

Raising Great Kids



OCTOBER

Does Your Child Want To Be a Superhero?

Remember how much fun it was to imagine you were Superman or Wonder woman? Children often pretend to be superheroes as a way to face their fears and show off talents. Here are some tips for helping your child get the most out of superhero play while encouraging his creativity.

⚡ Explain to your child that superheroes are special for their powers, and for helping people. Find ways he can help others, for example, a sibling or grandparent.

⚡ Praise his accomplishments so he will build confidence in himself.

⚡ Teach him about heroes in real life like Martin Luther King Jr., and discuss how anyone can be courageous.

⚡ Supervise his play and make it clear that violence is not allowed.

Discuss the difference between movies, television, and reality. When you see actors leap out of windows or jump over speeding cars, explain that these actions are dangerous.



Always keep your eyes open for learning opportunities. Watching Star Wars can lead to an interest in space or, Spiderman may make kids want to learn more about insects. **Z**

Source: *When Children Imitate Superheroes*, <http://naeyc.org>.

Safety Scoop

Never hold a baby in your lap when you are riding in a car.

🚗 Infants weighing up to 20 pounds and up to 1 year old should ride in a rear-facing child seat in the back seat of the vehicle.

🚗 Children weighing more than 20 pounds and at least 1 year of age should ride in a front facing child seat in the back of the vehicle.

🚗 Children over 40 pounds should ride in a booster seat until the car's lap and shoulder belts fit properly. **Z**

Source: <http://naeyc.org/ece/1998/13.asp>.



Did You Know?

Did you know there are many benefits to school recess or the time your child plays outside?

 Active play allows children to use their mind, body, & spirit.

 Play reduces stress in kids since they are able to be carefree.

 Important skills of sharing, helping, and problem solving are learned when playing with others.

 Outdoor play develops independence and imagination.

 Physical activity improves children's ability to pay attention. **Z**

Source: *The Value of School Recess and Outdoor Play*, <http://naeyc.org>.



1-1/2 cups cold milk
 1 pkg. (4-serving size) chocolate flavored instant pudding & pie filling
 4 oz. whipped topping, thawed, divided
 10 chocolate sandwich cookies, crushed, divided
 15 miniature semi-sweet chocolate chips

POUR milk into large bowl. Add dry pudding mixes. Beat with wire whisk 2 minutes or until well blended. Gently stir in half of the whipped topping and half of the crushed cookies.

SPOON 1 tablespoon of the remaining crushed cookies into 15 individual cups. Spoon pudding mixture evenly into cups; top with remaining crushed cookies.

DROP remaining whipped topping by spoonfuls onto desserts to create "ghosts." Decorate with chocolate chips to create "eyes." Refrigerate until ready to serve. Watch the ghosts disappear! Store leftovers in refrigerator. **Z**

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.



How should I discuss the news with my child?

It is important for parents and teachers to be open about local and world events with children. Children must not be left to feel confused or that they are in danger.

-  Always allow children to say what's on their mind.
-  Don't correct children as they talk about what they think is going on.
-  Validate any concerns they may have.
-  Tell them what you think is going on.
-  Pay attention to their emotions.
-  Reassure children that they are cared for and safe. **Z**

Source: *Discussing the News with 3 to 7 year olds: What to do?* <http://naeyc.org>.



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