

Parents as Partners

Did You Know?

Respecting diversity means seeing differences in people (gender, age, religion, ethnicity, family structure, ability levels, body type, ideas) as normal and positive. We want children to see people as individuals and not as stereotypes. We want children to understand that people can share similar characteristics and also have differences. Coach your child to value diversity.

Try It Out

1. Model respect for others. Your child is aware of your behaviors and determines how she feels about others by watching you.
2. Prevent your child from viewing television shows that promote stereotypes.
3. Read books that embrace diversity. Choose books that present females in typically male roles and cast females as heroines. Read books that show diversity in families (structure, celebrations, customs). Share books about diverse cultures.
4. Travel with your child.
5. Treat differences among people as a natural part of the world to be accepted and explored. Reframe hurtful statements your child might make. For example, if your child says, "He is fat," reframe the thought by saying, "People come in all sizes."



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Did You Know?

Sick children do not belong in group care. When everyone abides by the rules and keeps sick children at home, the overall health of children in group care is improved. This may at times be challenging because of your employer's expectation of attendance. It is important to have a plan.

Try It Out

- Think ahead about options for days when your child needs to be away from group care.
- Solicit relatives and neighbors to be available on call when you need their help.
- Research people in your area who take care of moderately-ill children.
- Consider forming a co-op with other parents. If two of you have a sick child, you can take turns taking a day off.



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Did You Know?

Children need quality experiences outdoors to develop an attachment to nature and the earth. As they become more attached to the outdoor environment, they will grow up to be conservators of the earth. Despite all the reasons children are not spending time outdoors (safety issues, time issues, space issues) make a commitment to help your child fall in love with nature.

Try It Out

- Spend time outdoors with your child. Plant a garden, build a tree house, or play games.
- Take your child on a camping trip or to the beach.
- Go on nature walks. Call attention to bugs, plants, birds, and other interesting things you find along the way.
- Visit national forests. There are ranger programs in all national parks that have programs designed specifically to promote the "goodness of earth."
- Watch nature programs with your child.
- Recycle and involve your child in the process.



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Did You Know?

Research identifies seven key skills children need to be successful in school and in life (Schiller, 2010). These seven skills were identified several decades ago and are validated by current research. These skills are the foundation of academic success. There are small things you can do each day to help children grow in these seven areas.

Try It Out

Self-confidence

Give your child opportunities to solve child-size problems, such as figuring out how to divide a sandwich with a sibling.

Curiosity

Help your child fall in love with nature by planting a flower bed together.

Self-control

Help your child label emotions and brainstorm ideas that might help him feel better.

Relatedness

Model appropriate ways to interact with others (making eye contact, speaking in a clear voice, being willing to compromise).

Intentionality

Offer your child three choices and then help her carry out the plan.

Communication

Encourage your child to speak in front of others. Do not speak for him.

Cooperation

Play games with your child where everybody "wins," such as working a puzzle together.