

CONNECTIONS

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Teaching Children to Develop Self-Control

All children misbehave at some time; it's part of finding out what appropriate behavior is and where the limits are. Children may throw tantrums, test the rules, start fights, refuse to cooperate with family routines, use bad language—the list goes on. As parents teach children appropriate behavior, what the expected rules and boundaries are all about, it's important to remember the goals of discipline. Discipline means helping a child develop self control and a sense of limits, experience the consequences of his/her behavior, and learn from his/her mistakes. Discipline does not mean punishment or conflict between parent and child. All children need the security of knowing the rules and boundaries of behavior; without them they feel at a loss.

Flexibility is the key to discipline as children grow. Parents must be prepared to modify their discipline approach over time, using different strategies as their child develops greater independence and capacity for self regulation and responsibility.

The foundations for discipline are laid down in the early years. During the first year of life, as parents establish a trusting relationship with their baby,

they set the climate for parent/child interactions through the years. Sometime between the ages of 1 and 2, the individual previously thought of as a baby suddenly bursts onto the scene as a full-fledged person with very specific wants and needs. As toddlers begin to move around they test their independence, and they need to be helped to understand what is safe, what they can and cannot do. Focused with their own needs, toddlers are not concerned with the interests of others. Since they do not yet understand the idea of consequences, a gentle but firm "no" is in order. With the explosion of new skills—talking, walking—toddlers may appear to understand the rules and can be reasoned with at times, but they are not yet really ready to control their actions. Preschoolers understand rules, and their behavior is guided by these rules and their increasing awareness of consequences of their behavior.

Following are some helpful discipline techniques:

Use language to help solve problems

Establish fair, simple rules and state them clearly. When children acquire language, help them use words, rather than actions, to express how they feel.

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Wishing everyone a happy and safe Halloween.

Look inside. Details on the many upcoming events for families.

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Published by Maggie Ollerhead & Joan F. MacDonald

Community Partnerships for Children

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

By Maggie Ollerhead -
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If your child goes to preschool in Hull chances are very good that he/she is getting the best preschool experience available. As the article at right describes, "fewer than 10 % of America's preschools have gained accreditation from the National Association for the Education of Young Children ." (NAEYC)

Out of that 10% of the preschools in America that are accredited, four (4) of them are located in Hull. That is something that Hullonians should be very proud to boast! Especially if your child/ren is among the current attendees or recent graduates of these programs.

The four programs that are NAEYC accredited and located in Hull are:

- ◆ Hull Public Schools Integrated Preschool
- ◆ Hull Community Nursery School - (781) 925-2377
- ◆ Nantasket Preschool
- ◆ Head Start

The logo for the National Association for the Education of Young Children (NAEYC) features the word "naeyc" in a bold, lowercase, red sans-serif font.

*Promoting excellence in
early childhood education*

By the way.....Hull Public Schools Full Day Kindergarten is also NAEYC accredited!

Preschool Accreditation: What it Means

Do you know if your child's preschool is accredited? Should you care? Considering the fact that fewer than 10 percent of America's preschools have gained accreditation from the National Association for the Education of Young Children. Most parents either don't know about preschool accreditation, or don't think it matters in the grand scheme of things.

But it should matter - or, at the very least, be a blip on your radar. Accreditation is gaining headway because it is the standard in grading a preschool for quality of care. Over time, quality can drop and organizations can grow complacent. That's why the NAEYC has upped the ante on their accreditation standards, putting in place more stringent guidelines for facility design, staff qualifications and programming, as well as health and safety, physical environment and administration.

The NAEYC focuses on curriculum and teaching practices, raised the bar for teacher eligibility requirements, and added a new standard in leadership and management. Primary consideration is also given to the nature of the child's experience.

Kim Means, Associate Executive Director, of NAEYC Accreditation says, "Programs which are accredited by the association give parents the comfort of knowing their child will be well-cared-for, and educated by, a highly-qualified professional. Research, science and practical experience have shown that children benefit most when they are in a developmentally appropriate setting which enhances what a child is learning at home."

Achieving accreditation is a big deal and it's not something that happens overnight. A school must go through a 4-step process: the school needs to enroll in a self-study program, submit an application promising to complete candidacy materials within one year, become a candidate, and then meet the NAEYC Accreditation program standards.

Within six months of a program's submission and approval of Candidacy Materials, NAEYC Assessor(s) will conduct an on-site assessment visit and evaluate the school against a list of 10 standards covering: Relationships, Curriculum, Teaching, Health. Assessment of Child Progress, Teachers, Families, Community Relationships, Physical Environment, Leadership and Management.

