

All about

POSITIVE PARENTING

Newsletter for Parents

Fall 2012

Sibling Rivalry



Sibling rivalry occurs in many families where there are two or more children. Children need attention from the most important people in their lives, their parents! When attention is focused on one child, other children may become jealous, which leads to unwanted behaviours such as hitting, biting or name calling. Here are some simple strategies to keep in mind.

- Listen to both sides and stay neutral.
- Acknowledge and support each child's feelings around an issue.
- Resist comparing children as each child is unique in temperament and capabilities.
- When possible, let siblings settle their differences. Parents have to judge when it is time to step in and mediate.

Try to set aside time for just one child at a time. This will allow each child to feel unique and special.

Affordable Reading Options for Your Family

The excitement that accompanies having a new book to read is a thrill for adults and children alike. Purchasing new books however can add up to an expensive bill over time. Consider the following options to help reduce the cost of reading and make it a more affordable option for your family.



- Your local library offers a wide selection of books in different formats. They also have story times, book and reading clubs available. To find a library near you, visit:

www.bramlib.on.ca • www.mississauga.ca • www.caledon.library.on.ca

- Used book stores are another place to find books at a low cost. They may even carry books that are rare or no longer being printed.
- Online sites offer books to read or listen to on your computer or mobile device. Here are some sites for consideration:

www.storynory.com • www.thestoryhome.com
www.childrenslibrary.org • www.peelregion.ca

- Garage sales in your community may have new or used books for a great price.
- A book exchange amongst your family, friends or neighbours will allow you to read something new at no cost to you!

Parent and Teacher Team Building Tips



One of the most memorable times for a family is the first day of school. Both teachers and parents want the best for their children, and the way to achieve this is by working together as a team. Here are some tips to help accomplish this.

1. **Get to know the school and your child's teacher(s).** Visit a few times prior to your child starting school. Learn the name of your child's teacher(s) and ensure they know yours. If there is a teaching team, clarify the roles of each teacher.
2. **Open communication** is the best strategy to create a positive team partnership. As a parent you know your child best, so share your knowledge with the teacher(s) and be open to their ideas too. Address questions or concerns when they arise.
3. **Parent involvement activities will occur - plan to get involved.** Participation will demonstrate your support for your child's accomplishments and relationships. During these events there are opportunities for communication and networking with teachers and other families.

Nipissing District Developmental Screen

It's now easy to evaluate your child's development. The Nipissing Developmental Screen (NDDS) is a short checklist of some of the most important skills that a child should master by a particular age. A Developmental Screen is not a diagnostic tool, but rather a quick survey that allows you to follow your child's growth and development to determine if your child is developing normally and will permit early detection and intervention if there are any developmental delays. It also gives you activities to do with your child to help reach those targets.



The NDDS screen is available free of charge to Ontario residents at ndds.ca/ontario. The checklists are available for children up to the age of six.

Cooperative Games- Everyone's a Winner

Through cooperative games, the preschool child can share common experiences, develop a sense of community, become members or leaders of the group, practise problem solving and try new experiences with support. Traditional games are completed when a person wins. For one person to win then all other players must be losers, which deflates children's sense of confidence. Cooperative games encourage a positive self-image with greater feelings of competence and values individual contributions and creativity.



Here are some examples of cooperative games:

- **Musical chairs**

The goal of this game is to find ways to share (not compete for) the remaining chairs, when the music ends.

- **Balloon keep up**

Children work together to keep one or more balloons in the air so they do not fall to the floor.

Cooks Corner



Kid tested and approved!

CRANBERRY ORANGE MUFFINS

- 1 ¼ cups bran cereal (not flakes)
- 1 ½ cups plain yogurt, low fat (0.1% MF)
- 1 egg, lightly beaten
- ½ cup orange juice
- ½ cup liquid honey
- ¼ cup Becel margarine (or substitute canola oil)
- 1 tbsp orange rind, grated
- 2 cups whole wheat flour
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 cup cranberries, fresh or frozen, coarsely chopped

Preparation:

1. Preheat oven to 375°F. Spray muffin tins with non-stick cooking spray (or use paper cups to avoid using spray).
2. Combine cereal and yogurt in mixing bowl; let stand 5 minutes. Stir in egg, orange juice, honey, melted margarine or oil and orange rind. Mix well.
3. In a large bowl, combine flour, baking powder, baking soda and salt. Stir cereal mixture and cranberries into dry mixture until just combined.
4. Fill muffin cups with batter. Bake 25 minutes or until set and golden. Cool on rack. Store in airtight container or freeze.

Children's Services



Learn.Play.Care.