

**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

December 2005

### Why do we offer home visits to enrolled families?

Whiteside County Parents As Teachers is based on the belief that parents are their child's first and most influential teachers. It is our goal to help you give your child the best possible start in life.

Personal visits individualize the program for your family. During these visits, you and your home visitor can discuss child development and child rearing issues that come up at various ages. Your parent educator will help you know what to expect as your child grows so that as you observe your child's accomplishments, you can appreciate how significant they are. She will try to answer your questions or find the answers for you. Each time she visits, she will share an age-appropriate activity and book with you and your child. She will bring written materials about what to look for in your child's development and things you can do to encourage their growth.

### What do we ask of you?

**Please be there** for your scheduled visit. If you or your child are sick, please call your parent educator and let her know. She will be glad to reschedule the visit whenever possible.

**Please provide a quiet place** to visit. This will enable you and your parent educator to hear your child clearly and concentrate on the discussion.

### 2005 Holiday Literacy Donation program at Waldenbooks.

During this holiday season, Borders and Waldenbooks books stores will be offering customers the opportunity to donate a dollar, or any amount of their choice, to help provide books for local literacy efforts. Waldenbooks in the Northland Mall in Sterling has been partnered with Whiteside County Family Literacy Partnership. The Holiday Literacy Donation Program will begin Friday, November 25 and run through December 31.

To celebrate the Holiday Literacy Donation Program, a special event has been planned and you are all invited.

### HOLIDAY STORY TIME AT THE MALL

Friday, December 2  
10:00 a.m.

Northland Mall, Sterling

- Listen to holiday stories
- Sing holiday songs
- Receive a free book
- Have your picture taken with Clifford the Big Red Dog

### ¿Les Gustaría vera Clifford?

El perro Clifford estará la librería en el mall en Sterling, el 2 de diciembre (el viernes), a las 10:00 por la mañana. Tendrán un "story time" y darán libros a los niños.



## Baby, it's cold outside!

As the leaves turn color and temperatures become brisk, parents begin thinking of long hours spent indoors with their young child. But cooler weather doesn't mean you have to limit your child's active play. Here are some ways to keep your child moving even when the temperatures dip.

### BUNDLE UP!

Your little one can still enjoy outside adventures in cool weather if dressed properly. Dress your child in layers, rather than in a single heavy garment. She'll need one more layer than you. Keep porous layers such as thermal underwear next to the skin, and make sure the outer layer is a water-resistant material. Ninety percent of heat loss occurs from a child's head, so wearing a hat is essential. Mittens and boots complete your child's protective clothing.

Dressing your child in layers allows you to loosen or remove some clothes to prevent overheating. Toddlers and preschoolers need to be able to move freely in their outdoor clothing to get the most benefit from playing outdoors. Remember to dress for the weather yourself so you'll be comfortable while you let your child have a good, long outdoor playtime.

### LOOK FOR INDOOR PLAY PLACES

Tummy time is exercise time for babies, and crawlers will want to do just that—crawl! Make sure your baby has plenty of time on the floor, out of infant carriers and car seats. Baby proof the room where your baby spends time on the floor and supervise him at all times. Then you can feel confident letting your baby exercise by rolling, crawling, or walking.

Visit a shopping mall in cold weather and you are likely to see parents with babies and toddlers. Some malls even have play areas for little ones. A large, relatively empty space will allow your child to run and play. Make use of community resources such as indoor swimming pools or recreation centers. Organize a play group in a church multi-purpose room. Perhaps the basement of your home or apartment building can accommodate active play. Add a riding toy and large ball and you have a place that encourages your child to be active. Be sure to take advantage of Parents at Teachers group meetings that offer vigorous indoor activities.

### GO OUT AND ABOUT!

Cool weather activities can be so much fun for you and your child. Bundle up and go outside. Jump in a big pile of leaves! Hop through the crisp, cold snow! You will be teaching your child that being active is a year-round possibility. ❖



### TIPS FOR SAFE COLD WEATHER PLAY

- ♦ Dress in layers
- ♦ Wear a hat and mittens
- ♦ Don't play outside if temperature is 10° or colder
- ♦ Drink water to remain hydrated
- ♦ Change clothes when they become wet
- ♦ Have a snack for energy
- ♦ Keep young babies inside in very cold weather



## ¡Qué frío que hace afuera!



A medida que las hojas cambian de color y las temperaturas bajan, los padres comienzan a pensar en las largas horas que pasarán dentro del hogar con su hijo pequeño. Pero el clima frío no significa que los padres deban limitar el juego activo de su hijo. A continuación presentamos algunas formas para mantener a su hijo en movimiento, aún cuando las temperaturas sean bajas.

