

CONNECTIONS

Volume X, Issue III..... A Publication of the Hull Public Schools.....

November 2009

Building a Child's Self-Confidence

In order for children to develop feelings of confidence in their ability to be successful, they need practice at being successful. How can parents do this? Observe your child's present skills and interests. Then introduce activities which will spark her interest and stretch her skill.

Encourage her to stick with activities until she's done what she set out to do. Try not to interrupt her from an involving activity. Perseverance is an important part of success. If she meets with difficulty, encourage her to "just try again." If you can suggest a way of simplifying the task, do so. But resist the temptation to take over and show her how by doing it. That's a subtle way of telling her she can't do it and will undermine her confidence.

Your body language speaks volumes to children. They will look to your facial expression, body position and posture to determine how they should approach something. If you continue to hold onto your child or sit very close to them with a worried look they will be hesitant to move away and try new experiences. If you have a happy look on your face, let go of their hand and encourage them to go try something new or join their

friends they are more likely to move away from you and try things independently.

Helping your child learn to feel good about herself is the most important job parents have. Motivating any child of any age hinges on praise. Specific praise such as "Wow, the playroom looks awesome, you picked up all the toys and put them back where they each belong. We'll be able to find everything we need next time we



want to play a game." Not only tells them that they did a good job, but why it is helpful. Charts can also be helpful ways to both reinforce or praise a child for completing a chore or daily activity. They can also remind children of all the steps necessary if they are listed or a finished picture is supplied.

For younger children, demonstration of how to do a task will be necessary in order for them to learn "how-to" before they can be expected to do it. Demonstrating, praising, and following through can take incredible amounts of time. Many parents are too exhausted at the end of a workday to struggle, so they just do it themselves. But if you expend the extra energy now, you'll save a bunch later. In addition, you will have taught your children valuable lessons about being responsible, contributing to the welfare of the family and finishing what they have started.



**Happy
Thanksgiving**



**November is
Family Literacy
Month; look
inside for tips on
reading to your
child.**

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*Published by Maggie Ollerhead
& Joan F. MacDonald*

Community Partnerships for Children

10 Ways to Raise a Reader

* Read to your child every day. It's never too early to start-even newborns respond to hearing you read.

*Continue reading together even after your child learns to read. Older children still enjoy listening to others read.

*Make stories come alive for your child when you read. Be animated and use different voices.

*Be patient-let your child read aloud at his or her own pace. Offer help only when needed.

*Discuss what you read together. Ask questions, and listen attentively to your child's answers.

*Make reading time special. Cuddle up in a quiet, comfortable spot.

*Take along your child's favorite book wherever you go-it helps waiting time go faster.

*Take your child to the library often and check out a variety of reading material.

*Be a role-model. By seeing how much you enjoy reading, your child will learn that it's a great source of fun.

*Encourage your child to read at least 15 minutes a day either to themselves, with you or to a younger sibling.

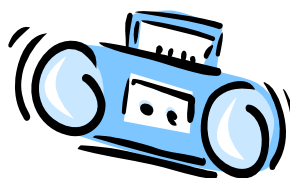


From the CPC Coordinator's Desk.....

By Maggie Ollerhead - mollerhead@town.hull.ma.us

In this fiscal economy it is important to know that there are resources out there that can help families in need. We offer resource and referral services through CPC and HFN and are always glad to point families in the right direction. Please don't hesitate to call or email.

Recorded Reading



Most children love to hear their own voices. Borrow a tape recorder from the library if you don't have one and record your child while she or he reads or tells a story. You can record yourself reading or telling stories, too, and your child can listen to them anytime. Most public libraries also have children's books on tape available for check-out. Your child can listen to the tape while following along in the book.

The Joy of Reading Aloud

Reading aloud is one of the most important things parents can do for their children. It sparks children's imagination, teaches them new words and ideas, and shows them how important and fun reading is. A child is never too young or too old to be read to. For read-aloud time, help your child choose interesting books. Young children enjoy books with colorful, enticing illustrations. Older children may like to hear longer books with chapters. Once your child can read, take turns reading to each other or have a family read-aloud night instead of watching TV.



Happy Thanksgiving



Hull Family Network

Note from the HFN Coordinator:

Joan F. MacDonald, jmacdonald@town.hull.ma.us

As I prepare this newsletter, I am in the middle of fall-2 registration but am also waiting to hear what the Governor's 9C cuts will bring to the program. If our cuts are at the rate that I am anticipating then I will cut hours for the winter and spring sessions. I also keep writing for small individual grants for specific portions of the program that have been cut already.

