

# Parenting Matters™

A RESOURCE FOR PARENTS  
OF CHILDREN IN GRADES 1, 2, and 3



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(360) 473-4400 [www.bremertonschools.org](http://www.bremertonschools.org)

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## Open Up With a Book

Books tell about all of life's issues.

When you want to talk about your child's temper, read a book.

When you want to talk about her shyness, read a book.

When you want her to learn about saying please and thank you,  
read a book.

When she gets angry with her friends, read a book.

The nice thing about a book is  
that it is about someone else.

When she has a chance to talk  
about someone else's problem, it is easier.  
So pick out a book. Help her learn to read.

Have some close time together.

And at the same time,  
talk about some important issues in her life.

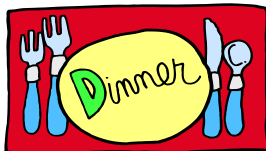


## RAISE YOUR CHILD'S SELF- IMAGE



Never compare your child  
with others, including siblings.  
Remember, she needs  
to be appreciated  
for her own unique personality,  
talents, and abilities.

*Simple Ways to Boost Your Child's Self-  
Esteem*, [www.healthykids.com](http://www.healthykids.com)



## Preventing Problems

Make it a habit to eat  
dinner together.

Families that do this  
have fewer problems and are  
even less likely to use  
drugs or smoke.

This is a great place  
to solve problems and  
talk about the world.

Be sure to turn off the TV.

[www.veaweteach.org/articles\\_print.  
asp?ContentID=413](http://www.veaweteach.org/articles_print.asp?ContentID=413)

**"Every artist was at first an amateur."**

—Unknown

## Using Your Time Wisely

Showing your child that you are interested in his daily experiences  
may make him a better student.

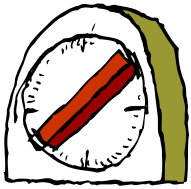
Short bits of time, such as when you are riding in the car or  
walking to the bus together, are great times to ask what he is learning  
in school or what his after-school group is planning.

The important thing is to talk together  
whenever you have the time and  
to talk to him about something that interests him.

You may as well make the most of the drive  
to school or the trip to the store.

*Tips for Raising a Successful Student*, <http://school.familyeducation.com>

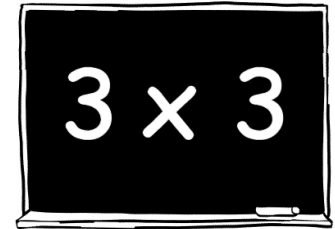




## PLANNING AHEAD PREVENTS TANTRUMS

Setting a timer or talking about a deadline for your child to finish something he is doing helps prepare him to transition from one activity to another. For example, saying "after the second story has been read, it will be time to go to bed" or "after you read your book for school, it will be time for your bath," can help prepare him for the change. Being mentally prepared for such a change will reduce your chance of having to deal with a temper tantrum.

*Temper Tantrums: Guidelines for Parents*, National Association of School Psychologists, [www.nasponline.org](http://www.nasponline.org)



## Multiplication

**If your child is having difficulty memorizing his multiplication facts, try using flashcards.**

**Work on only one set of facts (such as the 2's) at a time.**

**You can also try the "see it-say it-write-it" plan, where he sees the fact, reads it aloud, and then writes it down. Since some children remember better when viewing, some when listening, and some when physically involved (writing), you'll have all your bases covered.**

*Help Your Child Ace Her Next Multiplication Quiz*, <http://school.familyeducation.com>

## Take Time to Laugh

Research shows that laughter improves circulation, lowers blood pressure, and strengthens our immune system – all good reasons to put a lot of laughter into your life. Learning to laugh is also important for your child's healthy development. Encourage her to share funny stories she hears and make time to do something silly every day. This is a great time to laugh at her funny jokes. Poke fun at yourself for small errors and show her we all make mistakes. Laughing makes day-to-day living much more fun.

*Why Laughter Is a Sign of Learning*, [www.healthykids.com](http://www.healthykids.com)



## Discipline

How you discipline changes as your child grows. Now that he is in school, he is

at an age where allowing him to experience the consequences of his decisions and actions is a good way to discipline.

Examples of discipline using consequences would be telling him, "If you don't wear a jacket, you could get very cold." Then it is up to him to decide and you have to be willing to accept his choice. You only do this if you are sure his choice would not be unsafe. Learning about and accepting consequences is a lesson all people need to learn.

*Parenting Today*, AAL, WI, 1995



## What is Self-Esteem?

*Self-esteem* is how your child sees himself and it comes from how you tell him you feel about him. For example, if you view him as smart, he will believe he is smart. And if he views himself as smart, he is more likely to work at a task until he completes it even if it is difficult. As you might expect, if he has high self-esteem he is much more likely to do better in school.

Think about ways you can help him raise his self-esteem. There are things you do every day that make a difference in how he feels about himself. You can raise his self-esteem. Give it a try; it really is important in how well he does in life.

Mather, N. and Goldstein, S., *Learning Disabilities and Challenging Behaviors: A Guide to Intervention and Classroom Management*, Brookes, MD, 2001.





## Are You "Mr. Nice Guy"?

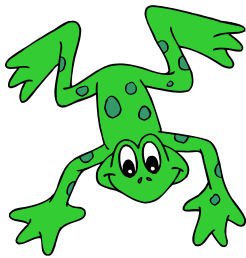
Whether you're mom or dad, you can be considered a "nice guy"—one who responds to his child's misbehavior in a calm way. The difficulty arises when your child refuses to respond and continues her behavior and builds your frustration level until you finally explode. Since she wasn't expecting this reaction, she becomes frightened.

