

FamilyTime WorkTime

A • B A L A N C I N G • A C T

Building
Strong
Families

Talking and Listening

Close families take time to talk with and listen to each other. This means giving your child your full attention when talking together. Go to a quiet place. Get down, eye to eye, as you talk with him. Turn off the television or radio.

Ask about your child's day at child care or school. Often a parent will ask, "What did you do today?" and receive the typical answer, "Nothing." Ask your child questions, such as, "What story did you read today?" or "Tell me what you built with the blocks."



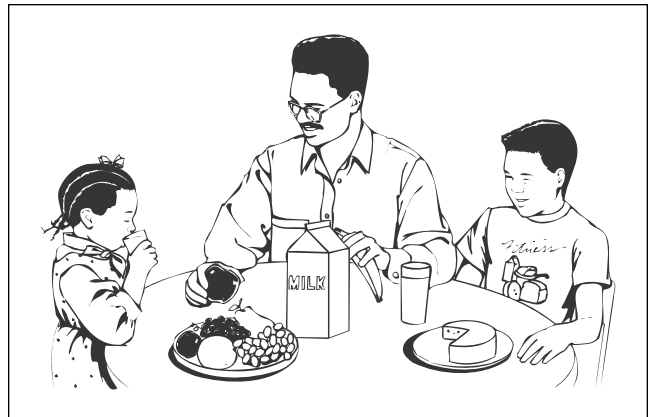
When your child shows you a painting or something she made, ask her to tell you how she made it. Hang it up for everyone to enjoy.

Cut down on television time. Take walks together.

Play games. Read stories. Time spent in the car to and from child care is a good time to talk.

Tell family stories. Children like to hear about what you did when you were little.

Ask about what activities are coming up for your child this week. Find out what he is looking forward to, or perhaps, is worried about.



Try to not say things that can keep your child from talking with you, such as, "I'm busy," "I'm tired," or the ultimate "Be quiet!" If you cannot listen or do something right at that moment, promise to do it later. **Remember to keep that promise.**

Praise your child when he does something good. Give lots of hugs. Ask questions about teachers, friends, and how he feels about family plans.

Parents are Teachers

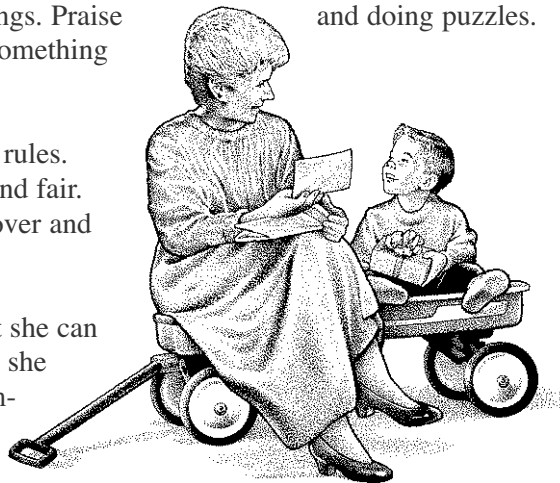
You are your child's most important teacher. The things you teach will last a lifetime.

Here are some things to remember:

- When we expect the best from a child we often get it. Show, rather than tell your child, how to do things. Praise him when he does something right.
- Be clear about your rules. Keep them simple and fair. Follow those rules over and over again.
- Tell your child what she can do, rather than what she cannot do. For example, say, "You

can jump when we go out in the yard," rather than saying, "Don't jump on the bed."

- Help your child learn self-control. Be there to keep him from hurting others. Activities that make children think help teach self-control. These include stringing beads and doing puzzles.



- Children need to be able to talk about their feelings. Have quiet places and times for calming down. Anger can be worked out by pounding with a toy hammer on a peg board, kicking a ball in the yard, paper ripping, playing musical instruments, or pounding play dough.
- Be a good example for your child. A child does what she sees others doing.

He or She? Him or Her?

Please note: In this and all Better Kid Care publications we take turns referring to children as "he" or "she." When we use he or she, we include all children.

Activities — To Do Together

Game — What Do I See?

- Pick out an object.
- Say, "I see a _____ (name the object, i.e. a chair, a book, a toy, an animal, etc.)." For example, "I see a ball."
- Then describe it — color, shape, size, etc.
- Say, "The ball is blue. The ball is shiny and it is small."
- Then say, "Can you find the _____ (name the object again)?"

This is a good way for young children to learn to see things and to talk about them.

Now give your child a turn to name an object and talk about it.

Story Time

Ask questions about the story as you read to your child. Talk about what is happening. This is a good way to help your child understand a story.

When the story is finished, your child may enjoy telling it again in her own way or acting it out. She may want to draw or paint a picture or make something she learned about the story.

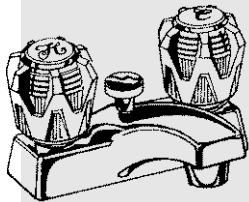


Handwashing Habits

Bad habits are hard to break. Good habits help us all our lives. One good habit we all need to form is hand washing.

