

# Parents as Partners

## Did You Know?

Sharing your first impressions of familiar tales with your child is a way to bond and create common ground between your childhood experiences and your child's experiences. One of the great advantages of traditional tales is the length of time they have been around.

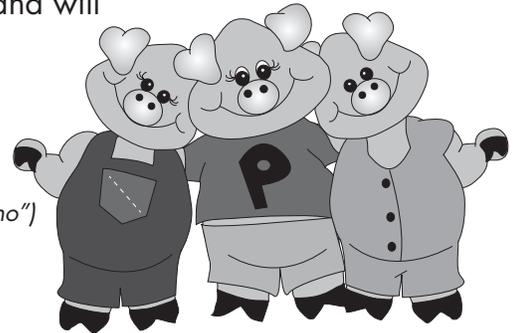
## Try It Out

Tell your child the version of "The Three Little Pigs" that you remember from your childhood without using a book. Your child will be familiar with the story from our classroom lessons this week. Your child will be thrilled that you know the story too! Your child was introduced to this song this week. Sing it with your child. After you sing it a few times, your child will become more familiar with it and will ask you to sing it again and again.

### Three Pink Pigs (Tune: "Three Blind Mice")

Three pink pigs! Three pink pigs!  
 See how they play. See how they play.  
 They stay away from the wolf who's bad.  
 He blew two houses away, so sad.  
 There's still one house left and the pigs are glad.  
 Three glad pigs! Three glad pigs!

*(raise and lower hands)*  
*(clap)*  
*(shake head "no" and point finger to say "no-no")*  
*(rub eyes as if crying)*  
*(hold up one finger)*  
*(hug each other)*



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## Did You Know?

Toddlers are famous for losing control of their emotions. When they do, they need an opportunity and a place to calm down.

## Try It Out

Create a Safe Place for your child. Prepare this quiet place in a spot other than your child's bedroom. Place pillows, stuffed animals, and stress-reducing squeeze balls in this area. Do not use this spot as a place of punishment. Your child should choose to go to the Safe Place on her own. Introduce this space to your child and suggest she go there to calm down but do not view this place as a "time out." When your child chooses to go to the Safe Place, join her after she calms down if she is receptive. Your child will be familiar with the Safe Place because we use it at school.



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## Did You Know?

Experiencing fear and anxiety are normal for both adults and children. The difference is that adults are better equipped to handle their fears. Helping your child learn how to manage her fears is an important component of effective parenting. Getting over fears usually takes a little time and maturity but a little help from a loving parent can speed things along.

## Try It Out

Here are some strategies to try:

- Talk with your child about her fears. Don't trivialize, minimize, or dismiss the cause of your child's fears.
- Discuss strategies for managing or facing fears, such as singing a song, drawing a picture that expresses the fear, or finding someone to talk with.
- Without lecturing, call attention to acts of courage in books that you read to your child.
- Try some tangible solutions. If your child is afraid of monsters, put some water in a spray bottle and label it "Monster Spray." Spray under the bed and in the closet just before bedtime.
- Be aware of your child's abilities and limitations. If she is afraid of climbing higher on the jungle gym but you know she is capable, encourage her. If she is struggling, help her climb one level higher and celebrate this achievement.



Frog Street Toddler © 2014 Frog Street Press

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## Did You Know?

Toddlers are characteristically picky eaters and often resist new foods. They hit growth plateaus and eat less which can appear as a lack of appetite. They also lose their appetite when they are teething or generally not feeling well. Pediatricians advise us not to worry about an apparent lack of appetite because toddlers will eat when they are hungry. There are some things that make this trying period a little more tolerable.

## Try It Out

1. Allow your child to gradually become familiar with new foods. It may take up to ten introductions before a child accepts a new food. Have your child try a bite of a new food earlier in the day and then again at a mealtime. Be happy when even one bite is accepted and be patient.
2. Never pressure little ones to eat. This will just cause more intense resistance. If your toddler is choosing mealtime to exert his independence, pressure from you will just make him more committed to his effort.
3. The color red is known to increase appetite. Place a red placemat under your child's plate.
4. Allow your child to help prepare the meal. Toddlers can stir, tear lettuce, and snap beans. Participation often increases the chance he will like what is on the menu.
5. Be a good role model. Eat your green beans!

