

**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  
Rock Falls Dist.#13

*Deb Jacobs*  
Sterling Dist.#5

*Laura McCullough*  
Prophetstown-Lyndon-  
Tampico Dist.#3  
Morrison Dist. #6

*Kathy Wolf*  
Erie Dist.#1

**Resource Center  
Staff**

*Linda Berentes*  
*Sandy Davis*  
*Laura McCullough*  
Merrill School

*Nadine Appel*  
*Sandy Davis*  
*Deb Jacobs*  
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

November 2005

### **Parents As Teachers Resource Centers and Toy Lending Libraries**

The resource centers and toy lending libraries were very busy in October. Many of you brought your children for play time and/or to check-out toys, games, or books to enjoy at home. These are great places to play when the weather does not permit you to be outside. The enclosed calendar lists the days and times the libraries at Merrill and Wallace will be open in November.

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

### **Wednesday Afternoon Play Time to be Added this Month at Wallace.**

Beginning Wednesday, November 2, you and your children are invited to come to Wallace Education Center from 1-2:30 p.m. each Wednesday for play time in our toy lending library located upstairs in room 20. Jenny Califf has volunteered to host this play time, and everyone is welcome. The gym **will not** be available to play in at this time.



### **Parent Tip Make-At-Home Baby Wipes**

Place one roll of Bounty Select-a-Size paper towels, cut in half with serrated knife, in a medium-size plastic container.

Mix together 2 cups hot water, 2 tablespoons baby wash, and 2 tablespoons baby oil.

Pour over towels and let soak 1 hour.

Remove paper towel core and cover tightly with lid.



\*If you have a tip you would like to share with other parents, please give it to your parent educator, and she will pass it onto me for the next publication.

### **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.

# Please Don't Go!

## Separation Anxiety and Children



*It is often hard for a parent or other loved one to leave a young child who cries and clings. The child is experiencing separation anxiety. Children may not understand when loved ones will be back. These situations can be upsetting to the loved ones who have to leave—as well as to the child. Here are some things to remember about separation anxiety.*

- ✧ **A little separation anxiety is normal.** The child's behavior can be a positive sign. It shows that he recognizes and has formed important attachments with loved ones. (A child who never shows distress at a parent's leaving or never shows a preference for one caregiver over another may be a greater cause for concern.)
- ✧ **Anxiety tends to follow a predictable pattern.** Fear of less familiar people and places often begins when a child is about 8 months old, although it can begin as early as 5 months of age. Separation anxiety usually peaks between 10 and 18 months and fades by the age of 2 years. This anxiety may become greater at any age or may return in an older child when there is a change in environment or when other changes occur, such as the birth of a new baby in the family.
- ✧ **You can help make partings easier for your child.**
  - Stay with her until she becomes familiar with a new place or person.
  - Tell her calmly you know she doesn't want you to leave. Reassure her you will be back.
  - Tell her Mommy or Daddy will be back after naptime or at dinnertime, even if she can't tell time. Be sure to keep your word.
  - Let her have her favorite blanket or other "lovey" for comfort. Some children like one of Mom's sweaters or another familiar possession they can keep until you return.
  - Avoid leaving your child when she is hungry, tired, or sick.
  - Never tease or scold her for her upset feelings.
  - Never sneak away without telling her at all.
  - Don't bribe her not to cry.
- ✧ **Your stress level can contribute to separation anxiety.** Your anxiety about child care arrangements or guilt about leaving may add to your child's distress. Be sure to make arrangements for child care that you feel confident about. And remember, some time spent apart can be good for you both.
- ✧ **Sometimes, it may be more than separation anxiety.** Consider other possible sources of stress in your child's life or consider an alternative child care arrangement for
  - a child who continues to be inconsolable in a new child care or other setting for more than 2 weeks; or
  - a child who stops eating or sleeping well, refuses to interact with others, and has an ongoing change in behavior.
- ✧ **For related Web resources, see "Please Don't Go! Separation Anxiety and Children" at <http://illinoisearlylearning.org/tips.htm>.**



29 Children's Research Center  
51 Gerty Dr. • Champaign, IL 61820-7469  
Telephone: 217-333-1386 • Fax: 217-244-7732  
Toll-free: 877-275-3227 (Voice/TTY)  
Email: [iel@uiuc.edu](mailto: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>

# ¡No te vayas por favor!

## La ansiedad de separación y los niños



*Muchas veces es difícil para los padres u otros seres queridos despedirse de un niño pequeño que llora y se pega a ellos. El niño siente la ansiedad de separación. Los niños tal vez no entienden cuándo los seres queridos volverán. Estas situaciones pueden ser inquietantes para los seres queridos que tienen que irse—y para el niño además. He aquí unas cosas para tener en cuenta tocante a la ansiedad de separación.*

