



BETTER
KID CARE
PROGRAM



Family Time Work Time

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

BUILDING STRONG FAMILIES

Kids + Things to Do = Better Behavior

Does it seem as if your children have more behavior problems when you most need things to be going well? There are times when you just have to get some things done around the house or you may not be feeling well and your kids are irritating you or clamoring for your attention. The secret is to maintain normal routines and to keep your child busy. Here are some suggestions for you to try:

- Hungry or tired children often misbehave. Keep daily routines for eating and sleeping. They give your child a sense of security. Try to have regular meals, snacks, naptimes or rest times, and bedtimes.
- Even when you are busy, make time for your child to play outdoors for awhile each day. Children behave better when they have a chance to move around and use up extra energy.
- Have some special toys or projects for your child to use only at those times when you need to be doing something else. Some examples are puzzles, some special books to look at, art supplies to use, a container of special blocks, simple games, and finger puppets. Bring these things out only when needed.
- Play some soothing music when you need things to calm down.
- Play lively music for those times when noise doesn't matter. Your child can dance around and be entertained by the music.

Let Them Help

It is amazing how many things young children can do themselves. It's good for you to give your child lots of chances to do many things. Your child will feel proud and you will find that teaching your child independence can help with behavior. Here are some examples of things a child can do:

- Young children love to help set the table.
- Encourage your child to dress himself.
- Place a stool by the bathroom and kitchen sinks, so your child can wash her own hands.
- Children can pour their own drinks if you give them a small pitcher with a lid to use.
- Have your child help put away groceries.
- A child can help dust the furniture.
- Teach your child to make a simple snack.



Mix Your Own Art Supplies

Play Putty

Two parts white glue
One part liquid starch

Mix well. Give this mixture time to dry a bit before using it.

Note: If you use school glue instead of plain white glue, it will not bounce or pick up print from a newspaper, but will make a gooey putty for your child to enjoy playing with anyway

Goop

1/2 cup cornstarch
1/2 cup water
Food coloring

Mix cornstarch and water together in a bowl. Stir until mixed. Add food coloring, if desired, and mix. Fun to explore. Easy to clean up.

Easy Finger Paint

Liquid laundry starch
Powdered tempera paint

Four about two tablespoons of liquid starch on a sheet of finger paint paper. Sprinkle a little paint powder on top of the starch and let your child mix the color with the starch as he paints.

Play Dough

1-1/2 cups flour
1/2 cup salt
1/2 cup water
Food coloring

Mix ingredients together in a bowl. Knead until soft. Add food coloring and knead thoroughly.



CHILDPROOFING — MORE THAN KEEPING YOUR CHILDREN SAFE

Believe it or not, childproofing your home can help your children behave. If your child has trouble leaving fragile or precious things alone, put them up high or away until your child is a little older. Childproofing can also help children have more real independence. When unsafe cleaning supplies and sharp knives and scissors are kept locked away, the children can safely play in the kitchen on their own while you are doing something nearby. Also, when breakables are out of sight, your child can play more freely.

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