

THEORETICAL FOUNDATION

PARENT ENGAGEMENT

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In the beginning, babies' needs are simple: Parents show up, physically and emotionally, which is good news for sleep-deprived parents. Feeding the baby, changing diapers and smiling support the parent-newborn connections. And, as we know these everyday experiences of pleasure, comfort and protection are what build secure parent-child attachment relationships.

But most of us come to parenting unprepared. While moms and dads want to be good parents but they may not know where to start. In supporting and engaging parents, we must recognize that becoming a parent is like being a new driver - lots of years of observation but not experience behind the wheel – and that everyone needs education, skill development and a coach.

It is typical for parents to need added support, guidance, and education along the way. Parents may know babies but are unsure how to help their toddlers. They may be without potty training strategies. Or be unsure how to handle the dreaded public tantrums. Other parents may feel silly talking to their babies or unsure how to engage in pretend play with their three-year-olds.

Luckily we have research shows us what parents need to be successful.

There are six, key factors that support parenting and healthy child development. Teachers and early education programs are a go-to resource for parents:

1. Parents need the knowledge and resources to build secure attachment relationships with their children. About one-third of parents didn't experience safe, responsive care themselves as infants and so they are building a relationship that they did not experience and may need support in being consistent, sensitive, and reliable.
2. Most parents have not studied child development. Teachers can partner with parents as they learn the developmental milestones, appropriate expectations, and taking the child's perspective.
3. Parents (and teachers) need support for themselves. We all do better when others understand our experiences and can offer kindness and understanding. Parent support and education groups can provide meaningful connections and support.
4. Managing life's ups and downs is critical to being responsive and available to young children. Learning techniques for managing stress like counting to 10 and breathing can help us get through those moments of frustration and worry.
5. It is an added burden to worry about safe housing, nutritious food, and other essential needs. Helping parents with resources can enhance the partnership.
6. Having a baby who is an excessive crier or a two-year-old who has frequent tantrums challenges the best-equipped parents. As teachers, we can help build children's skills in regulating emotions and attentions and share these strategies with parents.

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Parent engagement is fun and rewarding with PLAYbook's built-in strategies and activities. Intentionally designed to support the Parents and teachers will enjoy building the home-school partnership. Parents will have the It provides resources and broadens knowledge.

PARENT TOPIC

by Dr. Terrie Rose

TALK, YOUR CHILD'S BRAIN IS COUNTING ON YOU!

Your baby rests in the baby seat looking at you and then smiles and coos. You respond by singing your favorite song. Your child's lips move, and mouth widens. The cooing changes as your baby sings. Here is why singing, talking and reading to your child is so important.

1. Your child's brain is unlike other organs in the body.

Unlike other organs in the body, like the heart or kidneys, the brain doesn't operate the same way each day. The brain is the only organ in the body that continues to grow, develop and change throughout life.

Brain cells are just waiting to be connected with other brain cells, to be organized and put to use. Your child is soaking in design information. While waiting for a snack, reading a book, and playing peek-a-boo, brain cells are connecting.

2. Language development depends on you!

As a newborn, your child brain can learn to speak any world language. The brain recognizes and copies familiar sounds. When your child is ten months old, your baby babbles with sounds that are like the language you speak. The more words, songs, and stories your child hears, the quicker they will use words to express thoughts and feelings.

3. Hearing more than one language has brain benefits.

Not only is exposure to lots of language essential, exposure to more than one language is beneficial. The brains of bilingual children, hearing two languages in social interactions and daily exposures, show more flexibility. Read and sing in more than one language helps your child's brain develop.

4. The number and variety of words spoken directly to the baby matter.

Talk. Talk. Talk. Narrate your actions to the baby. Or, describe to your child what your child is doing or seeing. Create songs about driving, walking outside, or while doing chores..

5. Books increase the variety of words your child hears.

Reading books is a great way to boost the quality of language and the number of words your child hears. To make it easy for you, place baskets of books next to the high chair, changing table, and in the play area. The sounds and words you are forming are directly reaching the neurons in your child's brain.

