



A Newsletter for Parents of Young Children

WINTER 2018

The Parent Line

Ways to show compassion

Compassion is a character trait that is present in everyone; however it is also a trait that sometimes gets forgotten. For that reason we have to teach our children how to show compassion.



ONE WAY to show compassion is to smile at people. If we show our children that we use a happy face when we meet and talk with people they are inclined to use a happy face in their play with their friends.

We at The Parent Line cannot say enough about the importance of listening to your child and teaching them compassion. The Parent Line is a free statewide phone line that can brainstorm other ways to teach children compassion or provide support over the phone. Please call us at:

808-526-1222 or 1-800-816-1222

COMPASSION CAN BE SHOWN by saying encouraging words when you are talking with people and especially to your children. Remember how good positive words make you feel when people use them in talking to you. You may need to encourage your child by giving them some examples of words to use when they are talking to their friends. Words like thank you, please and excuse me will be noted and your child will soon use the positive words without your encouragement.

ANOTHER WAY to show compassion is to practice acts of kindness such as donating clothes to the needy, serving meals during the holidays, or holding the door open for the person who enters a building after you.



Source: Katie Krawczyk - Montessorirocks.org/10-ways-to-show-compassion

Suggested Reading

Books Available at the State Libraries

TREES OF CRANES

By Allen Say

ARTHUR'S PERFECT CHRISTMAS

By Marc Brown

IF YOU TAKE A MOUSE TO THE MOVIES

By Laura Numeroff

I AM MARTIN LUTHER KING JR.

By Brad Meltzer and Christopher Eliopoulos

HOW TO CATCH SANTA

By Jean Reagan

FLY AWAY HOME

By Eve Bunting

For more information about State Libraries visit www.librarieshawaii.org

Winter Activity

Sensory Activities

One great skill building activity that can be done indoors are Sensory activities. Collect small toys that can be hidden in play dough, Styrofoam peanuts, or crinkle cut paper.

Place the items in a medium size plastic tub on a shower curtain on the floor. Work with one tub at a time. Hide the toys in the tub with the sensory materials and watch your toddler have a ball looking for treasure.

Sensory activities like this are not only fun for children but they also help enhance multiple skills. During the play you can work with your child to compare the size of toys, count them or even sort and group the toys.



SPECIAL DAYS TO REMEMBER

December 7: Pearl Harbor Remembrance Day

December 25: Christmas Day

JANUARY IS INTERNATIONAL CREATIVITY MONTH

January 1: New Year's Day

January 21: Martin Luther King Jr. Day

FEBRUARY IS NATIONAL PARENT LEADERSHIP MONTH

February 14: Valentine's Day

February 18: Presidents' Day



A Parent Asks

Q: How do I limit the amount of time my children spends on technology devices?

A: The best way to limit the amount of time your children spend using technology in the home is to limit the number of items you purchase for their use. Another way to limit use is to set a time limit on the use of tech items on a daily basis. Some parents do not allow the use of tech items during the week and offer limited minutes of use on the weekend.

Parents can offer the children games or activities with the family. Parents may read books with their children, visit the zoo, museum, playground or other places of interest to the children.



Remember, the main resource for your children is to make yourself available to spend time with them.

Spotlight on Safety

During the holidays we may find ourselves spending more time in shopping centers. Its important to keep safety in mind when **SHOPPING WITH YOUR CHILD:**

STORE DISPLAYS – Discourage exploration. Your child may think that crawling underneath a display or clothing rack is tons of fun, but they could accidentally pull the whole thing down on top of them.

SHOPPING CARTS- Keep your child out of the basket. Buckle them into the fold-down seat of the cart instead. Always stay within arm's reach of your child when you go shopping – it only takes a second for them to fall or a cart to tip while your back is turned.

ESCALATORS – Hold your child's hand so you can guide them on and off the escalator and make sure that their fingers do not get stuck in the gaps of the escalator's handrail. Tell your child to stand still and face forward.

ELEVATORS – Mind the gap, your child could trip or their foot could get stuck. Stand at the back of the car if possible. Be mindful of elevator doors – that is where most injuries happen. Never try to stop the doors from closing with your arm, foot, bag, or stroller.

GOT A WANDERER? - Keep your child occupied. Take along books and small toys to entertain them while you shop. If your child wanders off, alert store personnel and mall security – they may have procedures in place to help you find them. Go back to the last place you saw them, calling their name as you go.

Source: Parents magazine December 2007