



Steuben and Schuyler's most trusted child care resource.

Parent Newsletter

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How to Say It: Better Questions to Ask Your Child about School

When your child comes home on the first few days of school—or throughout the school year—you may have lots of questions for her. Here are some things to keep in mind when you're talking to your child about school.

- Try to ask open-ended questions to keep a conversation going. If you ask your child questions that can be answered with one word (yes, no, a name), then you'll probably get a one-word response.
- Often kids are not specific, so you have to ask for specific information when you want it.
- Starting with factual questions is a great way to ease into conversation. ("I know your class size is bigger this year than last year. What's that like?")
- Avoiding emotion-packed words (happy, sad, and mean) can help the conversation go on longer.
- Asking positive questions gives your child a chance to express concerns. Negative questions tend to stop a conversation.

For some more examples of conversation starters, check out <https://www.understood.org/en/learning-attention-issues/understanding-childrens-challenges/talking-with-your-child/how-to-say-it-questions-to-ask-your-child-about-school>

Conscious Discipline: Bullying

Q. My 7-year-old daughter is really bossy. She bullies her sister and bosses her friends around when they come over. What can we do to discourage her from behaving this way?

A. Discouraging a child or a child's behavior (young children do not separate who they are from what they do) is dangerous ground to walk on. Discouragement is like taking an antibiotic. Antibiotics destroy bad bacteria, but they also kill a significant number of good cells at the same time.

1. GO TO THE VICTIM FIRST

Teach the victims of her bossiness to use their assertive BIG Voice. For example, if the child pushes her sister, go to the sister first and say, "Your sister just pushed you. Did you like it?" When she says, "No," tell her to say, "Stop, I don't like it when you push me."

In bullying and bossy situations, it is imperative to go the victim first, empowering children how to deal with these situations. More often than not, we chase after the aggressor saying such things as, "Was that nice? How would you like it if people treated you like that?" or "Why are you doing this?" or, "That's mean, go to your room." None of these comments teaches either child what to do in social settings.

2. TEACH A BETTER WAY

Teach the bossy child another way of communicating. Turn to the aggressive child next and set a limit. "You wanted your sister to move so you pushed her. You may not push, pushing hurts. When you want your sister to move say, 'Move, please.' Say it now for practice."

Summer Sun Protection for Kids

Always put sunscreen on your child before going outside. Make a fun game out of it. Teach your child to spell **BEENS** to help you remember to cover often-forgotten spots: **B**ack of knees, **E**ars, **E**ye area, **N**eck, and **S**calp.

Apply sunscreen 15 to 30 minutes before going outside. Then reapply every 2 hours, or sooner if your child has been swimming. Water-resistant sunscreen wears off -- check the label to see how soon you'll need to reapply.

For more information visit:

<https://www.webmd.com/children/features/summer-sun-protection-for-kids#1>

DIY Color Bubbles for Summer Fun



Supplies

- 1 ½ cup hot water
- ¼ cup light corn syrup
- ¼ cup dish soap
- Washable paint in color(s) of your choice
- 1 jar with lid, 1 bubble wand, glue, and scissors

DIRECTIONS

Mix the light corn syrup, hot water, and dish soap. Add your paint (washable finger paint works well!) Pour your colorful concoction into your jar (or any clear container you want to use.) Take a bubble wand, cut it so it fits in your jar without touching the bottom and glue it to inside of the lid. That's it! You're ready for some outdoor summer fun! [<http://www.momtastic.com/diy/174253-diy-family-fun-colored-bubbles/>]

Quick Tip #1:

Now is a good time to talk to your provider about updating your children's files before they go back to school!

- ✓ Make sure you've provided updated immunization and medical/emergency records.
- ✓ Talk to your provider about specific schedule changes like a child transitioning to a new school schedule, or participating in a new sport or after-school activity.

Quick Tip #2:

Many children become nervous about new situations, including changing to a new school, classroom, or teacher. This may occur at any age. If your child seems nervous, it can be helpful to rehearse entry into the new situation. Take them to visit the new school or classroom before the first day of school. Remind them that there are probably a lot of students who are uneasy about the first day of school. If your child seems nervous, ask them what they are worried about and help them problem solve ways to master the new situation.

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