

## The Wonder of Words

“Sticks and stones will break my bones, but words will never hurt me.” We teach children to say those words, but they’re not true. They are our effort to try and minimize the damage we know has been caused by another’s words. In our hearts we know that words can hurt more than a bruise or scrape, which heals in a few weeks. The words have impact on our hearts and our hearts don’t heal as quickly as our skin. Isn’t it a wonder that positive words also have power, power to create beauty and strength. We know this because someone has finally taken the steps to prove that while we may not understand the energy involved, there is an energy attached to words which can’t be denied.

Masaru Emoto has broken new ground by studying water and its ability to absorb information. Do you remember discovering some thirty years ago, that when we talked to our house plants they were healthier and more vibrant? We didn’t understand how they absorbed this energy and still have not found something that we can measure, but none the less the research shows this to be true. Masaru Emoto has done similar research with water and words. He put water in glass bottles and exposed it to information, such as a word, picture or music. Afterward the water was frozen and the resulting crystals were photographed. It was found that water exposed to positive loving words like thank you, happiness and well done formed beautiful strong crystals. Water exposed to harsh critical words such



as unhappiness and no good had weak or no crystal formation. We cannot measure the energy as it passes from our thoughts to words to the crystal, but it clearly exists. Similar research is being conducted surrounding the power of prayer and positive thinking.

How does this impact us as parents? It’s more evidence that the words and phrases you use to speak and teach your children have an impact on their growth. Positive words create strength and development. Negative and critical words create weakness and confusion. This information is a formula for teaching your child in a way that results in learning rather than the tearing down of their self esteem.

Being aware of the words you say to your child is challenging. Sometimes the

things we say are said out of habit or because they're phrases our parents said to us. The following are very common phrases that we don't mean to hurt, but may have a negative effect.

**“Are you crazy?” or “What’s wrong with you?”**

These statements imply that there is something lacking in your child or that the very essence of your child is “wrong”. Instead ask “Why did you do that?”

**“You’re out of control.”**

This statement places a negative and permanent characteristic on your child. If you tell her often enough that she is out of control, she will believe in her lack of ability to control herself. Instead remove your child from the situation until she can control herself.

**“Do you have a problem?”**

This statement implies again that there is something wrong with your child and in fact she has a problem that will keep her from succeeding.

**“You are driving me crazy.”**

This is a common statement but one that tells your child that they are having a negative impact on the people around them. You are also telling her that she has the power to drive you crazy, if she wants to use it. If you're having a hard time, change the activity. If this is a long term problem, identify the behaviors that are annoying you, figure out why and then work on change with a systematic plan.

In this country we have separated the process of teaching and discipline, teaching being a word that implies some growth and discipline being an act of controlling children. In fact they are one in the same. The word discipline comes from the Latin word

*disciplina*, which means instruction given to a disciple. The word disciple means pupil. There is no suggestion of punishment or control in its meaning, but rather to teach. To discipline is to teach. When you catch yourself saying something negative to your child in order to control or change his behavior, think about what lessons have been learned. Take your thoughts and change them into ones that are positive. The result will be positive words and will result in the growth and strengthening of your child. If the following quote is to be believed, then the positive thoughts you share will eventually change the direction of your own life.

Read: *Messages From Underwater*  
and *The True Power of Water*  
by Masaru Emoto

“Watch your thoughts; they become your words. Watch your words; they become your actions. Watch your actions; they become your habits. Watch your habits; they become your character. Watch your character for it will become your destiny.”

Unknown Internet Source

## Word Habits

Did you know it takes 21 days to break a habit. If you have a negative phrase you're using with your children, concentrate on eliminating that one phrase from your dialog for 21 days. After that, move on to other phrases or words. This may seem tedious, but you'll have more success taking it one phrase at a time, than trying to change the way you speak all at once.

# Water Fingerplays and Poems

## Water

Water, water everywhere, water all around,  
Water in the ocean, water in the ground.

Water in a river, water in a creek,  
Water in a faucet with a drip-drip leak!

Water in a fountain, water in a lake,  
Water on a flower, as day begins to break.

Water from a waterfall, rushing down from high,  
Water from a dark cloud, raining from the sky.

Water boiling hot, water frozen ice,  
Water in a blue lagoon, clean and clear and nice.

Water at a fire, gushing through a hose,  
Water in a garden, so every flower grows.

Water for the animals, swimming in the sea,  
Water, water everywhere for you and for me!

by Meish Goldish  
from 101 Science  
Poems & Songs for Young Learners



## Rain Is Falling Down

Have your child kneel for this fingerplay so he can hit the floor. The louder the noise he makes, the more fun he has.

Rain is falling down.  
(Flutter fingers down.)

Splash!  
(Hit the floor.)

Rain is falling down.  
(Flutter fingers down.)

Splash!  
(Hit the floor.)

Pitter patter, pitter patter.  
(Run fingers over the floor.)

Rain is falling down.  
(Flutter fingers down.)

Splash!  
(Hit the floor.)

## Waves in the Sea

To the tune of *Wheels on the Bus*

The waves on the sea go up and down,  
Up and down, up and down.  
The waves on the sea go up and down.  
All day long. (Make a waving motion with your arm.)

The shark in the sea goes snap, snap, snap.....  
(Clap your hands.)

The fish in the sea go swish, swish, swish.....  
(Swish your hips back and forth.)

The boats in the sea go toot, toot, toot.....  
(Make a blowing horn motion.)

# Welcome the Summer!!

## Pour, Dump, Sink, Float, Wash, Wipe and Splash

Toys for the pool can be expensive. But the truth is, your child will be interested in anything that will pour, dump, sink, float, wash, wipe and splash. The following are perfectly acceptable toys for your pool.

