

## Believe You Can Teach

Toddlers are loving, curious, energetic and honest little human beings. They're on a constant search for new and exciting pleasures and generally don't want anyone to stand in their way. Their search to constantly achieve and attain what they want and need can sometimes lead to problems, especially when you have four other toddlers all doing the same. If you're constantly using negative reinforcement to try and get toddlers to socialize appropriately, your home will have too much negative energy. That energy will eventually tire you and make your Family Child Care Home an unpleasant experience for the children.

Toddlers aren't born knowing the rules that will help them feel at ease in social situations. However, they are born with a need to belong and be part of a group that loves them. Teaching children how to behave must come from a place of love and respect, not anger. It's natural to react to misbehavior with a negative reinforcement such as "NO!", or, "What are you doing?", or "Stop that!" This may immediately interrupt the behavior, but changing a behavior takes observation, planning and teaching.

### Timeout ..... For Both of You

Negative or annoying behaviors repeated time after time can get on your nerves. Anyone who's had children or worked with them has had the experience of just wanting to stand there and scream. That level of frustration builds because you've tried over and over to tell the child to stop what



they're doing to no avail. When you're in that place it's not possible to process what's happening and come up with a solution. Giving yourself a time out means not reacting, because your reaction is not working. It's not bringing you closer to your goal. Acknowledge what the child is doing, remove the child and yourself from the situation, get a cup of tea and think through how you're going to approach this problem. While you're sitting there, be especially mindful of the voices inside your head. Perhaps they're saying some of the following.

"I can't take this anymore."

*Translation*

*(I'm incapable.)*

"Why is she doing this to me?"

*Translation*

*(She is more powerful than I am.)*

“I’m going to blow my stack.”

*Translation*

*(I can’t control myself.)*

“This child is just bad.”

*Translation*

*(I give up on this child.)*

Those voices are there because we’ve absorbed them from the environment. But they are useless and damaging. They keep you in a place of weakness where you can’t possibly move forward to do anything to address the real problem. As soon as you hear those phrases, STOP! You may even have to say “STOP” out loud to break up the recording. Replace the voice with “I’ve got a challenge here and I can resolve it. I can teach this child a different way to get what he wants and needs.”

Changing the language in your head does not seem like a method of dealing with an out of control toddler. But in fact what you’re doing is taking control of the situation by taking control of yourself. You’re modeling the very behavior you want the toddler to pick up. Instead of taking from this child or punishing him, which is always uncomfortable, you’re giving him a gift. You’re going to share the wisdom you’ve gained over the years in order to help him better himself and work more effectively in the group.

When you come to the place where you feel in control and you can understand your role, it becomes much easier to observe the child and come up with a plan to teach. You can watch him from a place of kindness, and understand why he behaves in this manner. By removing the thin veil of anger brought about by your frustration, you can see clearly what his motivations might be without the complications of your own emotions.

Changing your inner voices will also change the process you use to change the child’s behavior. If you see yourself and speak to yourself as one who teaches, you will naturally tend to use methods that employ more teaching and less punishment. If you believe that the only thing you can do is to keep this group of children in

line, then you will tend to choose methods that employ control tactics. Believe you can teach. Believe you have some wisdom to offer and you can change the heavy negative energy in your home to the pleasant positive energy needed to help the children grow and learn.

So, why do children get under our skin? I believe it’s their honesty. They’re like magic mirrors that only reflect a truly honest image. Toddlers especially seem to push us to our points of weakness because they can physically tire us which further thins our defenses. Every day you work with children you get to know a little bit more about yourself. Over time I’ve come to think of this as a gift few adults are capable of giving us. Most adults are too polite and kind to really make us look at ourselves. So, this month be thankful you’ve been challenged by a child and use it as an opportunity to grow as a teacher and a human being. Perhaps you’ve been put together to teach one another.

*“Before a painter puts a brush to his canvas he sees his picture mentally . . . If you think of yourself in terms of a painting, what do you see? . . . Is the picture one you think worth painting? You create yourself in the image you hold in your mind.”*

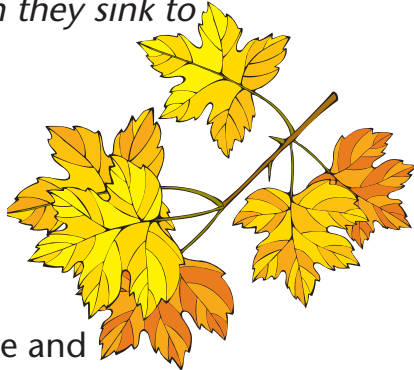
*Thomas Dreier*

# Fingerplays and Poems: Autumn



## Down by the Oak Tree

Down by the oak tree.  
On an Autumn morning.  
See all the yellow leaves  
Whirling to and fro.  
See how they twist and turn.  
Whirling, whirling, whirling.  
Down, down, down, down  
Off they blow.  
*(Have the children twist and turn  
and whirl around the floor until  
the last line when they sink to  
the floor.)*

