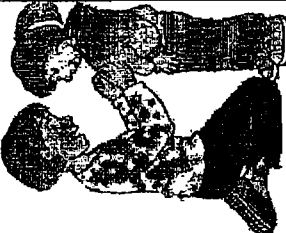



compliments of:



OCTOBER 2005



FAMILY ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAUNDERS
<p>1</p> <p>GROCERY STORE As you are going by the produce section, point to different fruits and vegetables and name them.</p> 	<p>2</p> <p>LET'S READ After reading the story ask your child, "Who was your favorite character in the story? What did you like about him/her?"</p> 	<p>3</p> <p>FEELING PUMPKINS Cut open a pumpkin: * Pick out several seeds. Count them. * Feel the inside and outside of your pumpkin. Which is soft? Hard? Bumpy? Slimy?</p> 	<p>4</p> <p>FIRE DRILL Practice a fire drill in your house. Remember to pick a spot outside where everyone is going to meet. Practice several more times.</p>	<p>5</p> <p>6</p> 	<p>7</p> <p>READ YOUR NAME Write your child's first name on a strip of paper. Hang it at his eye level at the head of his bed. Let him point to it and read his name often. Other times point to each letter and name it.</p> 	<p>8</p>
<p>9</p> <p>10</p> <p>ABOUT ME Say to your child, "Tell me 5 things about yourself."</p>	<p>11</p> <p>12</p> <p>COLUMBUS DAY</p> 	<p>13</p> <p>14</p> <p>STAY WARM Give your child extra time to put on her coat, sweater, hat, etc. Help her zip, snap, and button if she needs it.</p>	<p>15</p>	<p>16</p> <p>17</p> <p>FOLLOW THE LEADER Play FOLLOW THE LEADER from one room to another. Turn around and let your child lead the way back.</p>	<p>18</p> <p>19</p> <p>CAR GAME Sing the ABC Song together in slow motion.</p>	<p>20</p> <p>21</p> <p>ALL MY ART Hang your child's art on her bedroom door. When it's full, let her choose what pictures she wants to take down. You could save these in a special box.</p> 
<p>22</p> <p>23</p> <p>HAPPY HALLOWEEN</p> <p>24</p> <p>25</p> <p>26</p> <p>27</p> <p>COUNT Take several walks. Each time look for and count different things: * Pumpkins * Squirrels * Red leaves * Long sticks</p>	<p>28</p> <p>29</p> <p>30</p> <p>REMEMBER SAFETY</p>	<p>31</p>				

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CALENDARIO DE ACTIVIDADES FAMILIARES



OCTUBRE 2005

DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	VIERNES	SABADO
<p>MERCADO Al pasar la sección de productos agrícolas, señalen diferentes frutas y verduras y digan su nombre.</p>	<p>1</p> <p>A LEER Después de leerle un cuento pregúntele a su hijo/a: — ¿Qué personaje te gustó más? ¿Qué es lo que te gustó de ella?</p>	<p>2</p> 	<p>3</p> <p>SIMULACRO DE INCENDIO Hagan un simulacro de incendio en la casa. Elija un lugar afuera donde se juntarán todos. Practiquen varias veces más.</p>	<p>4</p> <p>TOQUEN LAS CALABAZAS Abra una calabaza: ▲ Saquen varias semillas. Cuéntentlas. ▲ Toquen la parte interior y la exterior de la calabaza. ¿Cuál es suave? ¿Dura? ¿Aspera? ¿Viscosa?</p>	<p>5</p> <p>12</p> 	<p>6</p> 	<p>7</p> <p>LEE TU NUMBRE Escriba el nombre de su hijo/a en una tira de papel. Cuélguela a la cabecera de su cama al nivel de la vista. Hágale señalar y leer su nombre con frecuencia. En otras ocasiones, señale cada letra y diga cómo se llama.</p>
<p>8</p> <p>9</p>	<p>10</p>	<p>11</p>	<p>12</p> <p>FELIZ DÍA DE CRISTÓBAL COLÓN (DÍA DE LA RAZA)</p>	<p>13</p>	<p>14</p> <p>CALOR Permitale a su hijo/a tiempo extra para ponerse chaqueta, suéter, gorra, etc. Ayúdele con los cierres y los botones si lo necesita.</p>	<p>15</p>	<p>16</p> <p>17</p> <p>18</p> 
<p>19</p> <p>20</p>	<p>21</p> <p>SOBRE MI Dígale a su hijo/a: — Dime 5 cosas sobre ti.</p>	<p>22</p> <p>23</p> <p>feliz HALLOWEEN (NOCHE DE BRUJAS)</p>	<p>23</p> <p>24</p> <p>25</p>	<p>26</p> <p>27</p> <p>28</p> <p>29</p>	<p>30</p> <p>TEN CUIDADO</p>	<p>31</p>	<p>32</p> 