Don't feel silly talking to your child—describe everything! You're helping build your child's brain and future!

APPLE PIZZA

Week One Cooking Activity



TODDLERS AND



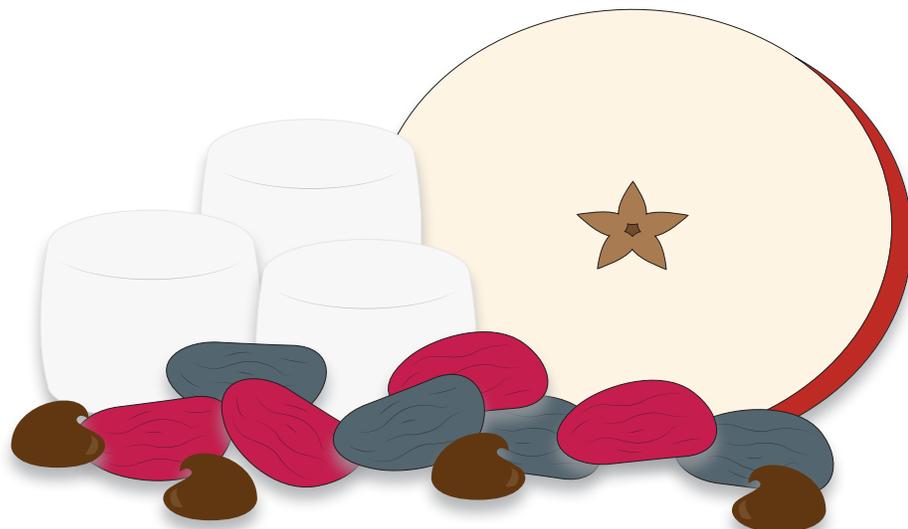
THREE'S

Ingredients

- Horizontal apple slices
- Apple butter (1 T per slice)
- Raisins (4 per slice)
- Craisins (4 per slice)
- Chocolate chips (4 per slice)
- Mini-marshmallows (4 per slice)
- Plastic knife and plate.

Cooking Instructions

1. Core apple and cut into horizontal slices.
2. Spread 1 T apple butter on each slice.
3. Sprinkle 1 T granola on the slices.
4. Top the pizza with mini-marshmallows, raisins, Craisins, chocolate chips.
5. Enjoy the pizza!



WORD BUILDING BOX

Homework Activity • October • Week One

To _____

I have a little game,
for you and me to do.
It helps me learn names of things
and makes my brain smart too!

Love, _____

Supplies

- Juice lids
- Photos from magazines or other source.
- Clear tape or contact paper.

At home:

- Collect juice lids, photos of objects from magazines or print from Internet.
- Tape one photo to each side of every lid.
- Cover an oatmeal or formula container with contact paper, or wrapping paper.
- Cut a slit in the top of the container so the juice lids can drop into it.
- Show your child the photos and then drop them into the container through the slit.
- This activity helps with recognition, language development, and eye-hand coordination.



Your Child Can Help

Your child is learning to use each finger. Helping you tape the pictures to the juice can lids is a great way to practice these fine-motor skills. Your child might love being a helper.

WORD BUILDING BOX

Parent Survey • October • Week One

Please fill out this sheet and return it to school in your Homework Bag. We will put it in your child's portfolio as a reminder of the fun activities and the time you have spent helping your child learn.

Child's and Parent's Names: _____ Date: _____

We enjoyed this activity: Yes No

Why or why not: _____

My child really liked: _____

My favorite part was: _____

I learned: _____

New words I heard my child use: _____

This activity helped me: *(check all that apply)*

- | | |
|------------------------------------------------------------------|-----------------------------------------------------------------------|
| <input type="checkbox"/> Understand my child's development. | <input type="checkbox"/> Build connections with others in the school. |
| <input type="checkbox"/> Have fun with my child. | <input type="checkbox"/> Help my child manage feelings and behavior. |
| <input type="checkbox"/> Help me manage the stress of parenting. | |