



Tips for Tots

November 1, 2014



COMMON STRATEGIES FOR GUIDING CHILDREN'S BEHAVIOR IN CHILD CARE SETTINGS

Keep rules simple and easy to understand. Discuss rules with children and write them down. Consider children's suggestions for rules. Repeat the rules often.

Say what you mean. Use "do" instead of "don't" whenever possible. Keep sentences short and simple. Focus on what to do rather than what not to do.

- ❖ Try saying, "Slow down and walk" instead of "stop running."
- ❖ Try saying, "Come hold my hand" instead of "don't touch anything."
- ❖ Try saying, "Keep your feet on the floor" instead of "don't climb on the table."
- ❖ Try saying, "Use a quiet voice inside" instead of "stop shouting."

Talk "with" children – not "at" them. Children often don't pay attention when you are talking (or shouting) "at" them. Guidance is much more effective when you talk to children at their eye level. Look them in the eyes, touch them on the shoulder, and talk with them. Give children time to respond, and listen genuinely to their points of view.

Set a good example. Children watch you all the time. They see how you talk to other children and adults. They see how you cope with anger or frustration. They watch how you deal with sadness and joy. They listen to how you say "I'm sorry."

Encourage children to set good examples for each other. Children also learn a great deal from each other. Encourage appropriate ways to share, play, and be kind to each other.

Give clear, simple choices. Toddlers can choose between a red cup and a green cup. Preschoolers can choose between playing "airport" and "zookeeper." Give children a choice only when there is a choice. For example, saying "It is nap time, do you want to lie down now?" is not really an option if your rule is that everyone will rest at nap time.

Show respect for children. Talk to children about misbehavior in private, rather than in front of others. Remind them of reasons for rules, and discuss what they can do differently.

Catch children being good. Comment on something positive about each child, several times a day. And share the good news. When children have done something positive, mention it to other children and to parents.

Encourage like a good coach instead of a cheerleader. A cheerleader just shouts general praise: "What a great job!" or "What a beautiful picture." A good coach tells you what you're doing right, uses praise as a teaching tool, and lets you know why he or she is proud of you. When you look at a child's painting, you might remark, "This painting just glows with color. You used blue, green, red, yellow, and orange. Tell me how you did this!"

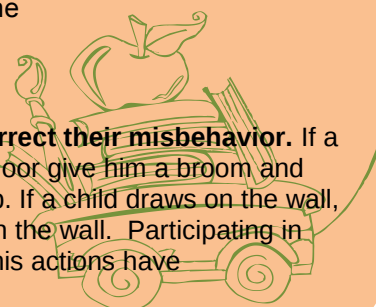
Use play activities to teach social skills. Become a character in children's pretend play and show children how to use good manners and be kind.

Teach children how to resolve conflict and solve problems. Help them recognize and name feelings, identify problems clearly, come up with ideas for solving the problem, and try possible solutions.

Teach children how to apologize. Learning how to apologize is a skill. Teach preschoolers and school-age children the four basic steps of apologizing:

- ❖ Look at the other child
- ❖ Say the child's name
- ❖ Say "I'm sorry"
- ❖ Say why

Teach children how to correct their misbehavior. If a child throws food onto the floor give him a broom and show him how to clean it up. If a child draws on the wall, give her a wet cloth to clean the wall. Participating in clean-up teaches him that his actions have consequences.



Recipe Corner

Applesauce Muffins

Ingredients

- ½ Cup Butter, softened
- ½ Cup Sugar
- 2 Eggs
- ¾ Cup Applesauce
- 1¾ Cup Flour
- ½ Teaspoon Salt
- ½ Teaspoon Vanilla
- ½ Teaspoon Cinnamon
- 1 Teaspoon Baking Soda
- Ingredients for Topping
- ½ Cup Melted Butter
- ½ Cup Sugar
- 1 Tablespoon Cinnamon

Instructions

1. Instructions
2. Step 1 - Cream together the butter and sugar until smooth
3. Step 2 - Add the eggs, vanilla and applesauce to the butter mixture and combine well
4. Step 3 - Mix the flour, baking soda, salt and cinnamon together in a separate bowl and add slowly to the butter mixture
5. Step 4 - Scoop into a greased mini muffin tin and back at 350 degrees for 15 minutes
6. Step 5 - After the muffins have cooled, dip in the butter then the sugar mixed with cinnamon to coat well. Enjoy!

CCS is currently enrolling..... please have any of your families contact our office to see if they qualify. Our income guidelines have been raised so someone who thinks they don't qualify just might. (325) 653-2321

Thank you, Julie Vigil



Workforce Solutions of the Concho Valley is an Equal Opportunity Employer/Program. Auxiliary Aids and Services are available upon request to individuals with disabilities TDD (800)735-2989 Funding provided through the Concho Valley Workforce Development Board.



Fall Tree Craft

Supplies:

- ❖ empty cardboard tubes,
- ❖ coffee filters
- ❖ markers
- ❖ spray bottle

Directions:

1. Use markers to color the coffee filters with fall colors (You can just scribble and the ink will all run together)
2. LIGHTLY mist the coffee filters with water. Let them dry
3. Cut slits in the top of the cardboard tube and bend them out slightly to form the branches of the tree
4. Tuck your colorful coffee filters inside and you've made an easy fall tree.

Tips for staying healthy this winter

- ❖ Wash Up- Work up a lather and wash for at least 30 seconds, wash under your fingernails too
- ❖ Use a new toothbrush after you've had a cold, the flu, a mouth infection, or sore throat
- ❖ Wet Your Whistle- Water helps the body carry nutrients to cells and get rid of toxins
- ❖ Get Your Flu Shots
- ❖ Turn in- Any other precautions taken against cold or flu will not offer the same protection if your body's too tired to use them properly