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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

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 2006

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.

Enrolled families should receive program evaluation forms from their parent educator. If you have not yet done so, please complete the forms and return them to her. Thank you for your help in gathering this information.

Preschool Programs

All Whiteside County school districts have preschool programs funded by the Illinois State Board of Education's Early Childhood Block Grant. These prekindergarten 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 enrollment information.



Kindergarten Pre-registration

If you have a child who will be 5 years old on or before September 1, 2006, 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.

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 at home or Pat at 815/625-1495.



Toy Lending Libraries

The Parents As Teachers libraries at Merrill and Wallace schools will be open the first three 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 815/625-1495.

La visión de su hijo



¿Qué podría ser más bonito que los ojos brillantes de su hijo? Es importante que vea bien con esos ojos, a fin de aprender y desarrollarse bien. Los padres y maestros necesitan tener en cuenta que un niño tal vez no sepa si su visión es normal.

★ Disponga exámenes regulares de la visión.

La salud general de los ojos de los recién nacidos se examina en el hospital y en las visitas regulares al médico. Los niños de tres años de edad necesitan una prueba de control de los ojos y la visión. En el estado de Illinois se exigen pruebas de control anuales para todos los niños mayores de 3 años que asisten a todo programa preescolar, sea público o privado, y todo centro de cuidado infantil con licencia. Antes de entrar al kindergarten, los niños necesitan otra revisión ocular y una evaluación de la alineación de los ojos. Si se detecta un problema durante el examen, el niño necesita una cita con un oftalmólogo.

★ Esté al tanto de los factores de riesgo.

Un niño o niña podría necesitar revisiones oculares más frecuentes si nació prematuramente o tiene retrasos del desarrollo. Otros factores de riesgo podrían incluir una lesión a los ojos, otras enfermedades o un historial de enfermedades oculares en la familia del niño.

★ Aprenda a reconocer las señales de posibles problemas con los ojos y la visión.

Los padres deberían hablar con su proveedor de atención médica si los ojos de su bebé...

- Siempre se vuelven hacia adentro o hacia afuera
- No parecen moverse juntos de una manera normal, para los 3 meses de edad
- Se ven muy distintos el uno del otro
- No se enfocan en la cara de su padre o madre a los 3 meses, o no se enfocan en los juguetes sostenidos enfrente de él a los 6 meses

Los padres deberían hablar con su proveedor de atención médica si su hijo o hija de edad preescolar...

- Tiene estrabismo, se frota los ojos o frecuentemente los tiene lacrimosos
- Se sienta demasiado cerca del televisor o sostiene un libro demasiado cerca de la cara
- Inclina la cabeza o cierra un ojo para ver mejor
- Es más sensible a la luz que sus compañeros
- Evita actividades que requieren la visión de cerca, como mirar un libro, o las que requieren la visión a distancia, como agarrar una pelota
- Se queja frecuentemente de dolores de cabeza o de que los ojos están cansados

★ ¿Cómo puedo encontrar a un oftalmólogo?

¿Cree que su hijo tiene un problema con los ojos? En caso afirmativo, es importante llevarlo a un oftalmólogo para un examen completo. El diagnóstico oportuno de los problemas oculares puede prevenir dificultades posteriores. Pida que el proveedor regular de atención médica de su hijo lo refiera a un especialista. Muchos departamentos de salud pública de condados ofrecen exámenes oculares para niños mayores de 3 años de edad. Para información general, contacte al Vision and Hearing Program (Programa de Vista y Oído) del Illinois Department of Public Health (Departamento de Salud Pública de Illinois) llamando al 800-545-2200 (voz) o 800-547-0466 (teletipo).

Si su hijo o hija necesita lentes, permita que lo ayude a escoger la montura o marco. Explíquelo que el usarlas le permitirá ver mejor las palabras en un libro o reconocer a sus amigos al otro lado del patio de recreos.