At the end of the day, whether it's home school or preschool, the goal of kindergarten prep is the same: give your child a leg up by reading to him often, teaching him letters and numbers and how to count, and engaging him with other children so he develops socially and is better prepared for the school yard. Accreditation is just one more thing to look for when searching for that perfect preschool program. For more details on the NAEYC accreditation process, visit www.naeyc.org.

Adopted from www.education.com/magazine/article/accredited_preschool/



Hull Family Network

Note from the HFN Coordinator:

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

Fall playgroups have begun and it is good to see many familiar faces as well as to meet new families. I would like to apologize to everyone who did not receive their playgroup flyer until after registration. The post office won't guarantee how soon they will deliver bulk mail, but they have never been more than 3 or 4 days and most of the time it has been next day. I never would have thought it would have taken 10 days for them to deliver the flyer. If you didn't call because you heard playgroups were full, please call to give us your name and ask to be put on the waitlist. This gives you first choice for the next registration period. It helps us plan how many groups we need to be offering and when, based on the attendance and demand on specific days.

Thank-you to everyone who has brought in a snack supply item for use during playgroups. This helps us to stretch our budget each year as the state has level funded or cut us during the 6 years I have worked for the program.

Developing Self-Control, continued

Ignoring: For some infractions, the simple act of ignoring the behavior will make it disappear. Some children misbehave as a way of getting attention, and parents may unwittingly encourage the behavior they are trying to stop. Ignore it and attend to something else and then focus attention on the child when she does the right thing.

Rewards: Positive reinforcement is the best technique for encouraging wanted behavior. Most children crave attention and acceptance from their parents and will work to get it. Rewards are not bribes; they are ways to show a child that she is doing a good job.

No more no - keep it positive: Both parents and children get tired of hearing 'no' all the time. Too many no's lose their meaning and don't help a child learn what will get her a 'yes.' Positive statements teach children what is appropriate.

Pick your battles: Some issues just aren't worth the hassle. Discipline doesn't mean that parents always win. You may feel as if you're giving in, but there are times when you should decide if what your child is carrying on about is worth the fuss.

Prevention: With time, parents get to know their child's trouble spots, and then prevention is in order. For example, if every time you go to the supermarket your 4-year-old begs you to buy her various items, devise a plan before you go.

Dealing with unacceptable behavior - Despite all the advice and good intentions, children and parents will still have meltdowns. Keeping blowups in perspective, preparing for them, and having some strategies for dealing with them will help everyone manage crises. A basic principle to remember: parents should separate out the child and the action. It is essential to remind a child that it is the behavior that is disliked, but the child is still loved.

Adapted from About Our Kids.org article by Robin Goodman, PhD & Anita Gurian, PhD



Attention Working Parents

Although, you may not be able to attend playgroup due to your work hours, your child can attend with their childcare provider.

If your child is being cared for by a friend or relative, that child care provider can attend playgroup or drop-in times with up to 3 children.



Developmental Screenings Resume

Beginning November 1st, Early Intervention will offer developmental screenings on the first Thursday of each month at 11:00 or 11:30 a.m., by appointment, here at the Hull Family Network. This is a great opportunity for parents to either confirm that their child is typical or maybe answer that nagging question "Is my child doing everything they should be doing?"

For more information please speak to Joan.

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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 Massachusetts Department 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 7 Hadassah Way. We are open Monday-Friday 8:30- 2:30, and Tuesday until 7:30 p.m. and are always happy to meet a new family.

Candy-Filled Pumpkin

Can you keep a secret? It ought to come in handy. Inside this little pumpkin lies a treasure trove of candy. They make great goodie bags at Halloween parties.

RECIPE INGREDIENTS

- *2/3 cup of assorted candies, such as candy corn and chocolate kisses*
- *Plastic sandwich bag*
- *10-inch square of orange tissue paper (double layer)*
- *Two 10-inch pieces of raffia*
- *Green pipe cleaner*
- *Pencil*

DIRECTIONS

1. Put the candy in the plastic sandwich bag.
2. Place the bag in the center of the doubled tissue paper square. Pull the corners of the tissue together at the top and twist them into a stem.
3. To hold the tissue in place, wrap both pieces of raffia around the base of the stem and knot them.
4. To make the stem tendrils, wrap the ends of the pipe cleaner around a pencil. Twist the center of the curled pipe cleaner around the base of the stem as shown.

