



Families

Understanding

Needs

TAKING THE STING OUT OF BEHAVIOR

Have you been told or do you wonder if your child has a “BEHAVIOR PROBLEM”? How do you expect a child to “BEHAVE” in the home or school environment? Making children behave is an impossible task, but we can influence them in more positive and guided directions. There is always a reason why children exhibit inappropriate behavior. Actually, much of a child’s behavior is adult controlled by the adult’s reactions, methods of discipline and consistency used with the child. We should never assume a child understands appropriate behavior without an explanation or modeling of what is expected of them.

These are some of the issues on BEHAVIOR that you will discuss at our FUN training “Taking the Sting Out of Behavior”. You will learn about the Behavior Cycle and how it works. What is the difference between PUNISHMENT and DISCIPLINE? What are some reasons children may exhibit inappropriate behaviors and in what way may adults trigger these inappropriate behaviors are discussed. You will also learn the 5 behavior types. After recognizing the behaviors you will learn some techniques that can be used to support, encourage and teach the skills needed to effectively change behavior. If we don’t take the time to understand the why of a

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child’s behavior; are we really of any benefit to the child?

“Taking the Sting Out of Behavior” is one of ten FUN trainings Ohio Coalition for the Education of Children with Disabilities has designed to help families and professionals. All of the trainings are free and come with a booklet!

NEW FREE AUDIO CONFERENCING via your phone. See insert for more information and to register. Dates and titles are listed below:

Jan 13	Visually Impaired
Feb. 24	Parent/Prof. Communication
Mar 17	Transition Drives the IEP
April 3	Understanding ADHD
May 12	Behavior Focused IEPs
June 17	Is Your Child a Target of Bullying?
July 30	Understanding the Evaluation
Aug. 25	Deafness/Hearing Impairment

For a complete list, times and details of our trainings or to schedule one, visit our website at www.ocecd.org or call 800-374-2806.

Winter is a FUN time for holiday and sports activities with family and friends. So enjoy the winter days and have FUN with your children and a little hot chocolate also!



Ohio Coalition for the Education of Children with Disabilities

165 West Center Street, Suite 302 * Marion, Ohio 43302 * 1-800-374-2806

BOOK REVIEWS

HOW GROUNDHOG'S GARDEN GREW

By Lynne Cherry

Little Groundhog loves to eat the fresh vegetables he finds in his neighbor's garden – until one day he makes a friend who teaches him the joy of planting a garden of his own.

Join naturalist Lynne Cherry as she introduces children to the cycle of an entire gardening year: gathering seeds in fall; storing them in winter; planting in spring; weeding and watering in summer; and a delicious bountiful harvest at Thanksgiving time. From start to finish, here is an exuberant celebration of friendship, sharing, and the wonders of the natural world.

Ages 3 thru 10

STELLALUNA

By Janell Cannon

After separated from her mother before she is old enough to fly, Stellanuna finds out that not all winged creatures eat fruit. Swallowing food that crawls is just one of the many amazing things this little fruit bat must learn to do. Not all are lessons in survival, however, for as Stellanuna adapts to the habits of her new family, she learns the essence of friendship in humorous and touching ways.

Janell Cannon's love and respect for all creatures inspired her to choose bats as the subject of her first children's book. There are 2 pages after the story of Bat Notes telling all about bats.

Ages 4 thru 8



BOUNDLESS GRACE

By Mary Hoffman

Illustrated by Caroline Binch

This sequel to *Amazing Grace* tells of the spunky heroine, Grace. Grace is reunited with the father she barely remembers. He left home when she was very small and now lives in Africa with his new wife and children. Grace feels strange when he invites her to visit.

Nana is with her to offer support and advice, and Papa and his new family do their best to make her welcome. But Grace begins to feel pulled apart and wonders if she can cope with two families. When Nana tells her that "families are what you make them," it helps Grace to deal with a dilemma shared by millions of children whose parents no longer live together.

Mary Hoffman and Caroline Binch once again prove to be a winning team in this poignant story of a father and daughter separated by continents but still joined at the heart.

Ages 6 thru 12

FUN AND EDUCATIONAL WEBSITES

www.pbskids.org/lions the award winning PBS television series Between the Lions and offers tons of expert-approved games, stories, video clips and activities – all aimed at reinforcing the literacy mission of the series.

www.quest.nasa.gov NASA Quest connects K-12 classrooms with people, research and science through mission based interactions and activities.

www.ohiofcf.org is the Family and Children First web site. You can find addresses and phone numbers for all counties and all regions of Ohio.

WHAT'S HAPPENING NOW!

