

ECC Times

January/February 2008

THE EARLY CHILDHOOD CENTER AT THE ROCHESTER SCHOOL FOR THE DEAF

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Dear Families,

I hope 2008 is going well for all of you. With the 2nd quarter of school coming to a close and February already here I just want to make sure you are aware of events and important dates in ECC that have happened or will soon take place.

January 18 th	“Health and Your Child” ECC Parent Meeting
January 31 st	ECC Parent Night – games to play to promote language growth
February 1 st	End of 2 nd Quarter
February 14 th	Valentine’s Day
February 18 th -22 nd	President’s Day and Mid-Winter Recess (no school)
February 29 th	IEP Writing Day (no school for ECC students)

As always, make sure to check our website and your child’s backpack for information about these and other events planned by our staff here. Report cards will be mailed out in early February so please take a look at these and contact us with any questions or concerns you may have. Parents of Preschoolers - I expect CPSE meetings for Annual Reviews to begin not too long after our IEP Writing Day on February 29th so make sure to connect with your child’s classroom teacher to have any questions answered that you may have. The school districts will be notifying you of those meetings.

(Continued on page 2)

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Recently several families have either joined our program or are considering becoming part of our school. Just about every class is increasing in size and it seems apparent that more and more families are “finding” us. My experience has been most often that once families visit our classrooms, they invariably want to join us. And that’s good news for us, as well as for the families we serve!

For this issue of the ECC Times, I have included an article with tips on raising a happy child with a positive outlook. Two other articles help to identify ways of strengthening self-control by your child using humor, explanation and flexibility when dealing with challenging behaviors. Websites are also included in a separate article showing how the internet can be a wonderful tool to use with your preschooler. And the last article highlights ways of providing opportunities for early literacy development.

I hope you find these articles helpful.

Enjoy your children. We certainly do!

Sincerely,

Marilyn

"Your imagination is your preview of life's coming attractions." -Albert Einstein



Welcome Back to Jayden who returned to Rochester and is in the FIRST Program.

Motivating Your Child



Put your preschooler on the path toward lifelong happiness, joy

Children who are happy have a positive outlook. They're more likely to be self-starters and have energy to learn.

Giving your child lots of toys won't make him a happy person in the long run. You can put him on the path to lifelong happiness if you:

- * Help your child connect with others. Unconditional love and respect from you and others fosters self-confidence.
- * Support practice. Learning anything teaches discipline. Through practice, your child learns to manage his time and cope with failure.
- * Find things your child can succeed at. When kids master something, they're empowered and motivated to tackle more.
- * Give deserved recognition. Make sure your child knows you value him for who is, not just for what he does.
- * Encourage play. Playing expands your child's imagination and problem-solving skills. A child who learns to play by himself seldom feels lonely.

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Discipline



Encourage your preschooler to take a break, recognize feelings

When in preschool, your child will be largely responsible for her own self-control. Your child will have more success if she learns to recognize when she is getting upset or overwhelmed. Help her by teaching her to take a break.

A break is different than a forced "time out." It is not a punishment. It is a change to a more calming activity or to a short rest period.

To implement break time:

1. Watch your child for signs that she is about to lose self-control.
2. Take her aside and ask her quietly if she needs a break. If she says yes, help her to a comfortable place. Provide a calming toy, like a stuffed animal.
3. Explain why you think she needs the break if she refuses. "You are getting your angry look. That means it is time for a break." This step helps your child learn to monitor herself. Eventually she will learn, "Feeling angry means I need a break."
4. Impose the break if necessary. Explain that she is showing behavior that will have to stop and she needs a parent-led break this time. When she is calm, praise her for getting herself together. Suggest that next time she can give herself the break.

Reprinted with permission from the January 2008 issue of Parents make the difference!® (Early Childhood Edition) newsletter. Copyright © 2008 The Parent Institute®, a division of NIS, Inc. Source: Carol Baicker-McKee, FussBusters at Home: Strategies and Games for Smoothing the Rough Spots in Your Preschooler's Day, ISBN: 1-56145-262-9 (Peachtree Publishers, 1-800-241-0113, www.peachtree-online.com).

Discipline



Use positive discipline with preschoolers

You probably know that you can't make your child do anything. And even if your child grudgingly complies with something you have forced her to do, you probably have not taught her anything. Instead, she is angry and will look for chances to defy you next time.

Most children respond better to positive discipline. When your child senses you are teaching, rather than ordering, she is more likely to comply this time and remember next time.

To use positive discipline:

- * Use humor and creativity whenever possible. "Let's be like the wind and fly up the stairs to brush our teeth!"
- * Give simple explanations. Help your child understand why rules are important. "Sitting in your booster keeps you safe in the car."
- * Be flexible. Some children remember rules easily. Others need frequent cues and reminders.

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Screen Time



The Internet can be a wonderful learning tool for your preschooler

The Internet offers many learning opportunities for preschoolers. There are lots of sites created especially for them. Through these sites, young children can practice skills, pick up new information and have a great time.

You always need to know exactly what your child is doing online. And you need to think about how much time you want your child to spend on the Internet. Most children enjoy the computer and may sit longer than you expect. So set limits early.

With that in mind, here are a few sites your child may enjoy:

- * Billy Bear 4 Kids.com (www.billybear4kids.com/index.html) is especially fun for animal-lovers.
- * Enchanted Learning.com (www.enchantedlearning.com/Home.html). This is a favorite of many elementary school teachers and has a section for preschoolers.
- * Literacy Center.net (www.literacycenter.net). This site teaches letters, sounds, shapes and other skills. It also features other languages, including Spanish.
- * Kid Grid (www.infogrid.com/preschool.htm). On this site, you will find a list of safe sites for preschool children.

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Encouraging Writing



Get your child ready to write by using senses

The best “pre-writing” activities help children use as many of their senses to learn as possible—especially touch, sight and sound.

Here are a few to try:

- * Write in the air. Make large movements with your child’s hand to form letters. Talk through your strokes. For “C” for example—“Start at the top. Make a large curve—a sideways smile.”
- * Trace letters. Sprinkle salt or glitter on glue to form letters on index cards. After they dry, have your child use his finger to trace each letter.
- * Cover letters. Draw letters in glue. Have your child cover the glue with beans, yarn or macaroni.
- * Back write. Draw a letter or number on your child’s back with your finger. Let him guess what it is.
- * Take turns writing letters in a tray full of shaving cream.

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Angela’s class played with “indoor snow” (packing foam). The kids had so much fun!



Peggy’s class finger painting with shaving cream.



I can’t wait to shave!!!



Julie Shahin’s class enjoy “pigs-in-a-blanket” after reading *The Three Little Pigs*.