When she doesn't know what to expect, it makes it difficult for her to do the correct thing.

As the parent, you need to find a happy medium and use it each time. When your child knows what to expect, discipline is easier and you will both be a lot happier.

Greenspan, S. I., *Challenging Child: How to Understand, Raise, and Enjoy Your "Difficult Child"*, Perseus Books, NY, 1995.

## Science Is All Around You



Your child is a born scientist. All you need to do is give her a chance to understand what science is all about.

Take her to the zoo, a museum, a planetarium, a pond, an aquarium, a farm, or the beach. Don't try to see everything in one visit.

Let her just enjoy all she finds when she looks around and asks you questions. That's science!



*Helping Your Child Learn Science*, U.S. Department of Education, MD, 1992.

## Military Parents



Being a child left behind when a parent is in the military is stressful. Listening to the news makes it even more so for families. Here are some ways to help:

1. Help kids find ways to keep in touch with their absent parent.
2. Try to be reassuring, but don't make unrealistic promises.
3. Be careful about promises to call at a certain time or come home on a specific date.
4. Get in touch with other military families with kids.
5. Be careful of kids watching details of daily media coverage.
6. Help kids express themselves in this difficult time.
7. Let kids know they can help by taking good care of themselves.

Fassler, D., *Children in Military Families: Tips For Parents And Teachers*, www.militarymoney.com/home/1101923157



## Dads Really Matter

Research reports that boys who have involved fathers are less likely to get in trouble with the law as they get older. If your son is being raised with no father in the picture, find a substitute dad in a grandfather, uncle, good friend, or a volunteer from a mentoring program for him to spend time with.

We know moms are important, but that doesn't lessen the role that a male plays in a child's life. Kids need both.

*The Role of Fathers with Daughters and Sons*, www.healthykids.com

Having your child share in household chores teaches him useful skills and responsibility. Does your child have chores?

## Start Teaching About Money Early

Good money habits begin at an early age.

The National PTA recommends that by the time your child is 8 years of age, he should have his own savings account.

Then, when he receives his allowance or a gift of money, you should help him decide how much will be saved before he makes plans to immediately spend it all.

It's never too early to begin putting something aside for the future.

This is something that needs to be taught and also modeled.

*Allowance Tips: Good Money Management Begins with an Allowance*, <http://life.familyeducation.com>



## Making the Most of Television



While it is really important for you as a parent to keep control over the times your child watches television, it still has a place. You can add value to your child's television viewing by talking about what she has learned from the programs she watches. If she has a favorite character from one of the programs, help her make a puppet or write a story about him. If she watches a show about farm animals or the circus, visit the library and bring home books that explore the same theme. Make the television more than just a baby-

sitter, make it a learning tool.

*Helping Your Preschool Child*, U.S. Department of Education, [www.nochildleftbehind.gov](http://www.nochildleftbehind.gov)

This newsletter is being published for you by the Bremerton School District & Naval Avenue Early Learning Center.



If you have any questions, comments, or ideas, call (360) 681-2250 or email [info@parentingmatters.org](mailto:info@parentingmatters.org) or [sandy.hendrickson@bsd.wednet.edu](mailto:sandy.hendrickson@bsd.wednet.edu)

## Laying the Foundation

Your child doesn't have a lot of homework right now but what you do today will influence how he does homework in the future.

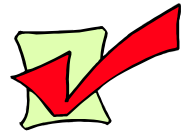
Set aside time each day when he works on whatever he learned in class.

Definitely spend time reading each day; he can read some by himself and some with you.

Limit television and emphasize learning and active playing.

This builds a great foundation for future school years.

## Check Up On Reading



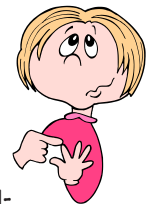
As your child becomes a better reader, he needs to be able to make connections and draw conclusions from what he reads. He is able to connect what he reads with his own experiences.

Basically, he understands what he has read. See if this is happening.

*Learning Checklists*, U.S. Department of Education, MD, 2007.

## Learning Math at Home

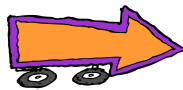
As a parent, you are an important part of your child's teaching teams. You want your child to have a positive can-do attitude. Children who are read to read better and students who enjoy math at home through activities, puzzles, and games do better in mathematics. Measuring in cooking and crafting, playing adding games, counting your change each night, and practicing problem solving at the store all help your child learn math.



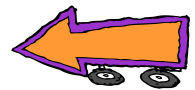
## The Best Advice

If your child lets you know that he or she is being teased or otherwise "bullied" at school, he is asking for help. In cases like this it is important for him to tell you or someone from the school. Parents and school personnel can work together to put a stop to this kind of behavior. Don't assume this is only happening to boys because girls also bully and are bullied. Studies show that schools that "crack down" on these types of behavior experience less of it.

*How to Help if Your Child is Being Bullied*, [www.kidshealth.org](http://www.kidshealth.org)



## SMART CLUB



Naval Avenue Early Learning Center is proud to offer an extended day program in reading and mathematics. SMART Club stands for Supplemental Math And Reading Time. Two teachers and two assistants will offer 45 minutes of instruction for K-3 students. Exciting learning materials are used in active lessons and small group instruction. Transportation is provided and as well as a breakfast before school.

Naval Avenue Early Learning will also offer promising math students to learning through Math Explorers and Early Explorers. Students will meet once a week for a 6 week session. Advanced math students will spend an hour together improving their math skills through puzzles, games, and activities. We are happy to be able to include a few of our preschoolers along with kindergarten and first graders in this group.