INCREDIBLE YEARS



Flying Colors Public Preschool and Pathways of Central Ohio have joined forces and funds to provide the award winning *Incredible Years* program to preschool children and parents. *Incredible Years* is a research-based, proven and effective program for reducing children's aggression, behavior problems while increasing social competence. In fact, the *Incredible Years* program "was selected as a 'Model' program by the Center for Substance Abuse Prevention (CSAP). The program has been recommended by the American Psychological Division 12 Task Force as a well-established treatment for children with conduct problems."

Linda Mossholder, from Pathways, and Davelyn Ross, from the Licking County ESC have worked together writing grants and obtaining funding to continue to offer the program for children during the school day at Flying Colors Public Preschool and offer a 12-week evening program for parents.

The Dinosaur Social Skills and Problem Solving curriculum is a child training curriculum that strengthens children's social, emotional and academic competencies such as understanding and communicating feelings, using effective problem solving strategies, managing anger, practicing friendship and conversational skills, as well as appropriate classroom behaviors.

At Flying Colors this program is delivered in two 1-hour weekly small group sessions (6-8 children/group) lasting 20-22 weeks. Notes to parents and 'Dina Dinosaur' homework shows

parents ways they can foster their children's learning in Dinosaur School in their interactions with them at home.

A parent of one of the boys attending Dinosaur School commented on how much her son's behavior has improved during the year. "I can't believe how much Tommy has changed this year. He's listening and following directions, not fighting with his brother and helping around the house. Dinosaur School really helped my son."

The Incredible Years Early Childhood Parent Program is a 12-week parent training designed to promote parent competencies and strengthen families. Each session of the program builds on the previous. The first two components show parents ways to play with children and to use praise and rewards to encourage cooperation, build self-esteem, and strengthen pro-social behavior. Once parents have built positive feelings and interactions with their child it becomes easier to draw on these skills when discipline is required. After completing the first two components the program progresses to Positive Discipline and Handling Misbehavior. Here the focus of the group is to decrease inappropriate behavior.

One evening a week, families come from all over our large county to attend a 2 ½ hour session. When families arrive, their children go to separate rooms. The 'target children' participate in an adapted version of Dinosaur School and siblings participate in structured activities designed to promote positive behavior. A hot and nutritious dinner is provided.

Parents' comments about the program have been very positive. "I feel much

better about my parenting skills after this class. We (as a family) are better now that we are consistent.” “This program was so wonderful and helpful to me and my children. The trainers and this class have been a true blessing in our lives.”

For more information about the *Incredible Years* program, contact Linda Mossholder at lmossholder@pathwayslc.org or Davelyn Ross at dmross@laca.org, or visit the *Incredible Years* website at www.incredibleyears.com.

Note: Davelyn Ross was the 2008 SST Region 11 recipient for the Franklin B. Walter Outstanding Educator Award.



FAMILY FUN

Talking About What Will Happen Next

As you are out and about, ask your child what will happen next when you are:

- about to go into the store
- on your way to the doctor's
- going to visit a friend or family member
- heading out to a place your child likes (McDonald's; playground, library)

To help your child succeed, you can:

- tell your child what will happen next
- ask yes/no questions about what will happen next (Will there be other cars in the Safeway parking lot?)
- show your child pictures of what will happen next in your outing today (first we'll go to the

library, then McDonald's for lunch, and then home)

To make it more of a challenge, you can:

- Ask your child what will happen next as you get to where you're going.
- Ask your child what will happen tomorrow when you two go someplace.
- Ask what your child thinks will happen at a special event (visit to Grandpa's birthday party).

For free, fun parent-child early literacy materials go to

www.wlearning.com/pdf/otg.pdf.

Homemade Baby Wipes

Take a roll of quilted Bounty and cut it in half (an electric knife works great).

Put in a container that has a tight seal.

Mix 2 cups of boiling water with 2 tablespoons of baby oil.

Pour over the paper towels and seal.

Let it set for 30 minutes and then turn the paper towels over and let it set for another 30 minutes.

Pull out the cardboard roll insert and pull the first wipe from the center and you are ready to go!

SCPC quarterly newsletter

Explore the Children's Museums near You!

To find a children's museum near you or on your next vacation go to

www.childrensmuseums.org. You'll find information and links to children's museums throughout the U.S.



FAMILY PROJECTS

Nutty Putty



Ages 5 and up

Materials:

- 1 T. liquid starch
- 2 T. white glue
- 3 drops food coloring (optional)
- plastic egg or screw top jar bowl

Process:

1. Put starch in bowl
2. Add glue and let set 5 minutes
3. If desired, add coloring
4. Mix until starch is absorbed and color is spread smoothly
hint: the more you mix, the better it gets
5. Store in plastic egg or small jar overnight before using to pick up pictures from comics.
6. Use to bounce, pick up pictures from comics or newspaper, and mold into shapes.

