

Early Childhood Connections

Special Request!

- > We want to hear from you!
- > What topics would you like us to include in future editions?
- > What websites do you frequent when looking for child development and parenting information?
- > What favorite children's book would you like others to know about?
- > Email or call our office and let us know!



Joint Preschool Recruitment Events Announced

Northeast Michigan Community Service Agency Head Start in Mecosta and Osceola Counties along with the local Great Start School Readiness Programs in Big Rapids, Reed City and Chippewa Hills Public Schools will hold joint recruitment activities for their preschool programs starting in March.

These Preschool Partnership recruitment events will take place throughout the spring. Children ages 3 and 4, including those with special needs, are encouraged to

apply. Some five year olds may be accepted into Head Start.

The basic goal of these programs is to encourage well-rounded development. This is accomplished through teaching health, language, self-help, socialization, large and small muscle, and cognitive (thinking) skills. Teachers, community professionals, coordinating staff and parents work together to meet this goal through center and home-based program options. Anyone interested in

applying for these preschool programs should contact the designated person below.

Some class lists will be determined this spring, so it is important for parents to schedule their appointment now!

Big Rapids Area

Julie Wellman
1-800-898-6650

Chippewa Hills Area

Linda Wernette
1-989-967-3237

Reed City/Evart Area

Sue Cassavoy
1-877-539-7780

Morley/Stanwood Area

Karen Schneider
1-866-592-9605

Inside this issue:

Calendar of Events & Activities	2
Sleep Guides	3
Three things they remember	3
Book of the Month: Jamie O'Rourke	3
Recipe: Leprechaun Milkshake	4
Leprechaun Mischief	4

Stop the tattling!

"Mom! Jake hit me!" "Mom! Grace took my toy!" "Mom!" You get the idea. Tattle telling can sound like nails on a chalkboard.

Author Ginger Plowman boils tattling down to this, "Tattling is typically motivated by one sibling taking pleasure in the other sibling's suffering."

So how do you curb your tattler's instincts to keep


running to you whenever he is mad at his sister or doesn't get his way? Plowman makes the following suggestions:

- Help your child understand his motivations.
- Tell your child why tattling is wrong.
- Teach your child how not to tattle.

- Give your child opportunities to practice their skills.

These steps may take some time, but once you show your child some alternatives, tattling should diminish. Information for this article was taken from Ginger Plowman's article, "Taming the Tattler." For more articles from Ginger, visit her website at www.gingerplowman.com.

All Playgroups are from 9:30—11:00 AM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Big Rapids Playgroup <small>Parenting Classes—5-6:30 PM at IMMCAA Call/231-629-6389</small>	3 Remus Playgroup	4	5	6	7
8	9 Big Rapids Playgroup <small>Parenting Classes—5-6:30 PM at IMMCAA Call/231-629-6389</small>	10	11	12	13 Reed City Playgroup	14
15	16 Big Rapids and Morley Playgroup	17 Remus Playgroup 	18	19 Better Kid Care Workshop—6-8 at MOISD	20 Evart Playgroup <small>Keith Pentz Workshop MOISD 8:30-4</small>	21
22	23 Big Rapids Playgroup <small>Parenting Classes—5-6:30 PM at IMMCAA Call/231-629-6389</small>	24	25	26	27	28
29	30 Big Rapids and Morley Playgroup	31 Remus Playgroup				

How much sleep is your child getting?

"I'm not tired yet!" "I don't want to go to bed!" "Can't I just watch my show so I can go to sleep?"

It seems as if children have an internal need to challenge parents on every decision that parents make for their child, good or bad. However, sleep and bedtime seem to be the biggest challenge of all. Differing opinions, family advice, television and plain exhaustion on the family's part all take a role in how bedtime is approached.

Getting enough sleep is an important part of a healthy, happy lifestyle. Amidst all the challenges parents face, there are ways to change unhealthy patterns

and help your child get the quality sleep he or she needs.

Understanding why your child needs sleep is the first step to helping the bedtime routine become a priority. According to Pediatricians, getting enough sleep can cause problems such as:

- Reduced coordination and reaction time.
- Difficulty paying attention at school and reduced memory retention.
- Increased irritability, rising frustration, and difficulty controlling emotions. (Temper tantrum anyone?)

Knowing how much sleep your child needs helps to create a starting point to begin your bedtime routine, which can consist of things such as bath, cuddling with a bedtime story, kisses, hugs, prayers, and low lighting.

