

# CONNECTIONS

Volume VIII, Issue II.....A Publication of the Hull Public Schools..... September 2007

## Back to School Tips for Stay at Home Children

From Parenting Press September 2007

Your oldest is going off to school and your younger child is already suffering from separation anxiety? You're wondering how to keep that younger sibling happy when the built-in playmate is gone? Here's some suggestions for making "Stay-at-Home" special:

- Plan a new or favorite activity for immediately after the big kid leaves each day. Schedule a play date with someone else who's now alone, find a new playground or try a new craft. Walk to the grocery for a roll of refrigerated cookie dough and make the after-school snack or tonight's dessert. Join a playgroup at the Hull Family Network.

- Create an activity jar. On slips of paper, use pictures or a few words to suggest activities: library story hour, building a sand castle, cutting paper dolls, calling Grandma, sponge painting, and visiting your local children's museum. Draw out one suggestion every morning (or at bedtime the night before, if your schedule requires planning ahead).

- Select a theme for each week: start with a bike or trike ride somewhere each day, and the next week, weed the flower bed for 15 or 30 minutes each day.

Kick off the third week by gathering and pressing fall leaves, or trying kid-style yoga.

If all of your children are out of the house most of the day, with school or preschool and then an afternoon child care program, make sure that everyone has a chance to talk about their day when you're all together again. To avoid the "nothing" response to what did you do today ask your child to tell the best and worst thing that happened that day. If necessary, set a timer to ensure that no child dominates the discussion and rotate who starts.

Schedule "homework time" for everyone in the evening: while your new student hits the books, younger kids can do pre-kindergarten worksheets or sit quietly with picture books. This may also give Mom and Dad an opportunity to do their own homework--paying bills, balancing the checkbook, reading teachers' notes and filling out permission slips.



**Please join the  
Town of Hull at  
The Endless  
Summer  
Waterfront  
Festival  
Saturday,  
September 15th  
noon to 6 pm  
Nantasket Beach**

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*Published by Maggie Ollerhead  
& Joan F. MacDonald*

## Community Partnerships for Children

### The best way to teach respect is to show respect

Being respectful is critical to success in school and life. But this doesn't come naturally to preschoolers. You need to model respectful behaviors for your child to copy. Most importantly, you must show him respect. He can't give to others what he doesn't receive.



To show your child respect:

- ◆ **Don't speak harshly** to him. Saying, "Get over here now!" models demanding behavior. Tell him politely instead.
- ◆ **Don't belittle him.** Be supportive when he expresses needs or makes mistakes.
- ◆ **Offer to help him.** "Do you want me to pick you up so you can see better?"
- ◆ **Give your child** your full attention when he talks. Ask questions to let him know you're interested.
- ◆ **Be calm and fair.** Explain rules and decisions. Hear his side of the story before reaching a conclusion.

*Adapted from Early Childhood Parents Make the Difference September 2007*

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

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

I hope everyone had a great Summer and the children are looking forward to school. We have been busy going over scholarship information to make sure that every family that was eligible for a scholarship last year will continue to receive funding this year. Luckily, we have been able to place these children in the preschool of their choice.

Unfortunately, I have received several new applications and could only place a few children in preschool classrooms. There is currently a waitlist for the remaining children. If you think that your family may qualify for either CPC or a voucher please contact me and I will make sure that your information is placed on the waitlist. Circumstances change for families during the year that often times results in scholarship money being freed up for new families. So, please contact me at 781-925-0771 x27.

### Teaching Children to Become Responsible for Personal Care



When your child was an infant, you did everything for her. But now she is older and can assume a great deal of her personal care herself - probably more than you realize!

You or another adult should always supervise your child as she performs personal care

responsibilities. Do not ever leave a young child alone. Do not allow a young child to touch equipment that could be dangerous, such as a stove or an iron.

Under your watchful eye, your child can and should accomplish a lot for herself. For example:

- ◆ **Cleanliness.** Your child should wash and dry her hands regularly, especially before meals and after using the bathroom. She should also practice washing her body, brushing her teeth and combing her hair. Supervise her efforts. Help her brush hard-to-reach spots on teeth. Encourage her to do most of the work.
- ◆ **Dressing.** Most young preschoolers can learn to pull on a shirt and pants. Help your child pick out her clothes the night before preschool and dress herself each morning.
- ◆ **Outerwear and belongings.** Teach your child to hang up her coat and backpack. Most preschool teachers expect their students to do this. So get your child to do it at home as well.

