



# Del Rey August News

## How to Put an End to difficult Behavior

Article from Parents.com by the editors of Child Magazine

**Pick your fights.** Battle your 3 year-old over every bad behavior and you'll be at war all day. Instead, list the top few behaviors that really bother you—because they're dangerous, uncivil, or annoying. For those you deem forbidden—riding a tricycle in the street or leaving the house without an adult, for example—set clear, specific rules and logical consequences. Biting back for example, is not a logical consequence for a child who bites because it simply teaches that the bigger person gets to bite. A reminder of why it's not nice to bite and brief time-out in a boring place makes more sense. Always follow through on whatever discipline you decide on. Lack of consistency confuses kids and promotes rebellion.

For less-serious misconduct—lying, not sharing, swearing—develop an overall policy, but deal with each case as it arises. When your child is feeling tired, sick, or hungry or is facing stress (from a move or a divorce, for example), you need to be flexible.

**Practice prevention.** Use knowledge of your child to head off needless blow-outs. If he likes to clean out the kitchen cupboards while you're cooking breakfast every morning—and it drives you crazy—buy cabinet locks; if he can't keep his hands off the VCR, put it far out of reach. Childproofing

works wonders in reducing family feuds.

Also plan ahead. If your child tends to be happy and energetic in the morning but is tired and grumpy after lunch, schedule trips to the store and visits to the doctor for when she's at her best. Prepare her for any new experiences, and explain how you expect her to act. To stave off boredom, pack a bag of toys or snacks. Also prepare her for shifting activities: "In a few minutes we'll need to pick up the toys and get ready to go home." The better a child feels, the less likely she is to make a fuss.

**Stay calm.** If you cannot avoid bad behavior, then face it calmly. Try to use a quiet, unruffled tone of voice and words that are neutral and positive. And keep in mind that suggestions ("Why don't you wash your hands now you'll be all set to eat when supper's on the table?") promote far more cooperation than commands ("Go wash your hands at once!") or criticism ("Your hands and face are really dirty!").

It also helps to turn "you" statements into "I" messages. Instead of saying, "You're so selfish that you won't even share your toys with your best friend," try "I like it better when I see kids sharing their toys." Another good technique is to focus on do's rather than



do's. If you tell your 3-year old that he can't leave his trike in the hallway, he may want to argue. A better approach: If you move your trike out to the porch, it won't get kicked and scratched so much."

**Listen carefully.** Kids feel better when they know they have been heard, so whenever possible, repeat your child's concerns. If she's whining in the grocery store because you won't let her open the cookies, say something like: "It sounds like you're mad at me because I won't let you open the cookies until we get home." (continue on next page)

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I'm sorry you feel that way, but the store won't let us open things until they're paid for. That's its policy." This won't satisfy her urge, but it will reduce her anger and defuse the conflict.

**Explain your rules.** It is rarely obvious to a 3 year old why he should stop doing he finds fun-like biting, or hitting or grabbing toys from other children. Teach him empathy instead: "When you bite or hit people , it hurts them"; "When you grab toys away from other kids, they feel sad because they still want to play with those toys." This helps your child see that his behavior directly affects other people and trains him to think about consequences first.

**Other Choices.** When a child refuses to do- or stop doing- something, the real issue is usually control: You've got it; she wants it. So, whenever possible, give your preschooler some control by

offering a limited choice. Rather than commanding her to clean her room, ask her, "Which would you like to pick up first, your books or your blocks?" Be sure the choices are, limited, specific, and acceptable to you, however. "Where do you want to start?" may be overwhelming to your child, and a choice that's not acceptable to you will only amplify the conflict.

**Positive alternative.** When you want your child to stop doing something, offer alternative ways for him to express his feelings: say, hitting a pillow banging with a toy hammer. He needs to learn that while his emotions and impulses are acceptable, certain ways of expressing them are not. Also, encourage your child to think up his own options. For instance, you could ask: "What you think you could do to get Tiffany to share that toy with you?" Even 3-year olds can learn to solve

problems themselves. The trick is to listen to their ideas with an open mind. Don't shoot down anything, but do talk about the consequences before a decision is made.

**Use time-out.** For moments when reasoning, alternatives, and calmness have no impact, use time-outs: Send your child to a dull place to sit for a brief period and pull herself together. This gives you both a chance to cool down and sends the message that negative behavior will not get your attention. The less you reward any negative behavior with attention, the less your child will use that behavior to get her way.

**Admit your mistakes.** Be sure you let your child know when you've goofed by apologizing and explaining why you acted the way you did. This will teach him that it's okay to be imperfect.

**Bestow rewards.** It's highly unlikely that your child will always

unlikely that your child will always do whatever you say. If that happened, you'd think about what might be wrong with her! Normal kids resist control, and they know when you are asking them to do something they don't want to do. They then feel justified in resisting you. In cases in which they do behave appropriately, a prize is like a spoonful of sugar: It helps the medicine go down.

