

CONNECTIONS

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Remembering Who's in Charge and the Importance of Saying "No"

Sometimes parents have to make decisions that children don't agree with. And sometimes parents then begin to wonder if they have made the right decision after all or if the battle to enforce the rule is worth it.

There is an absolute need for parents to use the word "no" in their relationships with their children. Not all the time, unremittingly, in the manner of old style authoritarian parenting. When children are never told "no" they are placed in the dangerous position of believing that the world revolves around them alone, and that their every wish will be granted instantly.

In such a child-centered world, no one else has any rights at all, a very dangerous lesson to teach children. What a rude awakening will come at some point when teachers and peers do not bend to the child's every whim, and when they also expect adherence to their requests.

When parents are worried about

too many "no's" they can try prevention by explaining expected behavior in advance and removal of dangerous items. Many requests can be stated positively such as "feet on the floor" instead of "no climbing." Guidelines such as these help children learn that there are expectations and rules to be followed.



Typically a first or single child may need a little more teaching in order to understand that although they are loved and very important, the world is not all theirs or there to meet their demands instantly. Teaching waiting in brief increments such as "we will go outside to play once I finish opening the mail. Why don't you look at a book while you wait." Playing follow the leader with you as leader at times.

Parents have the role as guide as they have more experience and knowledge. It is enormously reassuring to children to believe that their parents are dependable and reliable.



**Register to
Vote before
April 13th,
the May
Town
Meeting and
elections
are coming
up quickly.**

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& Joan F. MacDonald*

Hull Early Childhood Advisory Council

Community Partnerships for Children



Register for Kindergarten Now!

The last day to register for kindergarten is April 1st. It is important to register sooner rather than later. The school system uses these numbers to help plan for next year's classes. In addition there are numerous activities that you and your child can participate in to help make the transition to kindergarten smoother. There is one more **Pajama Story Hour** scheduled for April 27th. **Kindergarten screenings** are being scheduled on May 14th and 28th. The ever popular bus ride, orientation and **Pizza, Play & Learn** are being combined this year into a one night event on June 3rd from 6:00-7:30 p.m. Only children registered for kindergarten can participate in the last two events. Families can register by going to the main office at the Jacobs School any day between 8 a.m.- 2 p.m. and by bringing your child's birth certificate, a physical completed within the last year that shows immunization status and your I.D. and/or 2 bills as proof of current address.

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

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

The Community Partnerships for Children (CPC) is a program funded in local communities by the Department of Early Education and Care to children 2.9 years to 5 years and not eligible for their public school kindergarten program. Parents or guardians must meet income guidelines and have a "service need" (i.e. employment and/or attending school or an education/training program) for 30 hours per week for full-time care. Parents may pay a portion of the child care fees which is determined by family size and the gross monthly income of the household. To access this financial assistance, parents must place their name and information on the Massachusetts Statewide Waiting List. To place your names on this list contact the Intake Specialist at Community Care for Kids at (617) 471-6473 ext. 127.

Kindergarten Readiness

It's the time of year to register your child for Kindergarten. It may be a difficult decision to make if your child has a summer birthday or if you aren't sure if he/she is ready to move on. Many parents are just not sure if their child has the characteristics needed for a successful year in kindergarten. One reason may be an undue focus on academics. Academics are the least of what your child needs to enter kindergarten. They are a big part of what he is going there to learn.

So what does he need? Three important elements of kindergarten success are: ability to control behavior, social skills and enthusiasm—wanting to learn.

You'll know if he has these, or is making progress toward them, by checking for the following skills:

- ◆ He can wait his turn.
- ◆ He follows directions from his preschool teacher and other adults.
- ◆ He enjoys playing with his classmates.
- ◆ He is eager to work on class projects under his teacher's direction.
- ◆ He can work on his own for a few minutes at a time.
- ◆ He can manage basic personal needs—hanging up coat, using the bathroom.
- ◆ He enjoys listening to an adult read a story.