Helping Children Develop "Impulse Control"



Excitement, joy, anger, frustration, and disappointment are all part of growing up. Learning how and when to show these emotions is known as impulse control. Here are some facts about impulse control:

- ★ **Impulse control helps children make and keep friends.** Children who can control their anger and frustration, and use words to express their feelings, are likely to be able to make and keep friends. And making and keeping friends can boost self-esteem and later school success.

- ★ **Early experiences can contribute to later success with impulse control.**

Infants need a responsive and predictable environment. When you respond to their physical needs with love and care, they learn to expect order in their world. They also learn that their actions affect others.

Toddlers need to feel independent and capable. You can help them use their developing language skills to label their own and others' actions. Learning to describe actions, thoughts, and feelings with words is key to having good impulse control.

Older preschool children learn to control their impulses by taking turns or sharing their toys. They are increasingly able to use language to control their emotions and interact with others.

- ★ **You can encourage the development of impulse control in your 3-, 4-, and 5-year-olds in the following ways:**

Suggest words that your child can use to say how she feels. If your child gets mad while playing a game, encourage her to use words to show her anger, such as "That really makes me mad!" or "I don't like it when you play the game that way!"

Make it clear that hurting others is not allowed. When your child gets mad playing a game and pushes or hits another child, take him aside and remind him that hurting others is not allowed.

Help your child think of new ways to solve problems. When your child has a disagreement with another child, suggest solutions such as taking turns or sharing.

Respond to your child's misbehavior with words. When you tell your child the reasons behind rules and explain the consequences for misbehavior, you help her develop inner controls on her behavior.

Model self-control when dealing with stress or frustration. Your child learns many behaviors from observing you. When you model self-discipline and self-control in difficult situations, your child will learn to follow your example.

- ★ **For related Web resources, see "Helping Children Develop 'Impulse Control'" at <http://illinoisearlylearning.org/tips.htm>.**



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Illinois State Board of Education

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

Ayudar a los niños a desarrollar el control de los impulsos



La emoción, el gozo, el enojo, la frustración y la desilusión – todos forman parte de la experiencia de crecer. El aprender de cómo y cuándo demostrar estas emociones se conoce como el control de los impulsos. He aquí unos datos sobre el control de los impulsos:

- ★ **El control de los impulsos ayuda a los niños a hacer y conservar las amistades.**

Es probable que los niños que pueden controlar su enojo y su frustración, y que usan las palabras para manifestar sus emociones, puedan hacer y conservar las amistades. Y esto podría aumentar su amor propio además de su futuro éxito escolar.

- ★ **Las experiencias tempranas pueden contribuir al éxito más tarde con el control de los impulsos.**

Los bebés necesitan un ambiente sensible y constante. Cuando se responde con amor y consideración a sus necesidades físicas, aprenden a esperar que su mundo sea ordenado. También aprenden que sus acciones pueden afectar a los demás.

Los niños de 2 a 3 años necesitan sentirse independientes y hábiles. Usted puede ayudarles a usar sus habilidades en desarrollo de lenguaje para clasificar sus acciones y las de los demás. El aprender de cómo describir las acciones, los pensamientos, y los sentimientos con palabras es la clave para tener un control bueno de los impulsos.

Los niños más grandes de edad preescolar aprenden a controlar los impulsos turnándose o compartiendo los juegos. Van aumentando las habilidades en usar el lenguaje para controlar sus emociones y relacionarse con los demás.

- ★ **Usted puede fomentar el desarrollo del control de los impulsos en sus niños de 3, 4 y 5 años de las siguientes maneras:**

Sugerir palabras que su hijo puede usar para comunicar cómo se siente. Si su hija se enfada mientras juega un juego, anímele a usar palabras para expresar el enojo, como "¡Eso me enfada mucho!" o "¡No me gusta cuando juegas el juego así!"

Poner en claro que no se permite hacerles daño a otros. Cuando su hijo se enoja mientras está jugando un juego y le da empujones o pega a otro niño, apártele del grupo y recuérdale que se prohíbe hacerles daño a los demás.