English Title: Eyes Right! Your Child's Vision

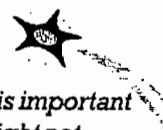


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Illinois State Board of Education

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

Eyes Right! Your Child's Vision



What is more beautiful than your child's bright eyes? How well he sees with those eyes is important to his learning and development. Parents and teachers need to be aware that a child might not know if his vision is normal.

★ Arrange for regular vision screenings.

Newborns are checked for general eye health in the hospital nursery and at well-baby visits. Three-year-olds need an eye and vision screening test. Illinois requires yearly vision screening for all preschool children 3 years of age or older in any public or private preschool program or licensed child care center. Before they enter kindergarten, children need another vision test and an *eye alignment* evaluation. If screening finds a problem, the child needs to see an eye doctor.

★ Be aware of risk factors.

A child may need more frequent eye exams if she was premature or has developmental delays. Other risk factors include an eye injury, other illnesses, or a family history of eye disease.

★ Learn the signs of possible eye and vision problems.

Parents should talk to their health care provider if their infant's eyes—

- Always turn in or out
- Don't appear to move together normally by age 3 months
- Appear very different from each other
- Don't focus on a parent's face by 3 months, or on toys held in front of him by 6 months

Parents should talk to their health care provider if their preschooler—

- Squints, rubs her eyes, or frequently has teary eyes
- Sits too close to the television or holds a book too close
- Tilts her head or closes one eye to see better
- Is more sensitive to light than her peers
- Avoids activities that require near vision, such as looking at a book, or activities that require distance vision, such as catching a ball
- Complains frequently of headaches or tired eyes

★ How can I find an eye doctor?

Do you think your child has an eye problem? If so, it's important to take him to an eye doctor for a full exam. Catching eye problems early can prevent later difficulties. Ask your child's regular health care provider for a referral. Many county health departments offer eye tests for children over 3 years old. For general information, contact the Illinois Department of Public Health's Vision and Hearing Program at 800-545-2200 (Voice) or 800-547-0466 (TTY).

If your child needs eyeglasses, let her help pick out the frames. Explain how wearing them will help her see words in a book better or recognize her friends across the playground.

★ For related Web resources, see "Eyes Right! Your Child's Vision" at <http://illinoisearlylearning.org/tips.htm>.



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

8/05

Calmando a un bebé que llora

Una de las situaciones más estresantes para nuevos papás es cuando el bebé llora. Los infantes lloran por muchas razones y es a veces difícil entender porqué lo hacen y cómo calmar a su bebé. Debe recordar que el llanto es la manera principal de comunicación para los bebés y que sus llantos pueden significar muchas cosas diferentes. Con un recién-nacido, puede ser difícil distinguir los diferentes tipos de llantos, a medida que crecen, los padres pueden darse cuenta si el llanto es que "los pañales están mojados" o "tengo hambre."

Aquí le indicamos que debe revisar cuando un bebé llora:

- ☆ ¿Está enfermo el bebé? Tome su temperatura y llame a un profesional de salud si tiene fiebre o si no está seguro de los síntomas. Si su bebé llora por horas seguidas debe llevarlo a un médico pediatra.
- ☆ ¿Tiene hambre el bebé? Intente alimentar al bebé. A los recién-nacidos les gusta comer frecuentemente. Aunque no tenga hambre el bebé, puede dejar de llorar si se le da un chupete.
- ☆ ¿Está mojado o sucio el pañal? Esta es una causa común de los llantos.
- ☆ ¿Está muy fría o caliente la habitación o está el bebé sin suficiente ropa o demasiado abrigado?
- ☆ ¿Está el bebé asustado o se siente sólo? Intente cargar al bebé y hablarle cariñosamente.
- ☆ ¿Está el bebé sobre estimulado? Intente bajar las luces y reducir el nivel de ruido.

¿Cómo calmar al bebé? Muchas veces, un padre se ha asegurado que el problema no es hambre o enfermedad o un pañal mojado- ¡Pero, el bebé sigue llorando! ¿Cuáles son otras maneras para calmar a un bebé que llora?