If you are still unsure, talk with your child's preschool teacher and ask for her opinion.From *The Parent Institute*

Hull Family Network

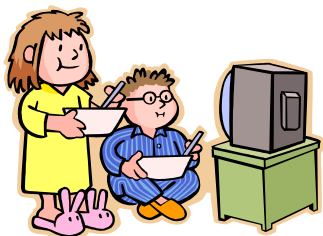
Note from the HFN Coordinator:

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

Fostering resiliency in young children isn't a hot topic that is requested when I ask parents what they want me to offer for parent education workshops, yet of all the topics we cover it is one of the most important for your child's lifelong happiness, satisfaction and success. Resiliency isn't just your innate temperament or self esteem, it is so much more. Some adults are able to cope with very difficult and challenging problems, some children cope with bullying/failure and come out fine. Yet others crumble and have very negative responses to these challenges. Resiliency is the trait that helps us all deal with life's challenges and it is something that changes throughout our life.

The Hull Family Network is sponsoring a workshop on Fostering Resiliency by Jeanine Fitzgerald on Wednesday, April 14th at the Jacobs School. If you have never heard Jeanine speak before you will enjoy her presentation style and I can guarantee that you will be happy you came. As a parent of 2 children ages 17 & 19 years old, I wish I had learned more on this topic when they were younger. If you never come to any other workshop that we offer, come to this one.

National Turn-off Your T.V. Week



Every April we can be sure that several things will happen: the weather will alternate between warm/sunny and cold/rainy, kids will enjoy spring vacation before going back to school for the end of the year push, and a bunch of people will decide "hey, this is the week I won't watch television!" for some

reason. (From Bob Sassone <http://www.tvsquad.com>)

As I went on-line to check out the dates for this year's turn off the T.V. week, I was amazed at the number of search options that were against the week. The National Academy of Pediatrics recommends no T.V. for children under the age of 2 years. As the mother of 2 children, I know that T.V. gave me some free time to shower or cook a meal. I think the benefit of the turn-off the T.V. week is it gives families a reason to look at their television viewing and to reset their routines with some other options for learning and recreation. Screen time for children has risen each year with the increased use of video games and computers. Research over the years has always suggested that children learn best by doing and manipulating real objects. By starting now with setting limits on screen time, you can lead to a lifetime of healthy balance for your child.



Spring Playgroup Registration & Computers Crashing

For those of you who did not receive the spring registration flyer prior to this newsletter, I am sorry. On March 16th, I arrived at work to find out that the "server" had crashed and I could not access many of my documents. As we all wait with fingers crossed in hopes that they can restore our lost documents I ponder how much time to invest in trying to reinvent my database and it's mailing list. I have done the best I can to get the flyer out in advance to as many people as I can and I am sorry if you did not receive it in advance of the March 31st lottery drawing. Please, call or email to see which playgroups still have openings as we typically have some openings after the registration lottery is pulled. Lastly, as a skill learned to face adversity, I will now save all my work myself and not depend just on the server to do it.

HULL PUBLIC SCHOOLS

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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
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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.

Ladybug Rocks

What you'll need:

- Smooth, round or oval rocks, washed and dried
- Acrylic craft paint in colors of our choice
- Black acrylic craft paint
- 2 wiggle eyes for each ladybug
- Black permanent marker
- Acrylic matte sealer spray
- White craft glue (recommended: Tacky Glue)



How to make it:

1. Completely wash and dry all rocks.
2. Paint rocks in desired colors, allow to dry. Apply second and third coats if needed. Lighter colors will require more coats than darker shades.
3. Paint head on using black acrylic craft paint. There is no pattern needed, simply paint about $\frac{1}{4}$ of the rock black in the "front."
4. Use a black permanent marker to draw a straight line down the center of the rock, starting at the center of the base of the "head."
5. Dip the end of a large paint brush, or the eraser of a pencil, in black craft paint. Dot on the spots, reloading with paint after every dot.
6. Once the paint is dry, spray the rock(s) with acrylic sealer spray. Allow sealer to dry completely.
7. Using white craft glue, attach wiggle eyes and let dry