Here are some facts:

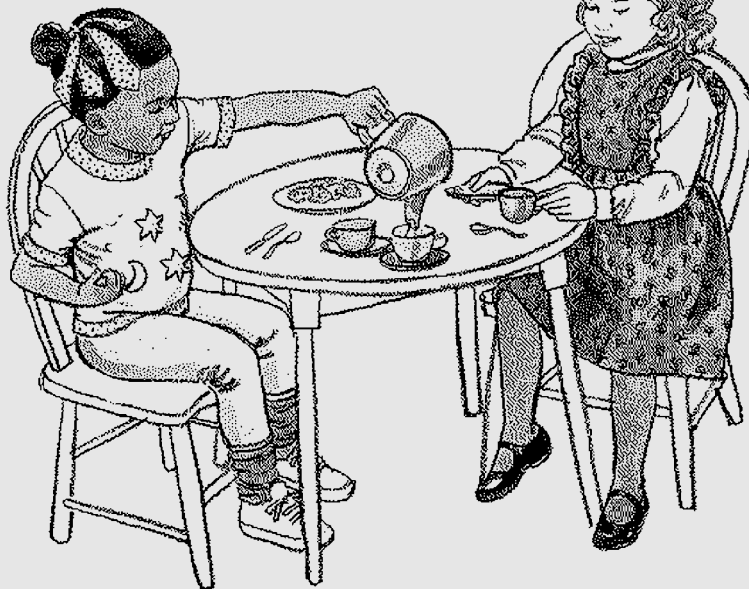
Washing hands often is the easiest, best way to control the spread of infection.



Bacteria are getting stronger. It's becoming harder for antibiotics to control them.

Recent studies show that many adults do not wash their hands after using restrooms.

Hands should be washed with soap and warm running water. Rub hands together for ten to twenty seconds before rinsing.



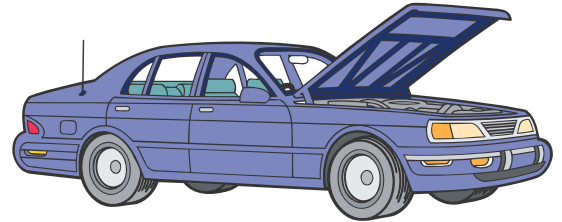
Wash hands before handling and serving food, after using the restroom, after changing diapers, and after wiping noses.

When we have a cold, it's good to wash hands often to keep germs from spreading.

Children learn from what they see others do. It's up to parents and caregivers to help children form good hand-washing habits.

Safety Tip:

Make your own Car Emergency Kit



Emergencies can happen! Be ready. Keep an emergency kit in your car. Here are some things you may want to put in a car emergency kit.

- jumper cables
- fire extinguisher
- first-aid kit
- two sealed bottles of water
- triangle warning signs and flares
- empty approved gas container
- toolbox with basic tools (pliers, hammer, screw driver, etc.)
- towel
- blanket
- spare fuses
- flashlight

For more ideas about activities, snacks, etc., visit us at the Better Kid Care web site: betterkidcare.psu.edu.

Microwave Hot Chocolate Mix

Makes two cups of dry mix

What you need:

- 1½ cups instant nonfat dry milk powder
- ¼ cup nondairy creamer
- ¼ cup sugar
- ¼ cup unsweetened cocoa powder

Equipment:

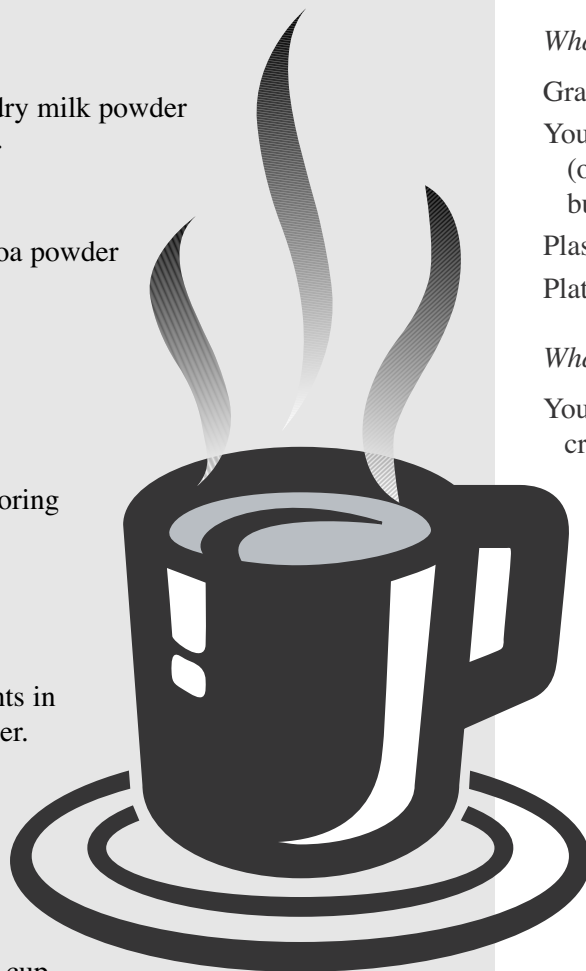
- Bowl
- Measuring cups
- Spoon for stirring
- Covered container for storing mix
- Cup or mug

What to do:

- Combine the ingredients in a bowl and mix together.
- Store in a covered container.

To make one cup of hot chocolate:

- Fill a **microwave safe** cup or mug $\frac{3}{4}$ full with water.
- Heat in microwave on high power for 2 minutes.
- Gently stir $\frac{1}{3}$ cup of the hot chocolate mix into the hot water.
- Let it cool before drinking because it will be very hot.



Jam'n Grahams

Here's a snack your child can make for himself.

What you need:

- Graham crackers
- Your favorite jam
(or try a fruit spread, apple butter, or low-fat cream cheese)
- Plastic knife
- Plate

What to do:

Your child can break the graham crackers into sections, then use the plastic knife to spread the cracker with the jam or other spreads.

Better Kid Care Web Site

For those who have a computer, the Better Kid Care Web site on the Internet has articles with *Child Care Tips For Parents*, activity and snack ideas that are updated monthly, information for caregivers, and links to other Web sites.

Web site:

www.betterkidcare.psu.edu

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