- ☆ Abrigue al bebé en una cobija suave y téngalo cerca de usted.
- ☆ Cántele o tarárele.
- ☆ Mese al bebé en una silla o hamaca o suavemente mueva su cuerpo de un lado a otro mientras que lo abraza.
- ☆ Lleve al bebé a pasear en su cochecito o en el automóvil. El movimiento muchas veces adormece a un bebé.
- ☆ Trate de distraer al bebé con sonidos calmantes o con muecas.
- ☆ Dele un baño tibio al bebé para que se relaje.
- ☆ Use ruido de fondo como una aspiradora o secadora de pelo para que se arrulle.

Como usted se puede calmar. Una de las cosas que produce más tensión nerviosa son los llantos de un bebé. Es normal que los bebés lloren—a veces hasta 2 a 4 horas diarias—y a veces nada que intentan los padres puede calmarlos. Cuando los llantos se unen a la falta de sueño de los padres y los ajustes al nuevo bebé, la situación puede parecer abrumadora. Asimismo, existen pasos que los padres pueden tomar para controlar la situación a pesar de los llantos del bebé.

- ☆ Descanso breve. Ponga al bebé cuidadosamente en su cuna y descanse tranquilamente por unos minutos en otra habitación.
- ☆ Llame a un amigo o familiar quien pueda escucharlo de manera comprensiva.
- ☆ Pídale a un amigo o vecino de confianza que le cuide al bebé mientras que usted descansa brevemente o se toma una siesta corta.
- ☆ Si considera que puede perder el control y hacerle daño a su bebé, llame a una línea telefónica de asistencia, como la línea de 24 horas llamada National Child Abuse Hotline (1-800-422-4453) ofrecida por Childhelp USA®.

Es normal que los bebés lloren algunas veces y claro que es normal que los padres sientan frustración por los llantos. Cada bebé responderá diferentemente a las diferentes técnicas para calmarlo. Con el tiempo, los padres podrán aprender cuáles son las mejores para calmar a su bebé. Mientras tanto, es aconsejable que los padres nuevos cuenten con el apoyo de amigos, familiares y vecinos para escucharlos comprensivamente y hasta ayudarlos a cuidar al bebé de vez en cuando.

Para mayor información sobre cómo calmar a un bebé que está llorando, visite el sitio web del National Center on Shaken Baby Syndrome en www.dontshake.com.



Soothing A Crying Infant

One of the most stressful experiences for new parents is dealing with a crying baby. Babies cry for all sorts of reasons, and it's sometimes difficult to figure out why your baby is crying and how to soothe your baby. It's important to remember that crying is one of the main ways that babies communicate, and their crying can mean lots of different things. With a new baby, it may be difficult to distinguish different types of crying; as babies get older, parents may be able to tell "wet-diaper crying" from "I'm hungry" crying.

Here are some things to check for in a crying baby:

- ★ Is the baby sick? Take the baby's temperature, and call a health care provider if there is a fever or if you're not sure about any other symptoms. If your baby cries for hours at a time, be sure to have him or her checked out by a pediatrician.
- ★ Is the baby hungry? Try feeding the baby. Newborns like to eat frequently. Even if the baby isn't hungry, he or she may respond to sucking on a pacifier.
- ★ Is the diaper wet or dirty? This is a common cause for crying.
- ★ Is the room too hot or cold, or is the baby overdressed or underdressed?
- ★ Is the baby lonely or afraid? Try holding the baby and comforting him or her.
- ★ Is the baby overstimulated? Try turning down the lights and the noise level.

Calming the baby. Often, a parent has made sure that the problem is not hunger or sickness or a wet diaper—but the baby is still crying! What are some other ways to calm a crying baby?

- ★ Swaddle the baby in a soft blanket and hold the baby next to you.
- ★ Sing or hum to the baby.
- ★ Rock the baby in a chair or swing, or gently sway your body while holding the baby close.
- ★ Take the baby for a ride in the stroller or car. Motion often puts a baby to sleep.
- ★ Distract the baby by making faces or quiet noises.
- ★ Give the baby a warm bath to relax him or her.
- ★ Use some "white noise" such as running a vacuum cleaner or hair dryer to help lull the baby to sleep.