- ✧ Es normal tener un poco de ansiedad de separación. Tal comportamiento del niño puede ser un indicio positivo. Demuestra que él reconoce a los seres queridos y ha formado importantes lazos emocionales con ellos. (Un niño que nunca muestra angustia a la partida de su padre o madre, o que no muestra ninguna preferencia por un cuidador más que otro, podría ser causa de más preocupación.)
- ✧ La ansiedad suele seguir un patrón predecible. El temor a lugares y personas menos conocidos frecuentemente comienza cuando un niño tiene como 8 meses de edad, aunque puede empezar tan temprano como a los 5 meses de edad. La ansiedad de separación normalmente alcanza su auge entre los 10 y 18 meses de edad y mengua para los 2 años. Esta ansiedad puede intensificarse a cualquier edad o volver en un niño más grande cuando hay un cambio en el ambiente o cuando ocurren otros cambios, como el nacimiento de un bebé nuevo en la familia.
- ✧ Usted puede ayudar a facilitarle las despedidas a su hijo.
  - Quede con él hasta que llegue a conocer a una persona nueva o un lugar nuevo.
  - Dígale en tonos tranquilos que usted sabe que ella no quiere que se vaya. Confórtela diciendo que volverá.
  - Dígale que Mami o Papi volverá después de la siesta o en la tarde, aun si no sabe leer el reloj. Asegúrese de cumplir su promesa.
  - Deje que tenga su manta preferida u otro juguetito como consuelo. A algunos niños les gusta tener un suéter de Mami u otro efecto personal conocido que puede tener hasta que usted vuelva.
  - Evite dejar a su hija cuando está cansada, enferma o tiene hambre.
  - No se burle nunca de él ni le regañe por sus sentimientos de malestar.
  - No se vaya nunca a hurtadillas sin decirle nada.
  - No la soborne para no llorar.
- ✧ El estrés que usted siente puede contribuir a la ansiedad de separación. La ansiedad de usted sobre los arreglos de cuidado infantil o sus sentimientos de culpa por irse podrían aumentar la aflicción que su hijo siente. Asegúrese de hacer arreglos de cuidado infantil en que ambos tengan confianza. Y recuerde que un rato de separación puede ser provechoso para los dos.
- ✧ A veces, puede tratarse de más que la ansiedad de separación. Considere otras posibles fuentes de estrés en la vida de su hijo, o considere un arreglo alternativo de cuidado infantil para
  - un niño que sigue sintiéndose inconsolable en un nuevo ambiente de cuidado infantil u otra situación por más de 2 semanas; o
  - un niño que deja de comer o dormir bien, niega interactuarse con otras personas, y tiene un cambio continuo de comportamiento.

English Title: Please Don't Go! Separation Anxiety and Children



29 Children's Research Center  
81 Gerty Dr. • Champaign, IL 61820-7469  
Teléfono: 217-333-1386 • Fax: 217-244-7732  
Gratis: 877-275-3227 (Voz/TTY)  
Email: iel@uiuc.edu  
Internet: <http://illinoisearlylearning.org>

Illinois State Board of Education

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

# The Gift of Words: Conversation and Routines



*Some children start kindergarten with double the vocabulary of others. Knowing many words and understanding them are important in developing thinking skills and in getting ready to read. Here are some ways for busy parents to add to a child's school readiness with the gift of new words. It's never too early to start!*

## ★ Conversation

Find time to talk with your child! Make it a habit to turn off the television or computer or car radio, and use those moments for conversation. Talking with adults is the best way to expose a child to new words and ideas.

- When you can, include your child when talking with other adults.
- Set aside a regular time to talk with him—bedtime or mealtime are ideal.
- Rephrase what your child says and build on it, showing you understand. "You're hot? The sun is warm today, isn't it? Would you like a cold drink?"
- Pause after speaking to your child, giving him time to respond.

## ★ Routines

Build vocabulary during your everyday routines.

- When you shop, talk about what you will buy and how you will use it. Discuss size and weight. Is a package small or large, heavy or light?
- When you're cooking dinner, discuss what you're cooking and what foods can be eaten raw. Talk about where foods come from.
- Watch television with your child. Talk about what you are watching together, especially if you think the child might have missed some word meanings. Look for children's programs that teach in fun ways, such as "Between the Lions" or "Sesame Street." Talk about the programs.
- Talk about where you're going and what you see. "Do you think there might be a bird's nest in that tree?" "Is that building a bank or a hospital?" "How do you know?" "Who do you think might work there?"
- Label objects with your words. "That flower is a rose. Look at the caterpillar." Learn with your child. "I don't know what that bug is. Let's ask the librarian to help us find a book on insects."

