



## January 2010



### Parents Corner

#### Join the Pittsburgh/Allegheny County Local Interagency Coordinating Council (LICC)

The LICC is a group of families, professionals and community members who want to improve the delivery of Early Intervention Services to young children with developmental delays. Families are welcome to attend the LICC educational trainings, participate in LICC meetings to learn more about the agencies that work with young children, and to meet with other parents who have similar interests.

The LICC meets monthly, October through June. The next LICC meeting will be held **Wednesday, January 13**, at 10:00 a.m. at ACHIEVA, 711 Bingham St., South Side 15203. Dori Ortman of UCP Kids will present from 10-11 a.m. The presentation will cover information about several programs offered by UCP Kids to help children with disabilities to have full participation in recreational, educational, and social opportunities in their communities. Programs offered by UCP Kids include UCP Kids' Family Partnership, F.U.N. For Everyone, UCP Cares and T.E.A.C.H.E.R. A business meeting will follow her presentation. For more information about the LICC, contact Sue Vandervort at 412-394-5961 or Julie Hladio at 412885-6000 x3136.



### Focus on Health and Safety

#### **Great Parent Resource**

There is a clinical textbook called, Bright Futures: Guidelines for Health Supervision of Infants, Children and Adolescents. The goal of the book is to help Primary Care Providers respond to the "current and emerging preventative and health promotion needs of infants, children and adolescents."

*Bright Futures for Families*

([www.brightfuturesforfamilies.org](http://www.brightfuturesforfamilies.org)) is an online resource for families which exists to, "provide families with family-friendly child health and development information and materials based on the Bright Futures guidelines."

I can't highlight all of their resources in this column. One valuable resource is the "Health Care Visit Checklist for all Children Including Children with Special Health Care Needs." There are many thought provoking questions to help you select a healthcare provider, get the most out of your visit and to evaluate the visit after it has been completed. There is also a link to a newsletter which is called, Family Matters. All previous newsletter issues can be accessed online.

If you are looking for a great health resource for your child, you should take a look at this site. Remember, computers are available at local libraries. Make it a New Year's resolution to give more attention to your child's health. This website makes that easy!

### **Save the Date!**



### **DART Open House at the AIU April 15<sup>th</sup>, 2010**

Save the date! DART will be celebrating The Week of the Young Child on April 15<sup>th</sup> with an open house at the Waterfront in Homestead. Bring the family for a fun filled evening. We look forward to seeing you!!!

## Early Learning Standards 101 and the Importance of Play

This month's focus is Logical Mathematics. This standard deals with numbers, patterns, space/shape, measurement, data, and problem solving. Math is found throughout children's active, hands-on play using real objects.

Some goals within this area include:

- Using counting and numbers as part of play and as a means for determining quantity.
- Counting up to 10 objects using one-to-one correspondence.
- Using words to describe the position of objects (first, second, third).
- Sorting, categorizing, classifying, and ordering objects by one or more attributes (color, size, etc.).
- Recognizing, describing and extending patterns.
- Making predictions based on observations and information.
- Understanding that there is more than one way to solve a problem.



Wondering how to include math concepts in play? Here are just a few suggestions.

To set up some math activities within your child's play area, you can:

- Provide manipulatives like counting bears, magnetic numbers, and lacing numbers.
- Provide number recognition games like bingo, lotto, and memory games.
- Provide many types of materials for sorting and classifying (cars, people, legos, etc.).
- Provide shape templates, puzzles and books about shapes.



Other ways to incorporate math into your child's day:

- During long car trips, sing counting songs and look for numbers on road signs.
- Have your child help set the table and pass out utensils, napkins and cups (this helps reinforce one to one correspondence).
- Draw attention to patterns in your child's environment - a striped shirt is a great example.
  - Go on a walk and look for geometric shapes in the environment (shapes of different street signs, etc.).
  - Cook with your child and have him/her help you measure out different ingredients.



Make sure to check out next month's issue of the DART Board to read about the featured Early Learning Standard.

## Help Your Child Make New Year's Resolutions

Should preschoolers make New Year's resolutions? The American Academy of Pediatrics says "yes." This group of doctors for babies, children and teens has some specific ideas to offer, too. Some of these will help your child stay healthy. They will also help her avoid spreading colds or the flu at preschool. Others simply reinforce good habits your child should be using at home and school.

The group says preschoolers should resolve to:

- Pick up their toys.
- Brush their teeth twice a day.
- Clean up messes they make.
- Wash their hands after using the bathroom.
- Wash their hands before meals and snacks.
- Never tease an animal, including the family dog.
- Keep fingers and face away from an animal's mouth.



## Discipline Strategies Used by Teachers Can Work for You



Parents sometimes fall into a "discipline trap" with their preschoolers—always using the same approach, even when it no longer seems to be working. It may be saying "no," over and over. It may be raising your voice more than you would like.

If this sounds familiar, here are some new strategies that many preschool teachers use with great success:

- *Focus more attention on appropriate behavior.* Sometimes your child misbehaves just so you will notice her. So notice instead what your child does right and follow up with a big hug. Your child will soon figure out that she gets more attention by behaving well than she does for behaving poorly.
- *Try a change of scenery.* If your child can't seem to calm down in the evenings, a 10-minute walk outside with you might do more to help her behavior than a scolding would. Putting her in a warm bath is another idea.
- *Keep a closer eye.* You've told your child many times not to put her hand in the fish bowl but she still does it. At this age, that fish bowl may be tempting enough to make her forget your warnings. She needs you to step in before she gets to the fish bowl, not after. Example: "Remember Amanda, the fish likes everything quiet in his bowl. We can use our eyes to see the fish, but not our hands to touch."

Sources: "Parents Corner" created by Sue Vandervort, DART Preschool Service Coordinator. "Focus on Health and Safety" created by Cindy Callaghan, DART Service Coordinator for Physical Health. Early Learning Standards and The Importance of Play" information provided by PDE and DPW. "Help your child make New Year's resolutions" and "Discipline strategies used by teachers can work for you" articles reprinted from the January 2006 issue of *Parents make the difference!* E. Childhood Edition newsletter.