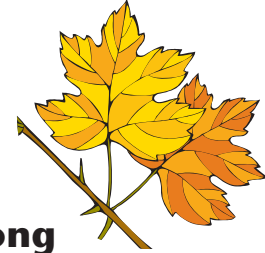


## Five Red Leaves

Five red leaves, five and  
no more.  
*(Put up five fingers.)*  
The caterpillar ate one and now there are four.  
*(Put your thumb in your palm.)*  
Four red leaves, that's easy to see.  
Along came a rain storm and now there are three.  
*(Take your index finger down.)*  
Three red leaves, nothing much to do.  
A big wind blew and now there are two.  
*(Put your middle finger down.)*  
Two red leaves, that's not much fun.  
I glued one on my paper and now there is one.  
*(Put your ring finger down.)*  
Hang on red leaf. Your branches won't break.  
You're one less leaf for me to rake.  
*(Put your pinky down.)*

## My Turkey

I have a turkey big and fat.  
*(Place arms out front to make a big belly.)*  
He spreads his wings and walks like that.  
*(Strut like a turkey.)*  
His lunch of corn he would not miss.  
*(Eat an ear of corn.)*  
And when he talks he sounds like this.  
*(Gobble and strut like a turkey.)*



## Infant Song

The leaves are dropping from the  
trees, brown and red.  
They patter softly like the rain.  
One landed on your head.

*(Gently tap baby all over like softly  
falling leaves.)*

## Happy Thanksgiving



# Five Ways to Make a Turkey Tail

Making turkey tails is great for toddlers because they can be made like a collage. No matter what their style or fine motor level the end result is quite beautiful. You'll need to be in charge of the turkey heads. Make lots of them on simple construction paper with their warble and let the children glue them to their finished tails.

## Real Feathers

You can purchase a bag of real feathers in most craft stores for a very reasonable price. They'll come in natural or brightly dyed colors. Both work just fine. All you need to do is cut heavy construction paper in the shape of the tail. You can make any size you like. Give the children some Elmer's glue and have them glue the feathers on the tail in any pattern they choose.

## Coffee Filters and Water Colors or Chalk

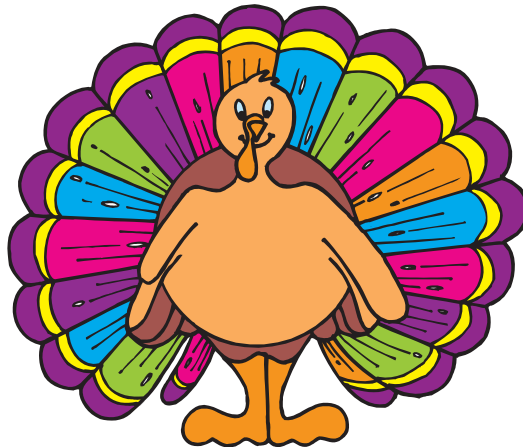
Purchase the largest triangular coffee filters the store stocks. If you think your group is ready for water paints, just have them randomly paint colors on the filter using a brush. If your group is younger, have them color the filter with colored chalk. When done, place the filter on a paper towel and dampen it using a fine mist sprayer. The colors will run together and you'll get a water-color effect.

## Hand Print Tails

Most young children love to paint their bodies, so why not give them the opportunity. Have some light colored construction paper available. Have the children use fingerpaint to paint their hands and then stamp them on the paper. Make a single turkey or a whole flock.

## Leaves

Go for a walk on a bright dry day and pick up as many colorful leaves as you can. Make sure they're not so dry that they crumple when handled. Oak and maple leaves should still be moist enough to use.



Cut heavy construction paper into tail shapes and have the children glue the leaves on their tail. They can use the leaves whole or use safety scissors to cut them into random shapes.

## Construction Paper Feathers

Cut many feathers from colored construction paper or scrap paper you've saved. Place them in your collage box and let the children glue them on paper. Make as many as you need to keep the children involved.

# All About Town

## November Trainings

### First Aid and CPR Classes

Learn basic procedures for emergencies, sudden illness and accidents. Those who pass the test receive a New Jersey recognized First Aid and CPR certificate valid for two years.