### ¡A ABRIGARSE!

Su hijo pequeño puede continuar disfrutando de las aventuras al aire libre durante los días fríos, si está vestido adecuadamente. Vista a su hijo con varias capas de prendas, en vez de con un solo abrigo pesado. Él necesitará una capa de ropa más que usted. Mantenga las capas de ropa porosa, como la ropa interior térmica próxima a la piel, y asegúrese que la capa externa sea de un material impermeable. El noventa por ciento de la pérdida de calor sucede en la cabeza del niño, por lo tanto es fundamental usar un gorro. Los guantes y las botas completan la ropa de protección para su hijo.

Vestir a su hijo con varias capas de ropa le permite a usted quitarle algunas prendas para evitar que tenga demasiado calor. Los niños pequeños y los preescolares necesitan poder moverse libremente en ropa adecuada para espacios exteriores, para así aprovechar al máximo el juego al aire libre. Recuerde vestirse usted de acuerdo al clima, así se sentirá más cómodo mientras permite que su hijo pase un buen rato jugando al aire libre.

### BUSQUE LUGARES DE JUEGO EN ESPACIOS INTERIORES

El tiempo para estar boca abajo es un rato de ejercicio para los bebés, y los que están gateando querrán hacer sólo eso, ¡gatear! Asegúrese de que su bebé pase suficiente tiempo en el suelo, fuera del portabebés o de la silla para el automóvil. Asegúrese de que la habitación donde su bebé pasa ratos en el suelo esté libre de peligros y supervíselo en todo momento. Luego podrá sentir confianza y permitir que su bebé haga ejercicio rodando, gateando o caminando. Visite un centro comercial en los días fríos y es probable que vea a otros padres con sus bebés y niños pequeños. Algunos centros comerciales también ofrecen lugares de juegos para los más pequeños. Un espacio amplio y relativamente vacío le permitirá a su bebé correr y jugar. Use los recursos comunitarios como las albercas techadas o los centros recreativos. Organice un grupo de juego en el salón multipropósitos de una iglesia. Quizá el sótano de su casa o del

edificio de departamentos pueda ser un buen lugar para el juego activo. Agregue un juguete para andar y una pelota grande y logrará un lugar que fomenta a que su hijo sea activo. Asegúrese de aprovechar las reuniones en grupo de Parents as Teachers que ofrecen actividades de juego enérgico en espacios interiores.

### ¡SALGAN Y DEN UN PASEO!

Las actividades para los días fríos pueden ser muy divertidas para usted y su hijo. Abríguense y salgan. ¡Salten en un montón de hojas! ¡Brinquen por la nieve fresca y fría! Le estará enseñando a su hijo que se puede ser activo todo el año.

### CONSEJOS PARA JUGAR EN LOS DÍAS FRÍOS SIN PELIGRO

- ♦ Vestirse con varias capas de ropa
- ♦ Usar gorro y guantes
- ♦ No jugar al aire libre si la temperatura es de 10° o menos
- ♦ Beber agua para permanecer hidratado
- ♦ Cambiarse la ropa cuando se moje
- ♦ Comer refrigerios para tener energía
- ♦ Mantener a los bebés pequeños en espacios interiores durante los días muy fríos

# Making the Holidays Memorable and Meaningful



*Whether you are celebrating Hanukkah, Christmas, or Kwanzaa, the holidays can be busy and stressful. Children's eyes and ears are filled with messages that say, "Buy me!" We all want the holidays to be fun. But we want holidays to mean more to our children than receiving lots of gifts. Here are some ways to focus on the meaning of every holiday season.*

## ★ Strengthen family ties.

Plan times to be together as a family. Choose a game night, a pizza and movie night, or a night for reading stories aloud. Avoid filling your calendar with lots of activities that pull parents and children in different directions.