Hints:

1. If left in open air, it will melt and then turn hard.
2. Add 1 tsp. more starch for a tougher, more rubbery putty.
3. Lasts several days if stored airtight.
4. If putty dries out or gets tough, just dip into warm water and knead.

(Mudworks by MaryAnn F. Kohl)

A Drawing as Tall as Me

Ages 3 and up

Crayola Supplies:

Markers

Multicultural Markers

Household Supplies:

Paper roll

Find a friend to help and trace around each other. Then color yourselves (or each other) in memorable life-size pictures.

Steps:

1. With a partner, roll out paper on the floor as long as each of you are tall.
2. One at a time, lie down on the paper. Trace around each other's bodies with Crayola Washable Multicultural Markers. These are perfect for every beautiful color of skin.
3. With Crayola Washable Markers, color your hair, face, clothes, jewelry, anything you are wearing (or wish you could!).

www.crayola.com



DEVELOPMENT

Creep, Crawl & Cruise

Keep your mobile baby busy by creating an obstacle course that both challenges them physically and teaches them what under, over and through mean. This helps to teach them about space and the relationship between objects as they creep, crawl and cruise to their destination.

Your baby is also starting to associate people and objects with names and other words with actions. An obstacle course such as this one is a wonderful opportunity to teach them some new words by naming the objects as they are crawling on, over and through them. Navigating an obstacle course with some roadblocks and detours along the way will also help their physical development.

Moms and dads can do this easily at home by using things they already have around the house such as:

- Pillows
- Bed sheets
- Towels
- Chairs that baby can crawl under or between
- A kitchen or dining room table
- Medium-size or large cardboard boxes

Over the mountain:

Gather some pillows and cushions from your bed or sofa and make a pile. Drape a bed sheet over them to keep them clean. Challenge your baby to “climb the mountain,” holding their body steady as they climb. Remember to talk to them about what they are doing: “up the mountain you go. You’re climbing so high! Now you’re climbing OVER the mountain!” Or you can vary this by making a mountain with your own body. Sit on the floor and bend your knees so they form a peak. Let your baby climb the mountain from your feet up to your head. Help them along and praise them as they go.

Under the bridge:

Make a bridge for your baby to crawl through. It can be a chair, table or two chairs back to back with a space between them and a towel draped over them. You can even turn your legs into a makeshift bridge. Sit on a chair and place them in front of you. Describe what your baby is doing as they crawl under the bridge.

Through the tunnel:

Tunnels can be exciting for your baby, and you don’t need to buy one for them to crawl through. Just cut both ends off of a medium-size or large cardboard box and stabilize it between two chairs. (Dad and Mom can also serve as a

tunnel, if they stand together with their feet spread apart.) Place your baby’s favorite toy at one end and them at the other, encouraging her to crawl through the box to reach their toy. Talk to them as they crawl through the tunnel, telling them when they are at the beginning, middle and end of the tunnel.

Pampers Village www.pampers.com

SCIENCE/MEDICAL

Is Your House Paint Safe?

Whether you paint your house yourself or hire a professional, be aware of the following dangers:

Houses built before 1978 may have paint that contains lead. Chipping and peeling paint may be swallowed by young children. If you rent, let your landlord know about peeling and chipping paint.

Clean up paint chips immediately.

If removing lead-based paint from your house:

Keep everyone away from work areas. Change your sleeping, cooking and living areas where work is done.

Seal off work areas with plastic so dust does not go throughout the house.

Keep pets safe too. They can also be affected by lead.

Have the workers use a separate pathway to the work area.

Turn off forced air heating or air-conditioning while work is done.

If you live in an older home, your child’s doctor may suggest your child be tested for lead poisoning. A special blood test is the only way to know for sure.

(Growing Together, The Children’s Medical Center of Dayton)

ACTIVITY PAGE

What is on the **right** of the snowman?

What is **above** the snowman?

What is on the **left** of the snowman?

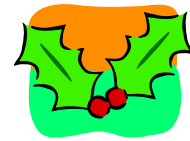
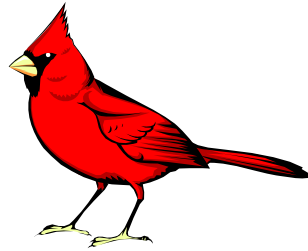
Cardinal

Sled

Mittens

Berries

Cocoa



What color are the berries and cardinal? Circle one: blue green red orange

What will keep your hands warm?

What will make your tummy warm?