With budget cuts all over, I would like to remind people that one of our services is resource and referral and that we can confidentially assist families in finding resources if they are in need. I can help either over the telephone through email or with a home visit, call or email to ask.

Preparing Children for the Holidays

All children thrive on routines and structure. Once Thanksgiving rolls around though, most households begin to change and everything is different. There are relatives and friends who may be well loved (or not) by you, but who are strangers to your children. There are more outings and activities than usual. In addition, parents are often busier than usual, so they are less able to sit and play. It is no wonder that children, especially younger ones, can be cranky, disruptive or just not their typical friendly selves.

Prepare children for what to expect prior to the holiday happenings. Explain what will happen and how you expect them to act during an activity. Being specific about behavior such as "At grandma's house you must sit at the table even if you are done eating" works better than an unclear "we must have good table manners."

If it is possible, let children be the ones who decided who to kiss/hug and who not to hug. Gently explain to visitors what is developmentally appropriate or particular to your child. Saying "nine month olds tend to cling to their parents" or "Johnny likes people who give him time to warm up first" can help reduce some hard feelings. As parents, it is important for you to know what your children can tolerate based on their individual personalities and energy levels. If one child loves big events and parties, but the other one can't tolerate all the stimulation, try dividing the families for some events. Families can take 2 cars to an activity, with the plan that one parent will leave with one child when he is ready. Other options are to bring some quiet time activity that one child could do in a separate bedroom while the party is going on in the other rooms. It is better to attend a party for a half hour and leave with cheerful children than stay for the entire party and leave with overwhelmed, screaming children.

If an activity is at your home involve children in the planning and preparation. Put away special toys that will be hard for your child to share. Lastly, be glad for what goes well and continue to focus on your blessings.



Reading with Your Child by Age Level

Birth- 1 Year:

- ◆ Babies like pictures of other babies
- ◆ Babies like simple pictures without too much detail
- ◆ Babies like rhymes & songs
- ◆ Point to the items as you read about them

Your 1 year Old:

- ◆ Toddlers like books with few words, leave out some of the extra words or make up your own story to go with the pictures
- ◆ Toddlers like to choose and hold the book. Consider board books at this age.
- ◆ Reading at bedtime is a nice way to help them settle down for the night

Your 2 year old:

- ◆ Two-year olds like to hear the same story again, and again, and again.....
- ◆ Like books that are silly
- ◆ Like books with animals and animals noises
- ◆ Like to fill in words in a story they know
- ◆ Like to point to and name pictures they know
- ◆ Like to turn the pages

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Check our website for additional
events and information at
www.town.hull.ma.us
click on the Hull Schools link

This newsletter is a
collaboration of
Hull Family Network
&
Community Partnerships for
Children

Sponsored by grants from the Massachusetts
Department of Early Education and Care

What is the Hull Family Network?

The Hull Family Network supports all parents and caregivers who have children prenatal through age three. Our goal is to help parents create and maintain a healthy family environment as well as to promote family well being through parent education and community support.

Funded by the Mass. Dept. of Early Education and Care through a grant to the Hull Public Schools, the Hull Family Network provides playgroups, parent education workshops, parent support groups, family activities, and information on parenting and community resources. By providing family recreational activities and playgroups, we hope to help parents build connections that will extend beyond the HFN Center and be a support to them. By providing parent education workshops, support groups, and having an extensive parenting lending library, we hope to help parents enhance their child-rearing skills.

Our programs are free to all residents of the town of Hull who are pregnant or have children through the age of three. Most of our programs are offered at our center which is located at 180 Harborview Rd. We are open Monday-Thursday and are always happy to meet a new family.

Sugar-Cone Cornucopia

These miniature horns of plenty -- which double as edible name cards -- make striking party favors for a Thanksgiving table.



WHAT YOU NEED

Sugar cones
Ribbon
Store-bought decorator's icing
Fruit-shaped candies or cereal
Doilies (optional)
Time needed: Under 1 Hour

Step 1: For each place setting, tie a ribbon around the opening of a sugar cone.

Step 2: With a tube of store-bought decorator's icing and a steady hand, squirt the name of a guest along the side of the cone.

Step 3: Place the cone on a doily-covered saucer. Then fill it with candies, such as raspberry jellies, fruit-shaped sweets, marzipan fruits, candy corn and citrus slices. For an inexpensive alternative, use fruit-shaped cereal. Let the goodies spill out over the opening and around the cone.

Source: Family Fun Online