Ayudar a su hijo a idear nuevas maneras para resolver los problemas. Cuando su niño tiene un desacuerdo con otro niño, sugiérole soluciones como turnarse o compartir.

Reaccionar al mal comportamiento de su hijo usando las palabras. Al contarle a su hija las razones detrás de las reglas y explicarle las consecuencias del mal comportamiento, le ayuda a desarrollar modos internos de controlar su propio comportamiento.

Poner el ejemplo del autodomínio al hacer frente al estrés o la frustración. Su hijo aprende muchos comportamientos observándole a usted. Cuando usted pone el ejemplo de la auto-disciplina y el autodomínio en situaciones difíciles, su hijo aprenderá a seguir su ejemplo.

English Title: Helping Children Develop "Impulse Control"



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

October Parent and Child Activities

For all Parents As Teachers and Pre-kindergarten Families

Going on a Bear Hunt!

Date: Friday, October 7
Time: 9:30 - 10:30 a.m.
Place: Erie Public Library
Lower level meeting rooms

Come go bear hunting through the swishy grass, the muddy water, and right into the bear's cave! We will have fun with the language, rhythm, sound effects, and movement of this exciting children's book. This event is planned especially for one and two year olds, but older siblings are welcome. The children are invited to bring their teddy bear along.

Hosted by Kathy Wolf

Pumpkins, Pumpkins

Date: Thursday, October 13
Time: 11 a.m. - 12 p.m.
Place: Morrison Northside School
Prekindergarten Room

They come in all shapes and sizes. And guess what? Orange is the color! Parents and children will find a variety of orange activities to choose from.

Hosted by Laura McCullough and
Morrison Prekindergarten Program



Happy Birthday

Date: Friday, October 14
Time: 9 - 10 a.m.
Place: Prophetstown Elementary
Prekindergarten Room

It's a birthday party for someone. Come and find out who!

Hosted by Laura McCullough

Lapsit: Leaves

Date: Friday, October 14
Time: 10:00 - 10:30 a.m.
Place: Rock Falls Public Library
1007 Seventh Avenue

Lapsit is a playtime designed especially for parents and children ages 1 - 3. You and your toddler will enjoy songs, finger plays, a simple activity, and time to share books.

Sponsored by the Rock Falls Public Library

Fall Fun

Date: Thursday, October 20
Time: 11:30 a.m. - 12:30 p.m.
Place: Sinnissippi Park - Sterling

Please bring a sack lunch and drink and join us for some fall fun! After lunch, we will take a nature hike and make a special craft.

* *In case of inclement weather, we will meet in the Parents As Teachers Lending Library at Wallace School in Sterling.

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

Divertido en Otoño




Fecha: el jueves, 20 de octubre
Time: 11:30 a.m. - 12:30 p.m.
Place: Parque de Sinnissippi - Sterling

Traiga, por favor, una bolsa con el almuerzo y una bebida y nos reuniremos para divertido de otoño. Después del almuerzo damos un paseo y cuando regresamos, haremos algo especial.

**En caso de tiempo mal nos reuniremos en la Biblioteca en Wallace—Segundo piso, cuartos #20 y #21.

Anfitrionas: Sue Austin, Linda Berentes, Sandy Davis, Mary Etnyre, and Devorah Jacobs

October Toy Lending Library Hours

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 	3	4 Merrill Library 9:00-11:00 a.m.	5	6	7 Wallace Library 9:00-10:00 a.m. Wallace Gym 10:00-11:00 a.m.	8
9	10	11 Merrill Library 9:00-11:00 a.m.	12	13	14 Wallace Library 9:00-10:00 a.m. Wallace Gym 10:00-11:00 a.m.	15 
16 	17	18 Merrill Library 9:00-11:00 a.m.	19	20	21 Wallace Library 9:00-10:00 a.m. Wallace Gym 10:00-11:00 a.m.	22
23	24	25 Merrill Library 9:00-11:00 a.m.	26	27	28 Wallace Library 9:00-10:00 a.m. Wallace Gym 10:00-11:00 a.m.	29
30	31					

HALLOWEEN SAFETY TIPS

COSTUMES

- **Costumes should be flame retardant.**
- **Use face paint instead of masks, which can interfere with a child's vision.**

PARENTS

- **Supervise children younger than 12 years of age when trick-or-treating.**
- **Inspect all treats, and throw away any unwrapped or loosely wrapped items.**

MOTORISTS

- **Slow down, especially in residential areas.**
- **Watch for children darting out from parked cars.**

Source: Illinois Department of Public Health

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