*Adapted from Early Childhood Parents Make the Difference September 2007*



# Hull Early Childhood Advisory Council

## Hull Family Network

### Note from the HFN Coordinator:

Joan F. MacDonald, [jmacdonald@town.hull.ma.us](mailto:jmacdonald@town.hull.ma.us)

Thank-you to the many parents who took the time to fill out the annual survey we mailed in April. I spent time this summer compiling the answers and have started scheduling activities based on those results. We have Jeanine Fitzgerald coming three times this year, in addition to other presenters for parent education workshops. We will offer a variety of family events and will offer several Mom's night out. If you ever have an idea for an activity, please let me know as we are always open to trying new things.

During this past year, 2 different groups began to use the play space or conference room for a group they were hosting. We are willing to allow an outside group (even just a group of friends) to use the Family Network space for a meeting or parent run playgroup during times that it is not in use for a scheduled activity. The participants don't have to be Hull residents or under the age of 4 years. Speak with me regarding any questions or to arrange a time.

### Boosting Self Esteem

Adapted from Early Childhood Parents Make the Difference October 2007

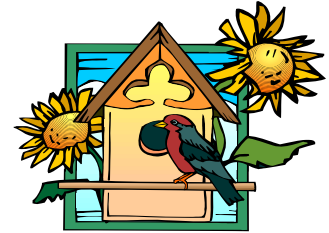
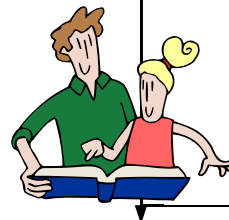


As your toddler begins to explore and try new things, she will experience some failures and frustration. The "terrible twos" are caused by your toddler wanting to do everything and yet not understanding that they aren't quite up to the task. Here are some ways to help your child recover when they do experience failure or frustration:

**Ask for Help:** Accomplishment and a sense of responsibility is the best way to bolster self-image. Let your child help you with a task they can help with such as tearing lettuce, wiping off the table or putting the napkins next to the plate during meal prep time.

**Encourage:** "I bet if you try again with a wider base the blocks may be able to go higher as you stack them." Praise independent attempts to accomplish a task; "boy you threw that ball close maybe it will go in the hoop on another turn."

**Share your concern:** "I can see you are sad that the ball didn't go in the hoop. Even Michael Jordan doesn't make all his baskets either."



### Tuesday Night Special Event:

"Going to the Birds"  
Tuesday, September  
25th at 6:30 p.m.

Call to register for this  
special evening event.  
Children should be over 2  
years old, older siblings  
are welcome on a space  
available basis.

Pre-register by calling  
(781) 925-0771 x21

### Sharing Books with Infants and Toddlers

It's never too soon to start reading to your baby. Infants learn to love books while snuggling in your arms and hearing your voice. Tap on the book to draw your baby's attention to the picture. With toddlers, ask a question about the picture. Such as "where did the bear go?" You can also reference book pictures to your activities such as "did the bear at the zoo last week look like this?"

# HULL PUBLIC SCHOOLS

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Check our website for additional  
events and information at  
[www.town.hull.ma.us](http://www.town.hull.ma.us)  
click on the Hull Schools link

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

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## 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 7 Hadassah Way. We are open Monday-Friday 8:30- 2:30, and Tuesday until 7:30 p.m.

## Tips From WIC

**Tips from your local Quincy WIC Program, to help your child be at a healthy weight.**

AT HOME: Freeze grapes, melon balls and berries to eat right out of the freezer.

AT SCHOOL: Choose vegetables that won't get squished such as cucumbers, zucchini, cauliflower and radishes, and bring a spicy fresh tomato salsa for dipping.

For early prenatal care, WIC Nutrition has a presumptive pregnancy policy which allows women to start their nutrition program as early as possible. Eligible women can enroll in WIC before their first doctor's appointment. It is recommended that a nutrition program begin before 20 weeks for a healthier pregnancy & baby. For more information or to enroll please call the main office at 617-376-4190

