



Summer 2007

Positive Parenting

Over 1600 Canadian parents responded to a 2002 survey sponsored by *Invest in Kids*. More than 80% agreed that:

- being a parent is the most important thing they can do; and,
- what happens in the early years affects the kind of adults their children will become.

However, parents also said they did not feel prepared for parenthood. Indeed, after the birth of their first baby, only 18% felt confident in their parenting knowledge and skills.

The *Canadian Institute of Child Health* has written a booklet to address parents' concerns. This booklet, "*The First Years Last Forever*", offers the following 10 guidelines to help parents make a positive difference in children's lives.

1. Be warm, loving and responsive.
2. Respond to your child's cues and clues.
3. Talk, read, and sing with your child.
4. Establish routines and rituals.
5. Encourage safe play and adventure.

6. Limit the amount and type of TV. Choose programs carefully.
7. Use discipline as a chance to teach your child.
8. Understand that each child is special.
9. Choose quality child care, and be involved.
10. Take care of yourself.

As parents, we play an important role in shaping how children learn, think, and behave. We are their first and most important teachers. Our positive parenting during the preschool years truly does last forever.



Did You Know?

- © 3 to 5 year old children can join the Cumberland Regional Library's "Summer Reading Club"? They can partner with a 'reading buddy' and win prizes. The program runs from June 25 to August 31.
- © A new program for families and young children will begin in Cumberland County libraries in fall, 2007. The program is called "CART" (Children and Adults Reading Together). Contact your local library for more information.

Safe Summer Travel



Car accidents are the number one cause of death and serious injury for children age 1 to 9. However, 70% of these injuries are preventable. The Canadian Safety Council offers these tips for safe travel.

1. Make sure your child's car seat: is right for the child's age/size; has a label saying it meets the Canadian Motor Vehicle Safety Standard; and has been manufactured within the last 10 years. 2. Make sure the seat is properly installed and secured tightly. 3. Never place a rear-facing car seat in a seat that has an air bag. 4. To choose the right car seat for your child, visit the Canadian Safety Council website: <http://www.safety-council.org/>.

The Understanding the Early Years (UEY) initiative is funded by Human Resources and Social Development Canada. For further information, visit:

www.hrsdc.gc.ca

UEY News is written by Cumberland UEY coordinators, Joan Beswick and Carol Oram (www.cumberlanduey.ca)

Question and Answer

Dear Mr. Q and A,

Our 5 year old son, Jacob, will be starting school in September. He knows all his ABCs and can count to 20. Is he ready for school?

Dear Parents,

I will answer your question by asking more questions.

- Can he put on his own jacket and zip it up?
- Can he put on and fasten his sneakers and boots?
- Has he had practice using scissors and pencils?
- Can he tell his full name, your

name, your telephone number and where he lives?

- Can he play and share his toys with other children?
- Can he use the toilet independently?



- Does he recognize his own printed name?
- Does he enjoy it when you read to him?
- Can he tell you stories?
- Can he follow simple directions?

Many different skills are needed in order to be ready for school. I hope you and Jacob have a wonderful summer full of happy playtimes, fun with friends and family, and reading together.

Best wishes for summer and for the school year ahead!

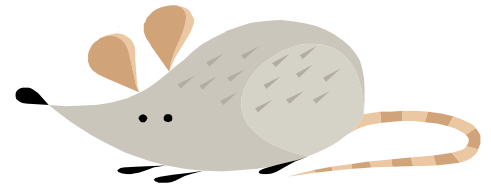
Mr. Q. and A



Things to Read...Owl recommends Sheree Fitch's poems

There was a mouse in our house
I guess it came in from the cold
My mother got hysterical
(And she's 36 years old!)
She yelled, she screamed, she hollered
She jumped upon the bed
"Call me when it's gone, when it's kaput,
when it is dead!"

(Taken from: "There's a Mouse in My House", by Sheree Fitch. This book is available at the Cumberland Regional Library.)



Things to Do ...Owl recommends Letter Fun

To help your child learn the letters and the letter sounds, make a *Letter Table* or a *Letter Scrapbook*.

LETTER TABLE

Use a low table or a shelf. Print a letter (capital and small) on a piece of paper. Together you can collect objects or pictures that start with that letter (B b: book, boat, ball and so on). When you and your child have

had enough of one letter, choose another one and start all over again.

LETTER SCRAPBOOK

Buy or make a scrapbook. Write or stick a letter (capital and small) at the top of a page. Do one letter at a time, perhaps starting with the first letter in your child's name. You don't have to do the scrapbook in alphabetical order. Find magazine

pictures, photos or small objects (such as leaves or feathers) whose name begins with that letter. Glue the pictures/objects on the page.