## ★ Encourage gifts from the heart.

Help children think about the needs of others. Visit an elderly friend or relative who is alone, make cookies for a neighbor, or bring gifts to a women's shelter. Volunteer at an organization that works with people in your community who have limited resources. (Note: Choose a volunteer activity that is appropriate for young children.)

## ★ Create a peaceful home atmosphere.

Reduce the noise and clatter of the season. Plan calm family activities such as family dinners, evening tea times, or story reading. Reduce noise by turning off the television, video games, and the telephone.

## ★ Remember family rituals or traditions.

Take part in—or start—some traditions that all family members can enjoy. Make holiday cookies or homemade greeting cards, sing holiday songs or play music, re-read favorite storybooks out loud, start a scrapbook or family diary, or light special candles at dinner or bedtime.

## ★ Resist buying more.

Advertisers hope to convince *you* that a perfect family holiday means buying more and to convince *children* that more gifts will make them happier! Limit children's exposure to commercials, and help them learn to question advertisers' claims. When possible, avoid taking preschoolers shopping.

## ★ Focus on people, not things.

A good rule of thumb during the holiday season is to spend half the usual amount of money but twice the usual amount of time with your children. Make people, not things, your priority. Focus on activities that bring your family together and that draw children's attention to the needs of others. These efforts will help reduce the madness and enhance the memories and meanings of the holidays.

## ★ For related Web resources, see "Making the Holidays Memorable and Meaningful" at <http://illinoisearlylearning.org/tips.htm>.



29 Children's Research Center  
51 Gorty Dr. • Champaign, IL 61820-7469  
Telephone: 217-333-1388 • 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

# La celebración memorable y significativa de los días festivos



*La celebración de los días festivos, sean de Janucá, la Navidad o Kwanzaa, puede ser atareada y estresante. Se llenan los ojos y oídos de los niños de mensajes que dicen ¡Cómprame! Todos queremos que sean divertidos los días festivos—pero también queremos que signifiquen más para nuestros hijos que el sólo recibir muchos regalos. Les presentamos aquí algunas maneras de enfocarse en lo significativo de toda temporada de celebración:*

## ✧ Fortalezcan los lazos familiares.

Hagan planes para pasar tiempo juntos en familia. Fijen una noche para juegos, o para pizza y películas, o para leer cuentos en voz alta. Eviten llenar el calendario con muchas actividades que jalen a los padres y a los niños en sentidos contrarios.

## ✧ Sugieran regalos del corazón.

Ayuden a los niños a pensar en las necesidades de los demás. Visiten a un amigo o pariente anciano que viva solo, hagan galletes para un vecino o lleven regalos a un refugio para mujeres. Ofrezcan sus servicios voluntarios en una organización que trabaje con gente de recursos limitados en su comunidad. (Recuerde: Escojan una actividad voluntaria que sea apropiada para niños pequeños).

## ✧ Creen un ambiente de paz en el hogar.

Reduzcan el ruido y el traqueteo de la temporada. Hagan planes para actividades familiares serenas como una cena, un té formal en la tarde o la lectura de cuentos. Disminuyan el ruido apagando la televisión, los juegos de video y el teléfono.

## ✧ Recuerden los ritos y las tradiciones de su familia.

Participen en—o inicien—tradiciones que todos los miembros de la familia puedan disfrutar. Preparan galletas o tarjetas festivas en casa, canten canciones o toquen música de la temporada, lean de nuevo los libros de cuento preferidos, empiecen un libro de memorias o diario familiar, o prendan velas especiales a la hora de la cena o de acostarse.

## ✧ Resistan comprar más.

Los que anuncian esperan convencerlos de que un perfecto día festivo en familia significa comprar más, además de convencer a los niños de que más regalos los harán más felices. Limiten el contacto de los niños con la propaganda comercial y ayúdenlos a aprender a cuestionar las afirmaciones de los anuncios. Cuando sea posible, eviten llevar de compras a los niños de edad preescolar.