For related Web resources, see "The Gift of Words: Conversation and Routines" at <http://illinoisearlylearning.org/tips.htm>.



29 Children's Research Center  
81 Gerty Dr. • Champaign, IL 61820-7469  
Telephone: 217-333-1386 • Fax: 217-244-7732  
Toll-free: 877-278-3227 (Voice/TTY)  
Email: [iel@uiuc.edu](mailto: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>

9/03

# El don de la palabra: La conversación y las rutinas



*Algunos niños empiezan el kindergarten con el doble del vocabulario de otros. El conocer y comprender muchas palabras es importante para desarrollar las habilidades de pensamiento y la preparación para leer. He aquí algunas maneras para padres atareados de preparar mejor a sus hijos para la escuela con el don de palabras nuevas. ¡Nunca es muy tarde para empezar!*

## ★ La conversación

¡Halle tiempo para conversar con su hijo! Acostúmbrese a apagar el televisor, la computadora o la radio del coche y usar esos momentos para conversar. Las conversaciones con adultos representan la mejor oportunidad de exponer a su hijo a palabras e ideas nuevas.

- Cuando sea posible, incluya a su hijo cuando esté hablando con otros adultos.
- Aparte momentos regularmente para conversar con su hijo... sería ideal la hora de acostarse o las comidas.
- Repita en sus propias palabras lo que dice su hijo y luego expanda sobre eso para demostrar que usted entiende. "¿Tienes calor? Hace mucho sol hoy, ¿no? ¿Te gustaría una bebida fría?"
- Haga una pausa después de hablar a su hijo, dándole tiempo para responder.

## ★ Las rutinas

Aumente el vocabulario de su hijo durante las rutinas diarias.

- Al ir de compras, hable sobre lo que va a comprar y cómo lo usará. Hable del tamaño y el peso. El paquete, ¿será pequeño o grande, pesado o ligero?
- Cuando esté preparando la cena, discuta lo que está cocinando y cuáles alimentos pueden comerse crudos. Hable sobre el origen de los alimentos.
- Mire la televisión junto con su hijo. Hablen sobre lo que están mirando, especialmente si piensa que su hijo podría haber perdido el significado de algunas palabras. Busque programas para niños que enseñen cosas de maneras divertidas, como "Between the Lions" o "Sesame Street". Converse sobre los programas.
- Hable sobre los lugares a donde van y lo que van a ver. "¿Piensas que habrá un nido de pajaritos en ese árbol?" "¿Será ese edificio un banco o un hospital?" "¿Cómo lo sabes?" "¿Quiénes trabajarán allí?"
- Nombre objetos con palabras. "Esa flor es una rosa. Mira la oruga." Aprenda con su hijo. "No sé de qué tipo será este insecto. Pidamos al bibliotecario que nos ayude a hallar un libro sobre insectos".

English Title: The Gift of Words: Conversations and Routines



29 Children's Research Center  
51 Gerty Dr. • Champaign, IL 61820-7469  
Teléfono: 217-333-1386 • Fax: 217-244-7732  
Gratis: 877-276-3227 (Voz/TTY)  
Email: iel@uiuc.edu  
Internet: <http://illinoisearlylearning.org>

Illinois State Board of Education

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

# November Parent and Child Activities

## For all Parents As Teachers and Pre-kindergarten Families

### Lapsit: Circles

**Date:** Friday, November 4  
**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

### Family Reading Night

**Date:** Thursday, November 10  
**Time:** 6 - 7 p.m.  
**Place:** Tampico Elementary Gym

Enjoy a "no television" evening with your family! A variety of books will be available so you can spend time reading together. We will also have several projects for you and your children to make together and take home.

Hosted by Laura McCullough and Tampico Prekindergarten Program.

### Family Reading Night

**Date:** Thursday, November 17  
**Time:** 6 - 7:30 p.m.  
**Place:** Odell Library, Morrison

Join us for an evening of fun at the library. Head librarian, Connie Boonstra will be speaking to us about the importance of reading. You and your children will have several projects to make together and take home.

Hosted by Laura McCullough and Morrison Prekindergarten Program.

### Whoo, Whoo, is Ready for a Special Night?

**Date:** Thursday, November 17  
**Time:** 6:30 - 7:30 p.m.  
**Place:** Sterling Public Library

Please join us for a night of family reading fun. We will be doing finger plays, stories, and an activity.

