

JCCCA

Parent Page

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you ignore them or agree with them ['Yes, I know my hair is short'],

Coping With Put-Downs

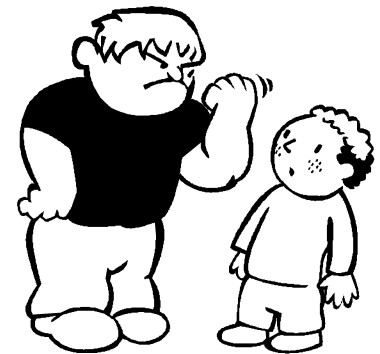
Helping your child cope with the teasing and taunting of classmates

Your 7-year-old daughter comes home from school crying because classmates teased her about having short hair. Instinctively, as parents, we want to protect our children, while secretly wishing to pounce on the little bullies who hurt our child with mean words. Instead, we try to comfort them with empty reassurances like, "Don't pay any attention to them, they're just jealous", or "Stick and stones."

According to Mary Ann Shaw, Ed.D., the Dallas-based author of *Your Anxious Child*, "That type of talk doesn't wash with most kids." Although the words may comfort them at the time, the problem will still be waiting for them when they return.

Shaw suggest to "Instead, try to get a sense of how your child is thinking about this by asking her, 'How did it make you feel when they said that?' and 'Why do you suppose they said that?'" Then follow up with teaching them the best ways to nip teasing in the bud: by ignoring it and by agreeing with it.

"Most teasers are looking for a reaction," explains Dr. Shaw. "If



it won't be fun for them anymore, and they'll stop doing it. If neither approach works, consider going for the big gun: the teacher. It may take a teacher's intervention to break up a clique."

My Provider is Special because...

What makes your provider special to your child and your family? We would like to hear from you.

Send a small paragraph telling us the name of your provider along with your nomination describing their outstanding performance and efforts to:

JCCCA
Provider of the Month
P.O. Box 280853
Lakewood, CO 80228

The Cold Shoulder

By Mimi Greenwood Knight

If your child shrugs off hugs or kisses, give him space -- and find other ways to stay connected.

While I was volunteering at my 7-year-old son's school recently, I looked up to see him running toward me with a bunch of friends. I braced myself for his usual leap into my arms, but instead, he ran right past me and blurted out, "Hi, Mom!" I felt as if I'd been punched in the stomach. Was this was the same kid who'd snuggled with me the night before? Could he really be too old already for public displays of affection?

Actually, it's very common for kids this age to squirm away from embraces, avoid holding hands, and coolly wave goodbye. "Your child may be going through a phase where hugs or kisses are just not something he feels comfortable with," says Sucheta Connolly, M.D., a child and adolescent psychiatrist at the University of Illinois Medical Center at Chicago. His friends are becoming increasingly important to him, and if he thinks they'd snicker at his mushy mom, he won't want any part of your affection.

As hard as it is to feel pushed away, try not to take it personally. "If a child this age gives you the cold shoulder, it's actually a sign that you've done a good job raising her," Dr. Connolly says. As a baby, your child depended on you to provide a warm, secure environment; your kisses and snuggling let her know she was loved and cared for. "Because you've given her a nurturing environment over the years, she now has the confidence to become more independent," Dr. Connolly says. *June 2004 issue of Parents magazine.*

Mystery Boxes

As every parent soon discovers, when you buy a toy for a 1-year-old, he's just as likely to play with the box. To capitalize on your toddler's interest in opening packages, gather a number of boxes with lids. (Shoe boxes work beautifully.) In each, place a textured object, such as a clean sponge, a soft ball of wool, a new scrub brush, a big ball of foil, a large sandpaper square, or a cold ice pack.

Watch your child's excitement as he discovers and handles each object. Talk about the different shapes and textures. If the boxes vary in size, place smaller ones inside larger ones to add another element of surprise. For 18- to 24-month-olds, create a memory game ("Which box has Mommy's keys?").

Don't Send in the Clowns

Understanding this common childhood fear

By Karen Horsch

Diane Kreyer of Ashburn, VA, thought she had the perfect surprise for her daughter's second birthday party — a visit from a clown. That is, until Allison burst into tears, ran upstairs, and refused to come back down.

People in costume — whether they're circus characters, trick-or-treaters, or Santa — are terrifying to some toddlers. That's because they're just starting to explore the world beyond Mom and Dad, and anything out of the ordinary can be scary.

Your child will eventually learn to recognize a disguise. Until then:

Prepare her. Explain that she may see a character, and what it will look

like. If she's seen it on TV or in a book, warn her that it will be larger in person.

Be supportive. Don't tell her she's being silly. Instead, reassure her by recalling times when she overcame fear: "Remember how you used to be scared of Susie's dog? Now you love to pet her!"

Don't push it. Let her watch from afar, until she's ready to approach with you. But it's okay if she refuses — many adults steer clear of clowns, too! *Parenting, April 2007*

Giggly Games

Perfect for Halloween parties

Wrap-the-mummy relay

- Mark start and finish lines 20 feet apart. Line up kids in pairs at the start line.
- Give each pair a roll of toilet paper. One kid wraps the other with the paper (legs together, around each arm, up to the neck) until roll is empty.
- Both kids hop to the finish line, where the "mummy" breaks out of his wrapping and uses a new roll of paper to wrap his partner. They both hop back to the start line. The fastest pair wins.

Bat the cat

- Glue 2 Chinese lanterns (one small, one large) together. Cover bottom hole of large lantern with glued-on piece of black paper. Fill lanterns with candy.
- Glue on construction-paper triangles for ears and eyes, and a black pom-pom for the nose. Twist two lengths of white wire together and glue on for whiskers.

• Hang piñata and let kids whack at it with a plastic bat. *Parenting, October 2006*