## ✧ Enfóquense en las personas, no en las cosas.

Una buena regla práctica durante la temporada de los días festivos es la de gastar la mitad de la cantidad habitual de dinero pero pasar dos veces la cantidad habitual de tiempo con sus hijos. Hagan que las personas, y no las cosas, sean su prioridad. Enfóquense en las actividades que reúnen a su familia y que dirigen la atención de los niños a las necesidades de los demás. Estos esfuerzos ayudarán a reducir la locura e intensificar las memorias y lo significativo de los días festivos.

English Title: Making the Holidays Memorable and Meaningful



29 Children's Research Center  
81 Gerty Dr. • Champaign, IL 61820-7469  
Teléfono: 217-333-1386 • Fax: 217-244-7732  
Gratis: 877-276-3227 (Voz/TTY)  
Email: [iel@uiuc.edu](mailto: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>

# December Parent and Child Activities

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

### Holiday Gifts from the Kitchen

**Date:** Friday, December 2  
**Time:** 9:30 - 10:45 a.m.  
or 12:30 - 1:45 p.m.  
**Place:** Erie Early Childhood Annex

Marilee Ashley from the U of I Extension will be present with some helpful information about family nutrition and then parents and children will assemble cookies-in-a-jar to give as a Christmas gift. Please call Kathy Wolf at 659-2992 by Monday, November 28 to register so we have materials for everyone. This parent and child workshop is intended for families with children 3 - 5 years old.

Hosted by Kathy Wolf and Erie Prekindergarten Program.

### Christmas Workshop

**Date:** Wednesday, December 7  
**Time:** 6 - 7 p.m.  
**Place:** Merrill School Gym, Rock Falls

Bring the family for an evening of Christmas fun. We will have a variety of gifts and crafts for you and your children to make together for the holidays.

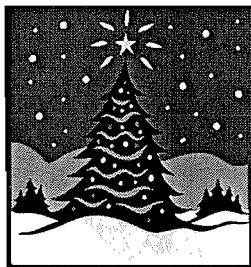
Hosted by Sue Austin, Linda Berentes, Sandy Davis, Mary Etnyre, and Deb Jacobs.

### FIESTA DE NAVIDAD

**Fecha:** el 7 de diciembre (el miércoles)  
**Hora:** 6 - 7 por la noche  
**Lugar:** Escuela de Merrill, 600 4th Avenida,  
Rock Falls - En el gimnasio

¡Vengan todos a la fiesta de Navidad con Padres Como Maestros! Tendremos galletas y chocolate, actividades para los niños, cuentos, y más. Toda la familia está invitado. ¡Hasta luego!

Anfitriona: Devorah Jacobs



### Lapsit: Trains

**Date:** Friday, December 9  
**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.

### Reindeer Mania

**Date:** Friday, December 9  
**Time:** 10 - 11 a.m.  
**Place:** Prophetstown Elementary  
Prekindergarten Room

Pretend to be a reindeer, dancing, prancing, and playing games, just like the ones you know. Parents and children will enjoy a morning filled with fun activities!

Hosted by Laura McCullough and Prophetstown Prekindergarten Program.




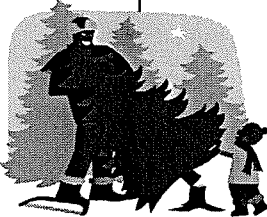

### Reindeer Mania

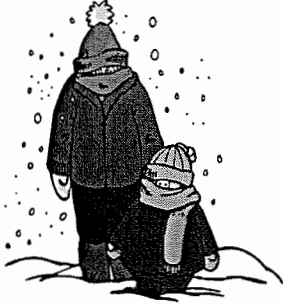
**Date:** Friday, December 16  
**Time:** 9:15 - 10:15 a.m.  
**Place:** Northside School Prekindergarten Room  
Morrison

Pretend to be a reindeer, dancing, prancing, and playing games, just like the ones you know. Parents and children will enjoy a morning filled will fun activities!

Hosted by Laura McCullough and Morrison Prekindergarten Program.

# December Toy Lending Library Hours

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



## **Oh, the weather outside is frightful...**

**When the schools are closed due to bad weather, all Parents As Teachers activities will be cancelled, and the toy lending libraries will be closed. If you should have questions about any of our scheduled activities, please call your parent educator at home or Pat at 625-1495.**

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