- different size sponges
- washcloths
- Tupperware
- plastic cups
- big plastic spoons
- large corks\*
- toy boats
- plastic pitchers
- small buckets
- balls
- strainers
- Playmobile
- Lego

\* large enough to avoid choking



## Bubbles, Bubbles

It's bubble season. If you use a lot of bubbles, then you may want to make your own. It's much cheaper in the long run.

- 2 Tablespoons of light corn syrup or glycerine
- 1 cup water
- 4 Tablespoons of Joy dish detergent

Mix together gently and place in a shallow dish. Use bubble wands to make bubbles.

Older children can use straws to blow bubbles.

## Mural Painting

Summer is a great time to make murals. You can allow your children and her friends to play freely in their diapers and then clean up with the hose.

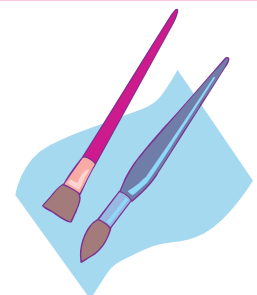
Purchase fingerpaint paper in a roll.

Unroll a four foot section and tape it to the sidewalk, the side of your house or the driveway.

Place Tempera paint or fingerpaint in small bowls and provide the children with big chunky brushes and sponges.

Allow them to create a masterpiece. Let it dry overnight.

If you would like colored bubbles, add a few drops of food coloring, but **do not** play with these indoors. They will stain your floors and furniture.



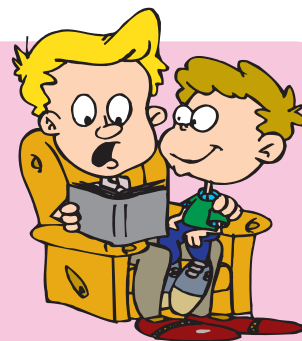
# All About Town

## Water and Pool Safety

What toddler doesn't love sitting and splashing in the pool on a nice summer day. The baby pool can be a great source of entertainment all summer as long as you follow the safety guidelines.

1. Never leave your child unattended in the pool or by an active hose. Children can drown in seconds. Bring all your supplies and your telephone outside with you. If you must go back inside, you'll have to take your child with you.
2. Baby pools for infants don't need more than three inches of water. That's plenty of water to splash and play with their pool toys. Do not overfill pools for entertainment value. When children in diapers use pools, it's necessary to dump them daily and some times more than once a day to keep them clean. Excess water will just inflate your water bill.
3. Pools for children who are sturdy on their feet can be filled to six inches. This gives them more room to experiment with laying down and putting their face in the water. You still need to dump these pools on a daily basis. The less water the better.
4. Make sure the surface outside your pool is as soft and safe as the surface under your swings. Children fall most when entering and exiting their pool. Hold their hand to avoid injury.
5. Learn CPR and keep the certificate up-to-date. Even if you follow all the rules, there's a small chance your child may experience an accident. Knowing what to do can mean the difference between a hard day and a tragedy.
6. Never allow your child to play with a hose on full force. They can point it in their eyes or mouth and injure or frighten themselves and others.

Read  
Aloud  
Book  
for  
June



**The Frogs Wore Red Suspenders**  
by Jack Prelutsky

Jack Prelutsky is a literary gift, but sometimes his humor is beyond the understanding of preschoolers. *The Frogs Wore Red Suspenders* is Jack Prelutsky simplified. The vocabulary and humor are perfect for preschoolers. For example:

I went to the store  
for a pear and a plum.  
The fruit was all gone,  
so they sold me a drum.  
I asked them for butter,  
they offered me glue.  
I tried to buy bread,  
but they sold me a shoe.

The accent is definitely on simple rhyme and light, yet obvious humor. This is one you'll read over and over.

**Happy and  
Safe  
Swimming!**

## The Story of Water

### Water Dance by Thomas Locker

Water takes on many forms on our earth. In *Water Dance* its cycles are illustrated in beautiful oil paintings and explained in soft, yet powerful lyrical verse written in the first person. Sometimes water is the mist, sometimes a lake and sometimes the rain. Only after you are awed by the tremendous presence water has on our lives are you introduced to the science of the cycle. Read the book as poetry. If children want to explore further, refer to how the water cycle works on the last few pages. (ages 3 - 10)

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### Little Cloud by Eric Carle

What child hasn't gazed up at the sky and tried to guess what the fluffy white clouds look like? What if you were a cloud? How much fun would it be to be able to change your shape whenever you wanted. This is the story of Little Cloud. He drifts through the sky with his group of clouds and uses his imagination to change into all kinds of fun and playful shapes, always drifting, always moving. His life is free and joyful. But when he's needed to do work he joins all the other clouds to make rain. This is cloud shapes from a different perspective. (ages 2 - 5)

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### The Water Hole by Graeme Base

This is one of those very beautiful books that you want in your collection but you keep on a shelf to be read with an adult. This is a counting book, puzzle book and a piece of treasured art work with a great story line. The story starts in the beginning of the season with one rhino drinking from a generous water hole. When you turn the page, there are two tigers drinking from a smaller water hole. The number of animals increases as the water hole decreases. At the end the water is gone and the landscape is gray and parched... until the rain comes. The last picture spans two pages and shows all the animals returning to the water hole. The water color and pencil drawings are rich and detailed. Spend a while gazing into the pictures and finding all the details in the beautiful jungle. Do this again and again and still discover something new at each reading. (ages 3 - adult)

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