

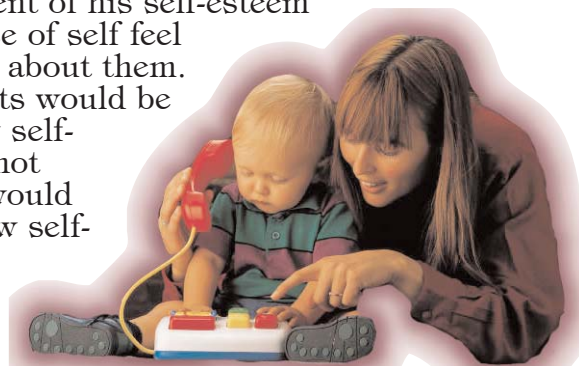
Raising Great Kids



APRIL

You are the Key to Your Child's Self-Esteem

Your child's early years are important to the development of his self-esteem and future mental health. Children with a healthy sense of self feel that the important adults in their lives accept and care about them. As a result, they feel safe and well. They feel that adults would be upset if anything happened to them. Children with low self-esteem feel that the important adults in their lives do not accept them, do not care about them very much, and would not go out of their way to keep them safe and well. Low self-esteem can often lead to learning disabilities, behavior problems, and depression later in life.



Every child needs at least one reliable, caring adult who he is connected to and available for him throughout his life. Without a role model, children are not likely to learn to trust anyone. Not having trust can make it hard for kids to develop positive relationships. A warm and caring adult can make the difference between a child who learns and a child who fails.

👂 Communication is important for academic development, sharing feelings, and making friends. Praising your child about the things he's doing, thinking, and feeling helps him build confidence in himself.

👂 You can help a child develop healthy self-esteem by helping him deal with difficult situations. Coping strategies include sharing, managing anger, resolving conflict, and dealing with stress. During times of disappointment, a child's self-esteem can be strengthened if you let him know that your love and support remain the same. When the crisis has passed, you can help the child think about what went wrong and what he did to handle it all. He can use the knowledge gained from this experience in the future.

👂 Parents and other caregivers play an important role in strengthening children's self-esteem by treating them respectfully, taking their views and opinions seriously, and expressing approval for them. Z

Source: preschoolerstoday.com

Safety Scoop

Children who are bullied are more likely to have problems with anxiety and depression. Here is some advice for dealing with bullying:

- 😊 Help your child by being a good listener.
- 😊 Teach him that he has the right to say "no".
- 😊 Don't encourage your child to fight back. Teach him to tell someone what happened.
- 😊 Children who express their feelings and needs while respecting those of others will not become a bully or the victim of a bully. Z

Source: <http://preschoolerstoday.com> & <http://naeyc.org/ece/1996/14.asp>.



Did You Know?

Young children's ideas about what they can do are based on their parent's or caregiver's reaction to them.

As a parent, your role in encouraging independence is to provide love and support, promote exploration and curiosity, teach skills, and allow your child to make right choices. Encourage your preschooler to do things for himself on a daily basis. He can help by putting away clothes and toys, setting the table, or folding towels. Letting your child to do family chores builds skills and teaches him how to help others. Your excitement for your child's actions tells him that you value him. It also helps to prepare him for a healthy, independent life. **Z**

Source: <http://naeyc.org/ece/1997/27.asp>.



Easter Bunny Pudding Desserts

2 cups cold milk
1 pkg (4-serving size) vanilla flavor instant pudding & pie filling
8 vanilla cream sandwich cookies
8 jelly beans and 8 gumdrops
8 pieces red string licorice, cut into thirds
decorating icings and gels

Pour milk into medium bowl. Add dry pudding mix; beat with wire whisk 2 minutes. Let stand 5 minutes. Spoon the pudding mixture evenly into 4 dessert dishes. Refrigerate until ready to serve. Put 2 cookies into 1 side of each dish to make the bunny's ears, and then decorate with candies, licorice and decorating icings and gels as desired for the faces. **Z**

Source: <http://www.nabiscoworld.com>



Kids Can Help
Children can bring and measure ingredients, add ingredients to bowl and stir.

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




How can I prevent my child from biting?

Parents and caregivers must act to stop biting from the first time it happens. If your child bites, remain calm and think about what took place before the incident. Does he always bite the same person? Is he exhausted or hungry?

Understanding why young children bite can help you stop the behavior and teach them positive ways to handle their feelings. Never hit or "bite back" your child for biting, this tells him that violence is the right way to handle problems. Your reaction should be calm and instructive. Remind your child to use his words to ask for what he wants rather than biting. If your child cannot express himself clearly, you can teach him specific words. Help him to learn the words, by telling him to ask, "Please can I have the ball?" **Z**

Source: <http://naeyc.org/ece/1996/08.asp> & <http://www.psychology.org.au>





Palm Beach County Extension
 University of Florida/IFAS
 Family & Consumer Sciences
 559 North Military Trail
 West Palm Beach, FL 33415-1311
 561-233-1742
pbcgov.com/coopext/facs
 MR *LLC*
 2/07