Hosted by Sue Austin and Mary Etnyre.

### Family Reading Night

**Date:** Tuesday, November 22  
**Time:** 6 - 7 p.m.  
**Place:** Rock Falls Public Library

Come and meet Duane Halverson and his sled dog from Homer, Alaska. He will also bring a sled used in the Alaskan Iditarod Dog Race. See them in the Community Building and then join us in the library for refreshments.

Hosted by Linda Berentes and Sandy Davis.  
Sponsored by the Rock Falls Public Library.

### Junta Con F.U.S.E.

#### Familias Unidas para una Educación Sólida

**Fecha:** lunes, 28 de noviembre  
**Hora:** 5 - 7 p.m.  
**Lugar:** la Biblioteca Pública en Sterling

Padres Como Maestros va a tener una reunion con F.U.S.E. Ana Salgado presentará "Carreras Profesionales y Cultura" por toda la familia. Estará una persona que hablará de su trabajo y tendremos artesanias para los niños tambien.

Anfitriona: Devorah Jacobs

### Story Night at the Library



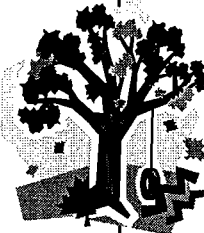
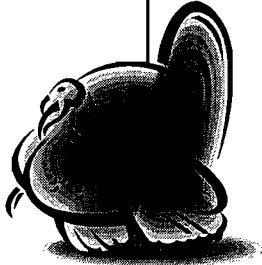
**Date:** Tuesday, November 29  
**Time:** 6:30 - 7:30 p.m.  
**Place:** Erie Public Library

"Christmas is Coming" will be the theme for this evening of fun. Join us at the library for story time and a fun activity.

Hosted by Kathy Wolf.



# November Toy Lending Library Hours

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>Merrill Library 9:00-11:00 a.m.</p>	<p>2</p> <p>Wallace Library Play Time 1- 2:30 p.m.</p>	<p>3</p>	<p>4</p> <p>Wallace Library 9:00-10:00 a.m.</p> <p>Wallace Gym 10:00-11:00 a.m.</p>	<p>5</p>
<p>6</p>	<p>7</p>	<p>8</p> <p>Merrill Library 9:00-11:00 a.m.</p>	<p>9</p> <p>Wallace Library Play Time 1- 2:30 p.m.</p>	<p>10</p>	<p>11</p> <p>Veteran's Day  Library Closed</p>	<p>12</p> 
<p>13</p> 	<p>14</p>	<p>15</p> <p>Merrill Library 9:00-11:00 a.m.</p>	<p>16</p> <p>Wallace Library Play Time 1- 2:30 p.m.</p>	<p>17</p>	<p>18</p> <p>Wallace Library 9:00-10:00 a.m.</p> <p>Wallace Gym 10:00-11:00 a.m.</p>	<p>19</p>
<p>20</p>	<p>21</p>	<p>22</p> <p>Merrill Library 9:00-11:00 a.m.</p>	<p>23</p> <p>Thanksgiving Break  Library Closed</p>	<p>24</p> <p>Thanksgiving Break</p>	<p>25</p> <p>Thanksgiving Break  Library Closed</p>	<p>26</p>
<p>27</p>	<p>28</p>	<p>29</p> <p>Merrill Library 9:00-11:00 a.m.</p>	<p>30</p> <p>Wallace Library Play Time 1- 2:30 p.m.</p>			

**CANCELLING YOUR HOME VISIT**

If you should need to cancel your home visit  
due to illness or an emergency,  
please call your parent educator as soon as possible.  
She will gladly reschedule your visit whenever possible.  
If you are not able to reach her at home,  
please call Pat at 625-1495  
and I will try to contact her for you.

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



ROE  
SUPPORT STAFF LEAVE REQUEST

Employee: DA - SMITH

Day(s) Requested: 10/28/05 1:30 - 4:00

Leave is:  Vacation  Personal  Sick

Recommended for Approval  Recommended for Denial

Reason for Denial: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date Received: 10-28-05

Recommended by: M. Hargy Date: 10-28-05  
Office Manager

Recommendation Approved by: \_\_\_\_\_  
Regional Superintendent

Recommendation Denied by: \_\_\_\_\_  
Regional Superintendent

Reason: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_

\*\*\*\*\*

Days Available - at time of request

Personal 2 Vacation: 64 3/4 hrs Sick: 208 1/2 hrs

Date: 10-28-05 Office Manager: M. Hargy