**All sessions are 9:00 am sharp to 3:00 pm**

**Friday, November 3<sup>rd</sup>**  
Paul Robeson Center  
Rutgers University  
350 Martin Luther King Jr. Blvd.  
Newark

**Saturday, November 11<sup>th</sup>**  
Programs for Parents  
500 Bloomfield Avenue  
2nd Floor  
Montclair  
**Cost: \$30**

### Health and Safety

Providers will be assisted in identifying symptoms of common communicable infections and preventing and controlling their spread. Standard precautions, as well as when to seek medical help, will be addressed.

*Child Care Training Credits: 3 Hrs*

**Saturday, November 4, 2006**  
9:30 am - 12:30 pm  
**Newark Public Library**  
5 Washington Street,  
4th Floor Auditorium  
Newark  
**Cost \$15**

### Managing Stress

Providers will learn techniques for preventing and reducing stress in their businesses through effective organization, planning and resource development. This workshop also includes designing a personal care plan for health throughout the coming years.

*Child Care Training Credit: 3 Hrs*

**Saturday, December 2, 2006**  
9:00 am - 1:00 pm  
**Newark Public Library**  
4th Floor Auditorium  
5 Washington Street, Newark  
**Cost: \$15**

### Curriculum Planning for Family Child Care

What is a 'curriculum' and what can it offer you? Providers will review several family child care curriculum models that strengthen programs and promote optimal development of children.

*Child Care Training Credit: 3 Hrs*

**Friday, November 10, 2006**  
9:30 am - 12:30 pm  
**Programs for Parents**  
33 Washington Street,  
Lower Level  
Newark  
**Cost: \$15**

## It's Not Too Late

### NAEYC Annual Conference

Atlanta, Georgia  
November 8 - 11

at the

Georgia World Congress Center

Go To:

[www.annualconference.naeyc.org](http://www.annualconference.naeyc.org)

### NJAEYC

Atlantic City, NJ

November 3<sup>rd</sup> and 4<sup>th</sup>

Atlantic City Convention Center

Call: 732-329-0033

or

Go To: [MAIL@NJAEYC.ORG](mailto:MAIL@NJAEYC.ORG)

## Just Published Thanksgiving Stories



### Off to Plymouth Rock by Dandi Daley Mackall

This chunky board book tells the story of Thanksgiving in light and cheerful lyrical rhyme. Each verse ends with "Off to Plymouth Rock" until the Pilgrims arrival. "Here at Plymouth Rock" closes each verse as the author describes the experience of the new world to toddlers. The combination of the colorful illustrations and the engaging historical story helps toddlers understand why we celebrate Thanksgiving. (ages 1 - 4)



### Thank You Thanksgiving by David Milgrim

The simplicity of the text and illustration purify the important message in this story as a little girl walks through her day and thanks everything and everyone she touches. She thanks her warm boots, music, pretty clouds, a rabbit and her Mom. She thanks snow people, the mixer she uses to make Thanksgiving dinner, and she finally thanks Thanksgiving Day. The very blocky, lightly shaded illustrations bring home the simplicity of the message. It's about just being Thankful. (ages 2 - 6)



### The Hoboken Chicken Emergency by Daniel Pinkwater

Arthur is so excited. It's his responsibility to pick up the Thanksgiving Turkey. Unfortunately, there are no turkeys left, which is fine because no one in the family really likes turkey, so he buys a chicken. A 266 POUND CHICKEN. Henrietta, the chicken, turns out to be quite a find and leads Arthur on an hysterical adventure. Children ten to twelve can read this alone. Parents can read a few chapters a night to younger children and laugh along with them. (ages 4 - 13)



### The Thanksgiving Door by Debby Atwell

Ed and Ann were alone this Thanksgiving, and Ann has burned the Thanksgiving turkey. Refusing to miss the Thanksgiving meal, they head for the local diner. The door is open, so they enter and see a lovely banquet table. The family who runs the diner is upset that they have left the door open and that visitors are interrupting their dinner. But not Grandma. Grandma knows the meaning of Thanksgiving and had she not secretively wedged that potato in the door, Ed and Ann would not have had such a marvelous day. A great reminder to all of us. (ages 2 - 7)

## WARMLINE

Providing you with practical, accurate information on health, behavior issues and regulatory information relating to the children in your care.

**1-800-713-9006**



### Directory

Montclair Office  
973-744-4050

Newark Office  
973-297-1114



### Childcare Matters

November 2006  
Newsletter 96

#### Writer/Editor

Elizabeth A. Allen

#### Copy Editor

Simona Bana  
Susan Boyle

#### Page Layout

Elizabeth A. Allen

#### Distribution

Simona Bana  
Family Child Care  
Department

#### Published by

Programs for Parents  
Barbara Fedoroff, CEO  
20 Church Street  
Montclair NJ 07042  
973-744-4050

*Childcare Matters* (copyright pending) is a monthly newsletter published for Registered Family Child Care Providers and parents using their services.