Judicious use of special treats and prizes is just one more way to show your child you're aware and respectful of hid feeling. This, more that anything, gives credibility to your discipline demands. □

### Positive Parenting: Getting your little one to Bed...

#### *Make bed time a habit*

Your child needs a lot of sleep everyday. Use this guide for how much sleep (total night and nap) your child needs:

3-6 months old 14-15 hours

6-12 months old 12-14 hours

12-24 months old 13 hours

2-4 years old 11-12 hours

Set a bed time that ensures your child will get enough sleep. Avoid letting him/her get overtired. It will make it more difficult to settle him/her into bed.

#### *Bedtime starts before you turn out the lights*

It's best to set a bedtime then create a routine for your child. Some parents also set a timer, and when it rings, it signals lights out. Do the same routine at the same time every night. For example, your child can have his/her bath, put on p.j.'s, have a

snack, brush his/her teeth, hear a story, then turn the lights out. Your child needs a routine, and will sleep better if you set a pattern and stick to it. Routines help children feel secure and in control. Explain the routine to your child.

#### *Make the bedtime routine a calm time*

If your child gets excited, he/she will be too wound up to sleep. Make the last hour or so a time for quiet games, reading , lullabies, soft blankets and toys; no TV shows, no rough-housing, pillow fights or tickling. During this hour keep your voice low and gentle.

Information from Noodle Soup Flier (fliers coming to our school soon)



#### *Bedtime stories*

*Goodnight Moon* by: Margaret Wise Brown

*It's your Bed, Fred!* By: Janelle Cherrington

*The Going to Bed Book* by: Sandra Boynton

# Children Spotlights!

## Andre Ajamian

Age: 2 (held up 2 fingers)

Birthday: I don't know

Favorite Book: **I Can Do It Myself**  
(brought the book over)

Favorite Movie: **Barn Yard**

Favorite Color: **White**

I like to play:

**Thomas the Train**  
**who dumps the ball**



## Olivia Kale

Age: 3

Birthday: **April 14th**

Favorite Book: **Strawberry**  
**Shortcake**

Favorite Movie: **Peter Pan**

Favorite Color:  
**Pink**

I like to play:  
**With blocks**



## Ariana Newsom

Age: 4

Birthday: **September 7th**

Favorite Book: **Clifford**

Favorite Movie: **The Little Mermaid**

Favorite Color: **Pink**

What I am going  
to miss the most  
about Pre-K...  
**MY FRIENDS!**



## Del Rey CCC Employee Germaine Sanders

Name: *Germaine Sanders*

Position: Floater Teacher

Birthday: June 23rd

Born In: Los Angeles

Favorite Color: Purple

Favorite Book: "The Coldest Winter  
Ever"

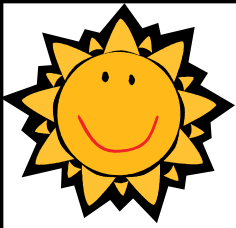
Favorite Move: "The Color Purple" and  
"Transformers"

Favorite Bible Passage: Psalms 27 "The Lord  
is my light and my salvation, whom shall I  
fear?"

Favorite Activity with children: Messy play  
with different sensory play! Volcanoes and  
messy art

What I love most about Del Rey CCC: The  
children, parents and staff are so friendly. It  
is a big family and everyone has beautiful  
smiles.





# August Snack Menu

	Monday's	Tuesday's	Wednesday's	Thursday's	Friday's
Morning Snack	Muffins and Milk	Cheerio's and Milk	Graham Cracker's and Milk	Fruit and Crackers	Graham Cracker's and Milk
Afternoon Snack	Fruit and Crackers	Carrots and Crackers	Ritz And Juice	Gold Fish And Juice	String Cheese and Juice



## This Months Book List



*Me and My Place In Space by: Joan Sweency*

*Stella Star of the Sea by: Marie Louise Gay*

*Rumble in the Jungle By: Giles Andreae & David Wojtowycz*

*The Bear Scouts by: Stan and Jan Berenstain*

For Parents:

"Try and Make Me!"

Simple Strategies That Turn Off The Tantrums










And Create Cooperation (for kids 2-12)

By: Ray Levy, PH.D., and Bill O'hanlon, M.S.

(note from Teacher Cristina: "I found this book very helpful")



# August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>REPTILES</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
5 Church 10AM 	6	7 <b>SPACE</b>	8	9	10 	11
12 Church 10AM 	13	14 <b>BEACH</b>	15	16	17 	18 Beach Day! Meet at Dockweiler Beach 11AM
19 Church 10AM 	20 	21 <b>RAINFOREST</b>	22	23	24	25
26 Church 10AM 	27 	28 <b>CAMPING</b>	29	30	31 Teacher In-Service Day- NO SCHOOL	