Calming yourself. There are few things more stressful than a crying baby. It is normal for babies to cry—sometimes as much as 2 to 4 hours a day—and sometimes nothing parents try to soothe the baby will work. Coupled with a parent's own lack of sleep and the general adjustment to having a new baby in the house, a crying baby can seem overwhelming. There are some things parents can do to maintain control over the situation, even when the baby continues to cry.

- ★ Take a break. Put the baby safely in a crib, and take a few minutes for yourself in another room.
- ★ Call a friend or relative who will listen to your problem and be sympathetic.
- ★ Ask a trusted friend or neighbor to watch your child while you take a short break or a brief nap.
- ★ If you feel as though you are losing control and might hurt your child, call a hotline, such as the 24-hour National Child Abuse Hotline (1-800-4-A-CHILD) offered by Childhelp USA®.

It's normal for babies to cry sometimes, and it's certainly normal for parents to feel frustrated by the crying. Different babies respond to different soothing techniques, and parents will eventually learn what works best with their baby. In the meantime, it's helpful for new parents to have some support in the form of friends, relatives, and neighbors who can lend a sympathetic ear or even some babysitting help!

For more information about soothing infant crying, visit the National Center on Shaken Baby Syndrome website at www.dontshake.com.



Safe Children and Healthy Families Are a Shared Responsibility
<http://nccanch.acf.hhs.gov/topics/prevention/index.cfm>

May Parent and Child Activities For All Parents As Teachers and Pre-kindergarten Families

Parent Workshop - Family Vacations

Date: Tuesday, May 9
Time: 6 - 7 p.m.
Place: Northside School Lunchroom
Morrison

Are you planning a vacation this summer? Janice McCoy, U of I Extension Family Life Educator, will be here with ideas for great family vacations.

To reserve a spot for you and your child, call Northside School at 815/772-2153 by May 8.

Hosted by Laura McCullough and the Morrison Prekindergarten Program

Lapsit: Mother's Day

Date: Thursday, May 11
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.

Fun in the Sun

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

Why stay inside when you could be playing at the park? Come and enjoy our last playgroup outside!

Hosted by Laura McCullough

"Picnic" en Mayo

Fecha: 18 de mayo - el jueves
Hora: 5:30 - 6:30 p.m.
Lugar: En el parque Centennial - shelter de león
Rock Falls

En caso de mal tiempo (lluvia) nos reuniremos end gimnasio de la escuela Merrill, 600 - 4th Avenue, Rock Falls.

Tomaremos "hot dogs", "chips", refrescos, y el postre por toda la familia. Las malabaristas vendrán con más sorpresas. ¡No querrán a perderse esta reunion del grupo!

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

Picnic in the Park

Date: Thursday, May 18
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**

Join us for an evening of family fun in the park. Hot dogs, chips, dessert, and drinks will be furnished. Entertainment will be provided by the jugglers.

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

Fun in the Sun

Date: Friday, May 19
Time: 11 a.m. - 12 p.m.
Place: Morrison Kelly Park

Why stay inside when you could be playing at the park? Come and enjoy our last playgroup outside!

Hosted by Laura McCullough

Story Night at the Library

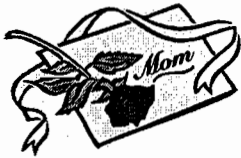

Date: Tuesday, May 30
Time: 6:30 - 7:30 p.m.
Place: Erie Public Library
Lower level meeting room

Summer is just around the corner! Come "camp out" at a story night at the library. Children can bring a pillow or a sleeping bag, if they like, for relaxing by the "fire" while they listen to stories. There will be some simple crafts and a snack as well.

Hosted by Kathy Wolf and the Erie Public Library



May Toy Lending Library Hours

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

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