

Raising Great Kids



NOVEMBER

November 18 - 24 is National Family Week



Family time allows family members to spend time together, grow closer, and learn more about each other. It is also important to take time to work on growing together and growing stronger. Time spent with your child builds family memories for the years to come. Children grow up fast. Take the time to do things with them. Here are some things you can do to spend time with and help your family grow stronger.

Take time to talk with your children. Your preschoolers love to copy you and other adults in their lives. They want to please you. Talk with them about what you see while traveling to child care or to the store. Give them simple chores to help you. Read with them.

Teach your children to handle their feelings. Explain to them that everyone gets angry or upset from time to time. Teach them how to handle their anger or

upset feeling without hurting themselves, another person or the pet. Talk with them and show them how you want them to behave. If you shout and hit when you are angry, your children learn that shouting and hitting are okay when they are angry.

Take time to laugh and be silly with your children. Get down on the floor with them. Do fun things with them that they think only children can do. Laughing can help in difficult times.

Children need love, attention, and supervision. Be there for them. The best gift you can give your children is your time. 🦋

Source: Family Time Work Time: A Balancing Act,
Penn State Cooperative Extension Service.

Safety Scoop

Here are some tips for monitoring your children.

- 🔍 Keep your children in sight. An accident can happen in a matter of seconds. Let your children know what the boundaries are. Know where and with whom they are playing. Talk with your neighbors to make sure they share your safety rules.
- 🔍 Remember, many times children are hit by cars because they are not being monitored. “Watch Out” for children who may not be paying attention as you drive.
- 🔍 Make sure children in your vehicle buckle up. It is safe and it is the law. 🦋

Source: Monitor Your Children, Family Information Services.

Did You Know?

Did you know that children can help around the house?

Take the time to teach your child a new skill, something he can do around the house. Here are some tips.

- 💡 Allow plenty of time for the job. Avoid rushing.
- 💡 Break up the job into small pieces. Show him what to do.
- 💡 Make the job fun and pleasant. Play some music while he works. Make a game out of it with him.
- 💡 Praise what he does, e.g., “You put the spoons in the right place.”
- 💡 Be prepared to accept less than a perfect job. A preschooler can:
 - pick up clothes
 - match socks
 - pull covers on his bed
 - turn off lights 🦋

Source: Family Time, Work Time: Helping Around the Home, Penn State Cooperative Extension Service.



Sweet Potato Pudding

- 1/4 cup unsweetened apple juice concentrate
- 2 cups cooked sweet potatoes
- 1/3 cup unsweetened orange juice
- 1 banana, sliced
- 1 teaspoon cinnamon
- 2 eggs

Blend all ingredients together in a blender. If you do not have a blender, you can mash the banana and sweet potatoes with a fork and beat mixture together. Pour into a greased baking dish. Bake at 350°F. for 40 minutes. Serve warm or cold. 🦋

Kids Can Help

Children can bring, measure and place ingredients in blender. They may use blender with adult supervision.



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

Children today seem to take things for granted, and expect that adults will give them everything. My daughter is 3½. What can I do to help her grow up to be responsible?



This is the time of your daughter's life when good habits are formed and responsibility is learned. Here are some things you can do to help her become responsible.

- 🦋 Teach your daughter to take care of her own stuff. She can do this by putting away her toys and clothes in the right place. With your help, she can also put her dirty dishes in the sink, or help clear the table.
- 🦋 She can empty small waste baskets and hold the dustpan while you sweep the floor. This way, she's helping with the jobs that keep the household running.
- 🦋 Allow her to make simple decisions such as, which shirt to wear (you'll need to limit her choices), whether to have peanut butter or cheese on her sandwich, or which story to read at bedtime.
- 🦋 Teach her that there are consequences for her behavior – you are pleased with her when she does what she's supposed to, and she loses a privilege when she doesn't. 🦋

Source: Responsibility is Learned, Martha Farrell, Erickson, Family Information Services.

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