



OCTOBER 2008



Family Time Work Time

A BALANCING ACT

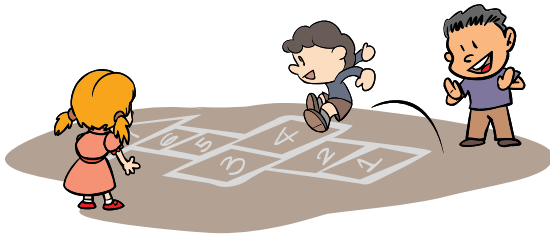
Building Strong Families

Getting Along with Others

One of the best things you can teach your child is how to get along well with others. This will help him at home, at child care, and all through life. Here are some ways you can help your child:



- Show your child how to express feelings. Talk about feelings while they are happening. When your child is having fun playing with some blocks, say, "You are happy now when you are having fun." When your child is angry about something, say, "You seem angry now." If your child gets frustrated trying to do something difficult, say, "It looks like you are frustrated." This will teach your child the words for feelings he is experiencing. You can also talk about the feelings of characters in a story you read to your child.
- Once your child understands there are different feelings, you can help him recognize the feelings of other people. Encourage your child to notice others and to help them when it is needed.
- Self-control is learning to think before you act. Young children do not have much self-control. They need to be taught. Children learn much from watching their parents. You teach your child self-control when you teach him to wait for a turn when playing with others. When you teach your child to ask for something, rather than just taking it, you are teaching self-control.

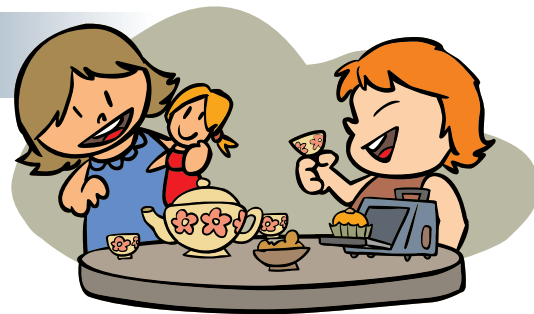


- Children are not born knowing how to share, yet we often hear an adult say to a young child, "You need to share your toy." The word "share" has no meaning for young children. They need to learn how to take turns before they are able to begin to understand what sharing is. A simple activity to teach your child how to take turns is to roll a ball back and forth to each other. Tell your child you are taking turns while doing this.
- One of the best skills you can teach your child is how to solve a problem with words instead of actions. A young child will often hit or push when frustrated about not getting a toy or something else he wants. This is normal behavior for young children. If you teach your child how to work out a conflict by talking about it, you will give your child a skill he can use all his life.



Problem-Solving Tips

Everyone has conflicts to deal with at times. Children often have conflicts with another child over a toy they want to play with. Teach your child basic problem-solving skills. Children as young as three years old can learn how to do this. This will help your child get along better with others throughout life.



Here are problem-solving basics:

- Ask each child what she thinks the problem is.
- Then ask each child how she thinks it can be solved. Say, "What can we do about this?"
- Try their ideas, but both children need to agree for it to work.
- If the children refuse to do this, model for them what needs to be done. Children learn faster when we show them how to do something.
- Have the children evaluate how it worked or did not work.
- You can also use the above steps when there is only one child with a problem.

IT'S THAT TIME OF YEAR AGAIN!



The best time for influenza immunizations, or flu shots, as they are commonly known, is October and November. It takes time for the vaccine to build immunity in your body. The flu season usually starts in late fall, peaks in February, and goes into March. So get your flu shot and those for your family members soon. Children between 6 months to 18 years of age should get annual flu shots. Children under 6 months are not eligible to get them, but are at high risk. Therefore, to protect infants, everyone else in the family should be vaccinated. Check with your family's health care provider for the type, timing, and number of doses required for family members.

Family Time/Work Time: October 2008

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Supported and produced with funds from the Office of Child Development and Early Learning, a joint office of the Pennsylvania Departments of Education and Public Welfare, and The Penn State Cooperative Extension Better Kid Care Program. 253 Easterly Parkway, State College, PA; Phone 1-800-452-9108. Web site: www.betterkidcare.psu.edu.

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