



BETTER  
KID CARE  
PROGRAM



# Family Time Work Time

A B A L A N C I N G A C T

## Building Strong Families

### Getting Along with Your Child

Do you get along well with your child or do you sometimes feel as if it's a running battle just to get through the day together? If that's the case, have you ever wondered why? It could be because of temperaments. Each one of us is born with a certain temperament that will be with us all through life. Temperament is our nature. It affects the way we react to things around us and to other people, including our own family members. Some people are calm and take things in stride. Others are easily flustered or excitable. Some are always energetic and others move more slowly.

Temperament is something we are born with. It's the reason why children with the same parents can be very different from each other. Your temperament can affect how you get along with your child.



### Here are some different types of temperaments:

Some people are calm and not easily upset. They adjust to new situations well. Sometimes it's easy to forget about a child with this temperament because he does not cause a fuss. A parent needs to make sure to take time to talk regularly with this child to find out what he is really thinking and feeling about things.

You might have a child who is more active or has a difficult time adjusting to new things or changes. Her reactions might be intense and she may get upset easily. A child with this temperament needs clear guidelines and chances for active play to use up energy. Giving choices, redirecting to another activity, and giving warnings prior to changes can help this type of child.

Some children are what we call "slow to warm up." They tend to be quiet and might withdraw or tend to avoid new situations. For a child like this, have routines that stay the same and be patient. This can allow your child to get to know a situation first and help him become more independent.

Your child might have more than one temperament trait, but one is usually stronger than others. Be sensitive to your child's temperament. Keep it in mind when teaching your child how to respond to things. Also, by understanding your own temperament traits, you can help teach your child without clashing. Do not label your child or compare your children with each other. Be a good role model. Set clear but firm guidelines, so your child knows what you expect. Look for and focus on your child's strong points. Learn to communicate well by talking with and listening to your child. Take time to understand and enjoy your child!

## Listen for Laughter



Child care is evaluated in many ways. Group size, scheduled activities, the experience and training of staff, room arrangements, play areas, and other factors are looked at, but you might not think to look for laughter. Joy and laughter are important factors for a happy childhood. They can help you tell if your child care is good.

The sound of children, and adults, laughing is a good sign of a quality child care program. The next time you take your child to child care, stop and listen. Do you hear laughter?

Children laugh when they are happy and things are going well for them. Are the adults laughing, too? If so, they must be happy to be there with the children. If you don't hear laughter, it could be a warning. Listen for laughter. It's a sign that all is well.

## Be Prepared

We all hope we never have to deal with a weather emergency, but it is good to be prepared just in case one ever occurs in your area. Weather emergencies include severe thunderstorms, flooding, hurricanes, tornados, winter storms, and in some areas, earthquakes.

Do you know the difference between a **weather watch** and a **weather warning**? A **weather watch** is when conditions are right for severe weather to happen. It may not happen, but could happen. This could be for a tornado, a severe thunderstorm, or even flooding.

A **weather warning** is given by the National Weather Service for your county or area when trained spotters have seen severe weather such as a bad storm or a tornado coming or flooding happening in some areas.

It is good to know the difference between a weather watch and a weather warning. To keep your family safe, have emergency plans and supplies. Post emergency numbers by the phone. Teach your child how to call 911. Have a three-day supply of emergency supplies of water and food on hand. Be sure to have flashlights, working batteries, and a portable radio. Have a friend or relative lined up for you or your child to call in case you can't get home for any reason. Practice your emergency plan with your family.



## More from Better Kid Care

The Better Kid Care Web Site at [www.betterkidcare.psu.edu](http://www.betterkidcare.psu.edu) has more information for parents. Look for other *Family Time-Work Time* issues, *Parents Count*, child care and activity tip sheets, snack ideas, choosing child care tips, school readiness information, and the monthly Better Kid Care E-Newsletter. To sign up for the E-Newsletter, send a request to [BetterKidCareNews-subscribe-request@lists.psu.edu](mailto:BetterKidCareNews-subscribe-request@lists.psu.edu).

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