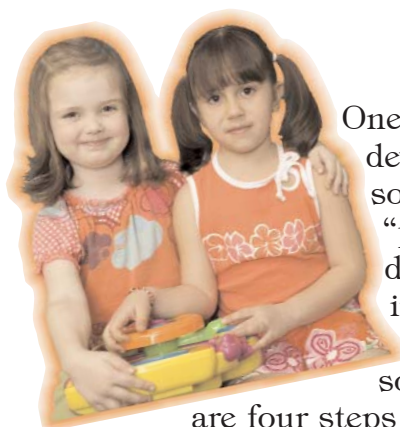


Raising Great Kids



NOVEMBER

Raising Children with Healthy Social Skills



One of a parent's most important jobs is that of nurturing social development in a child. Children sometimes seem to forget the social skills they have been taught, e.g. greeting others, saying "please," being caring, especially as they go through the period of development that is particularly strong in the area of independence and self-control. Toddlers enjoy the words "no" and "mine," while preschoolers enjoy asking "why?" Parents sometimes wonder, "Where has my cooperative child gone?" Here are four steps to encouraging social development in your child.

1. Help your child feel secure in your love and help him know that loving relationships are reliable, predictable, caring, and often fun.

Providing children with loving, warm, caring relationships during the early years helps them form a guide for future relationships. When parents are responsive caregivers, children learn to trust that their needs and sometimes their wants will be taken care of. They learn that they are okay just as they are.

2. Teach your child how to be caring, considerate, and cooperative in his daily interactions with others.

As young as infancy, children can be taught to "Be nice" and "Touch gently." Teach by example. When they hurt you by being too rough, say, "Ouch!" Be sure to show them what to do instead. When they hand you things say, "Thank you!" Remember to notice their successes and praise their actions.

3. Teach your child to be unselfish and engage in acts of kindness.

As you are being kind explain how good it feels to help others. Take notice of when children are kind and caring and compliment them. Teach children from a young age that we have a responsibility to care for others. Take them along with you as you volunteer and tell them why you're doing what you do.

Safety Scoop

Basic Poison Prevention Tips

- ☠ Use child-resistant packaging and close containers firmly after each use.
- ☠ Keep all medicines and chemicals locked up and out of sight.
- ☠ Keep the Poison Prevention number handy 800-282-3171.
- ☠ Refer to medicine as "medicine," not candy. 🦋

4. Help your child resolve conflicts and become an active problem-solver.

Tell children to use their words when they get a "hitting feeling" or sit on their hands. Offer them choices e.g. "You can play nicely here in this area, or you will have to come in the kitchen and help me, you choose." Teach children that having true personal power is not the same as having power over somebody. 🦋

Source: Nancy Kristensen for Family Information Services, November 2005.



Did you know that November is Family Month?

November 19-25, 2006 is National Family Week.
The theme is
"Families make connections count."

During this week, take some time to think about how your family is making its connections count.

- ♥ **Communication:** Do your family members keep thoughts and opinions to themselves? Are they open, honest, and polite with each other? Are preschoolers allowed to speak freely and respectfully?
- ♥ **Encouragement:** Do family members feel supported as well as support each other? Do you praise your child's efforts?
- ♥ **Commitment:** Does your family see itself as a team and is each member's contribution appreciated?
- ♥ **Morals and Values:** Do your family members discuss morals and values?

Source: National Family Week Promotional Materials, 2005

My daughter, age three-and-a-half is extremely shy. Whenever we go somewhere new or meet someone new, she hides behind me. This can go on for a long time. How can I help her feel safe in new situations?

Shyness is common in young children. Some children adapt quickly to new situations, others adapt slowly. Shyness is a part of one's temperament. You can't change the child's temperament. You can give her tools to help her cope.

- 🌸 Teach her to take deep breaths when she's in a new situation.
- 🌸 Arrive early and give your child time to relax before others show up.
- 🌸 Let her bring a favorite toy to a new place.
- 🌸 Explain to her ahead of time what will happen and who will be there.
- 🌸 Arrange for a friend to be with her in a new place.

Source: Shari Steelsmith. Working with your child's shyness, not against it. Parenting Press.
http://www.parentingpress.com/t_961102.html



Almond Cookie Balls
(Makes about 2 dozen)

- 3/4 cup crushed vanilla wafers
- 1 cup toasted ground almonds, divided into 2-half cups
- 1/4 cup sifted powdered sugar
- 1/4 teaspoon ground cinnamon
- 1/2 cup canned pumpkin pie mix
- 1/4 cup apple juice

In a medium sized bowl, blend vanilla wafer crumbs, 1/2 cup ground almonds, powdered sugar and cinnamon. Stir in pumpkin pie mix and apple juice. Form into 1-inch balls. Roll in remaining 1/2 cup ground almonds. Refrigerate and enjoy when cold. 🦋



Kids Can Help

Children can bring and measure ingredients, add ingredients to bowl and stir and assist with spreading the whipped topping and decorating.

All children must be supervised when they are in the kitchen.





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