Understanding that children's needs for sleep change as they grow allows flexibility for later bedtimes as they mature. This guide also included both nighttime sleep and daytime naps.

- 0-3 Months: 14-20 hrs
- 3-6 months: 14-16 hrs
- 6-12 months: 13-15 hrs
- 12-24 months: 12-14 hrs
- 2-4 years: 11-13 hrs
- 4-7 years: 10-12 hrs

Three Things They Remember

Best-selling author and psychologist Mary Pipher says there are three things that we usually remember with great happiness from our childhood—time outdoors, vacations and family meals.

So how does your family rank in all three: How much time do you

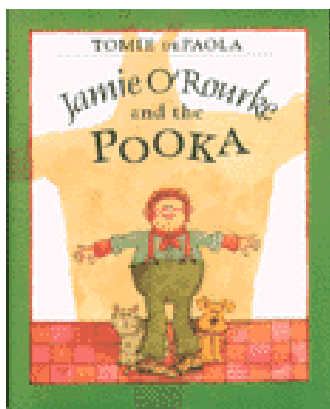
spend together outdoors? Are your family vacations filled with joy? Remember, vacations don't have to be expensive to be fun. And how many dinners do you all share?

Answer these three questions well and you'll have kids who will always remember the great

parents they had. For more ideas for dad, turn to All Pro Dads at www.allprodad.com Article taken from All Pro Dad.com play of the day.

"It is better to bind your children to you by a feeling of respect, and by gentleness, than by fear."

~Terence



Book of the Month: Jamie O'Rourke and the Pooka

Jamie O'Rourke is the laziest man in all of Ireland. When his wife, Eileen, goes visiting, Jamie's friends come around and together, they leave the once-clean house a MESS! But then, at night, a Pooka comes up and cleans it all up. LUCKY Jamie!

We don't want to reveal the ending, but go out to your library and grab this book today to find out what happens to Jamie, the Pooka and the house when Eileen returns. While you're at it, pick up the other adventures of Jamie O'Rourke and more Irish tales written by Tomie dePaola to

by Tomie dePaola

celebrate this green month of March!

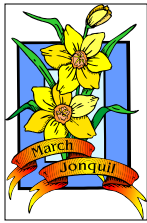


Early Childhood & Parenting Programs

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Big Rapids, MI 49307

Phone: 866-592-9605
Fax: 231-796-9971

Web: www.moisd.org/ASAP-PIE



Make an Early Childhood Connection! Check out these links:

- www.ecic4kids.org
- www.4cchildcare.org
- www.milhs.org
- www.michiganschildren.org
- www.bornlearning.org
- www.aap.org

Try This Recipe!



Leprechaun Milkshake

Ingredients:

- 4 Cups milk
- 1/2 Cup or one large pistachio pudding mix package
- 4 Scoops vanilla ice cream

Add ingredients together in a blender and mix.

How about decorating the table to go along with your St. Patty's Day festivities?

- Gold Glitter
- Green Tablecloth
- Green Paper

Bring a little fun (and luck!) to your table simply by adding a green tablecloth and sprinkling gold glitter down the center. Your kids will have a ball decorating. They can cut clover shapes out of green paper.



Up for a little Leprechaun Mischief?

At our house, the month of March brings along with it those pesky little leprechauns. You know who I mean, the little guys who love to play tricks and hoard all their gold? These little green-loving guys have a field day with all their green messes, tracks and color changing.

They leave notes such as "*You'll never catch me!*" written in green right next to a pile of green construction paper pieces. They have been known to color a glass of milk green, leaving a sign that says "*go green today*". And I won't even get started on the piles of green toys they leave right by the children's bedrooms. Even though it's exhausting cleaning up after them, they do delight the boys and we all look forward

to their return each March. Someday, though, we tell ourselves, we will catch one of those little buggers and make them take us to the pile of gold.

What about at your house? What kind of fun and mischief does March bring into your days? Why don't you take a Saturday afternoon, gather up some cardboard, green paint, glue and dollar store gold coins and use your imagination to trap a leprechaun. It's guaranteed to bring a laugh to your time with your child and will create memories to last a lifetime. Who knows, maybe the little greenies will leave my house and head on over to yours and create some mischief magic of their own before leaving the last note of the year.... "*see you next year!!*"