

# Parents as Partners

## Did You Know?

While negative emotions, such as anger, fear, and disappointment, can be disruptive, they are normal feelings that we all have. Instead of distracting your child or dismissing his negative emotions, spend time helping your child understand his emotions and how to handle them.

## Try It Out

1. Pay attention to your child's mood, behaviors, and expressions of emotion.
2. Don't distract your child from his emotion. For example, if he is feeling sad don't say, "Let's go bake some cookies."
3. Don't punish your child for his emotions. For example, if your child is crying because he is afraid of the dark, don't dismiss his fear by telling him it is silly to feel that way.
4. Label emotions for your child if he is not able to do so. For example, say, "You seem sad," or "I can see you are angry about leaving."
5. Talk about appropriate ways to handle fear, disappointment, or anger. For example, if your child is angry about leaving the park, make a plan for the next park visit.

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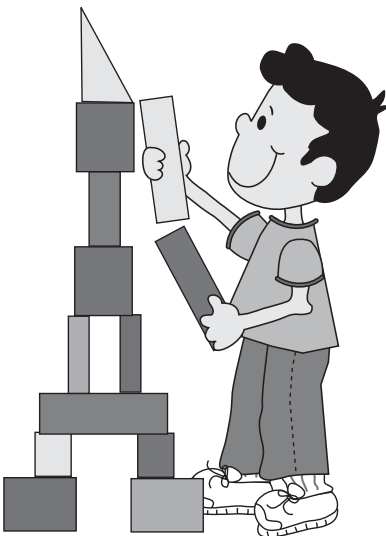


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## Did You Know?

Toddlers are easily frustrated and hitting is a common result of this frustration. There are ways to help a frustrated toddler calm down and redirect hitting behavior.

## Try It Out



1. Teach your child that hands are not for hitting. Discuss ways to relieve frustration without hitting. For example, encourage your child to stomp his feet, flap his arms, or kick into the air.
2. Teach your child the positive tasks his hands can do. We use our hands to give a high-five, throw balls, pour milk, open a door, play with a toy, clap, and hug.
3. Redirect frustration. Teach your child a "mad dance" that includes stomping, kicking, and jumping. Once your child starts dancing, he will likely be redirected from anger to silliness. Dance along with him and you are sure to get a laugh.
4. Teach your child to prevent frustration by taking deep breaths.
5. When you see frustration building, give your child some stress-releasing activities, such as squishing play dough or digging in the sand.

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## Did You Know?

Germs are all around us. It is never too early to teach your little one about germs and how to stay clean and healthy. Here are simple things you can do to help protect your toddler from germs.

## Try It Out

1. Explain that even though we can't see them, germs are found in many places, such as on the floor, toilets, tabletops, door knobs, and even in our own bodies. Encourage your child not to share her cup, spoon, or food with others.
2. Teach your child how to blow a kiss when she is sick so she doesn't spread her germs.
3. Teach your child how to wash her hands. Two-year-olds should be able to wash their hands by themselves. Help your child adjust the water temperature and encourage her to wash tops, bottoms, and in between fingers.
4. Teach your child how to use a tissue to wipe her nose and then how to toss the tissue in the trash and wash her hands.
5. Demonstrate coughing into the crook of your elbow.
6. Keep your child home when she is sick.



### Looking Ahead

Please donate your recycled paper towel tubes to our classroom for some of our bug activities next week.

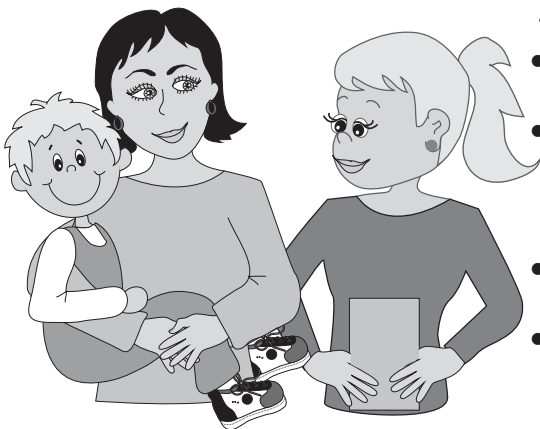
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# Parents as Partners

## Did You Know?

When children have a warm and secure relationship with their caregiver, they get along better with others, explore the environment more earnestly, develop better thinking skills, and build a foundation for secure relationships with future teachers.

## Try It Out



- Work as a partner with your child's caregiver. Exchange important information and anything that will help your child feel more secure.
- Do not think of the caregiver as a replacement. The best available research supports the notion that caregivers can and need to become a secondary attachment that will not replace the bond between parent and child.
- Talk about the caregiver fondly when away from school. Ask your child about the caregiver and what things they did together at school.
- Don't let your child see your distress when you leave her with a caregiver. Help her know she is in a safe place with someone who will care for her.
- Say "good-bye" and always let your child know you will be back soon.