

Raising Great Kids



FEBRUARY

Are You Feeling Grouchy?

Are you or your child feeling grouchy? Children as well as adults become grouchy.



Research has shown that an activity such as walking can help us beat the blues. Exercise improves our moods, makes us feel good and more alive. All it takes is a small amount of activity daily, e.g. a 30 minute walk for an adult. Playing with your child is good for both of you as it helps to encourage better communication and improves your mood.

Here are some tips to help improve your child's mood as well as yours:

- ☹ Do exercise every day like walking
- ☹ Play a favorite sport with your child.
- ☹ Limit television viewing time.
- ☹ Limit computer use.
- ☹ Involve you and your child in a favorite hobby.
- ☹ Get enough sleep.
- ☹ Eat healthy meals.
- ☹ Get together with friends or neighbors who have children. It helps to know others are having similar issues.
- ☹ Take turns watching each other's kids once in a while. This gives everyone a break. Children often do better when they have others their age to play with.
- ☹ Take time to laugh together. Laughter is a great stress reliever. **Z**

Medical Center, Durham, NC.

Safety Scoop

Drowning Prevention

Never leave a child unsupervised in or near a swimming pool, hot tub, or spa, even for a second.

Don't allow barriers, such as fences or walls, to give you a false sense of security regarding your child's safety.

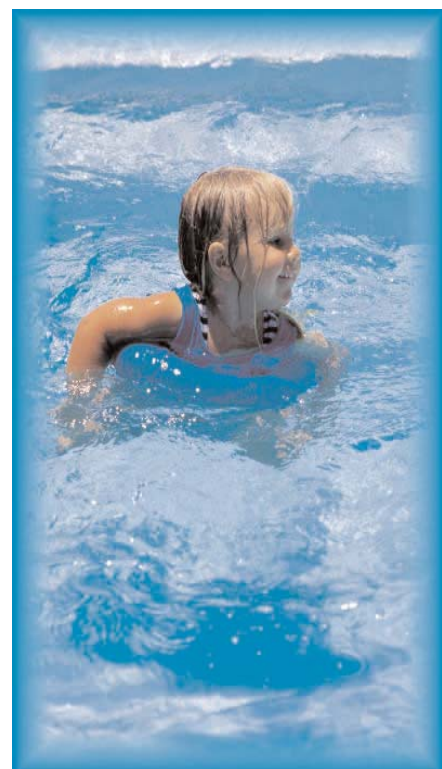
There is no substitute for supervision.

Keep toys, tricycles and other play things away from pool or spa.

Don't rely on water wings or inflatable devices to keep your child afloat.

Make sure doors and windows leading to the pool area are kept closed. **Z**

Source: HRS/PBC Public Health Unit.



Did You Know?

A child with a healthy self-concept has better relationships with family members and friends.

Here are some ideas of what you can do to help your child feel good about herself.

- g** Spend time together.
- g** Give your child full attention without interruptions.
- g** Play with her.
- g** Praise your child's efforts. Focus on perseverance rather than on success of completion.
- g** Allow her to make and keep friends. Invite them over to play.
- g** When she is upset listen and coach her. Help her identify the problem and allow her to pick a solution.
- g** Set clear rules and stick to them, the minute you change . . . you lose.
- g** Give her chores. This will help her develop a sense of belonging. **Z**



Make Myself Salad

- A peach or pear half for the body.
- Half of a hard-cooked egg for the head.
- Grated carrots, shredded cheese, or dry cereal for hair.
- Half of a cherry or a thin strip of tomato for a mouth.
- Celery sticks or strips of green pepper for arms and legs.
- Pieces of apple or prunes make great shoes.
- Raisins or dry cereal for a nose, eyes, buttons or other decorations.

(You can substitute other ingredients that you have on hand.) **Z**



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 help my preschooler go to bed on time when the sun is still up?

Children seem to be on the go most of the time. They are asking constantly, what is the next activity for me to do? You, as a parent on the contrary, come home tired after long hours of work. When you try to get your children to go to bed, they do not want to.

Here are some tips on how to help your preschooler calm down and get ready for bed without much fuss:

- Schedule a time to go to bed and stick to it.
- Read together in a comfortable chair or in the bed.
- Use relaxing music while reading.
- Darken the room.
- Avoid rough play or other exciting activities right before bedtime.
- Use a timer to help your child count down to bedtime. **Z**



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