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COMMUNITY PARTNERSHIP

PIRC Program

Missouri - Southwest
PIRC
Parent Information
Resource Center

**WE ARE TRYING
SOMETHING
NEW WITH THIS
NEWSLETTER...**

We are going to be sending these periodically with activity suggestions, hints, and anything else you might want to see. The back page of the newsletter will always be something you can copy and send home to parents regarding social/emotional development and activities. Let your PIRC provider know if you like the newsletter and anything that might be helpful to you to include.

**This is for you, so
let us know!
www.mo-pirc.org**

PARENT RELATIONSHIPS

The relationship between you and your students' parents is so important! So much of the time we forget how hard many people's lives are, especially when they appear to be just difficult. Sometimes the easiest way to start a positive relationship with a parent is just to find something good to say to them. It can be anything, just look for something to comment on and be sincere. You'll be surprised how well this works.

WINTER BLAHS!

Both children and adults have a 'shorter fuse' during winter. You may find yourself dealing with more disputes, handling moody children, or feeling irritable yourself. Aside from typical suggestions of getting plenty of sleep and taking care of yourself, here are some things to remember to help those winter blahs.

- Use uniting activities whenever you feel the room is stressful. Some things to do are **yoga poses**, the **STAR** technique, get together and **sing** some silly songs, or put in an action **CD**.
- Recognize that your thoughts effect your behavior. When a difficult situation arises, **take a few moments** to calm yourself and remember this is a behavior you can help the child improve only if you're calm.
- Don't forget the **safe place**, where children (and adults) can retreat and calm down. Any place away from the middle of the action will work.

FIVE SECOND TIP

Some children have difficulty with transitions. To help those kids, keep index cards with a cute sticker on them handy. When you see a child having a difficult transition, jot the child's name at the top and hand it to him.



Tell him it's an invitation to do something fun after the successful transition (such as be the helper during story time). Pass these along occasionally for the children who are making transitions successfully as well.



**Your PIRC parent
specialist is available to
do parent meetings for
you! Let us know how
we can help!**

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Parent Information

FROM PIRC

Giving young children age appropriate responsibility like picking up and putting away toys supports initiative. Being close by to support your child when he/she is picking up promotes attachment. These are critical protective factors your child needs to have a successful school experience.

GAMES FOR Chore Time

Making a game out of chore time sometimes helps stop disagreements or tantrums. Some fun things to do are:

- **Beat the Clock**—Set the timer for 5 minutes and let your child see if he can get the job done before the timer goes off. Give a hug or a ‘high five’ as a reward for accomplishing this.
- **Sing a clean up song**—(to the tune of “Twinkle, Twinkle, Little Star”):

It is time to clean up now,

Clean up, clean up, we know how

We can clean up you will see

Just how clean our room will be.

- **Flashlight clean-up**—The adult shines a flashlight on each toy individually that needs picked up. You can even take turns to make it more fun and interactive.
- **Clean-up Train**—Make a train, and making motions and sounds of a train, make stops to pick up objects and put them away. You can take turns being the engine of the train.
- **Vacuum cleaners**—Have children pretend to be vacuum cleaners as they clean up all the toys. You can even say a ‘magic’ chant to turn them into vacuum cleaners, such as “Dinner will be beans and wieners, make these children vacuum cleaners. Poof!” The children can make vacuum cleaner noises as they pick up.

- **Freeze!**—Play music while your child cleans up. Occasionally stop the music and at that time children freeze right where they are. Start the music and start cleaning again.

- **Pretend Clean Up**—Let children pretend to be animals or objects while cleaning up. Some suggestions are:

*Elephants carrying toys in their trunks

*Rabbits hopping to clean up

* Airplanes flying to clean up

* Daddy’s pick-up truck hauling toys to clean up

*Monkeys scratching and making monkey noises while cleaning up

*Fire trucks on the way to a fire

*Mice very quietly sneaking around while picking up toys

*Muscle men showing how strong they are while cleaning up

ANY TIME YOU CAN MAKE A GAME OUT OF A CHORE, CHILDREN RESPOND A LOT MORE POSITIVELY!



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