

Self Help Inc.

COMMUNITY



PARTNERSHIPS
for Children

Dec.
2006
Jan.
2007

780 West Main St. Avon, MA 02322 508-559-1666

email: cpc@selfhelpinc.org website: Selfhelpinc.org/CommunityPartnerships.html

BUILDING BLOCKS

For Strengthening Families

HOW TO HELP CHILDREN WITH HOLIDAY STRESS!

Holiday times are stressful for everyone, including children. Kids may respond to stress by acting up, or they just may withdraw for a while. Here are some suggestions to help calm them down and keep them happy through the holidays.

- Talk to your children about the true meaning of the holiday season. This will vary, depending on your faith and heritage. Get them to help you find ways to simplify the season.
- De-emphasize television. Much holiday programming seems to be designed to get children all worked up about the holidays. Be selective about your family's holiday viewing.
- Emphasize family traditions, or create new ones just for your kids. Routines and rituals are comforting to most children and help to create lasting, happy holiday memories.
- Stick to your normal family routine as much as possible. It's often hard to take time out of busy holiday preparations. A walk, a trip to the playground, play area, or whatever else you usually do with your kids each day can be a great stress reducer.
- Keep travel to a minimum. A single-destination visit to grandparents in another town may not cause major stress, but a long winter road trip to visit everyone in the extended family may be a nightmare.
- Include your children in holiday planning sessions, and let them know the final details well in advance. This will give them a chance to prepare themselves emotionally for the visits, dinners and other running around of the season.
- Try not to succumb to the holiday hype and commercialism. Looking back at past holidays seasons, your fondest memories may include family members and traditions, not who got what! Keep that in mind when the pressure of the stores and advertisements start to get to you.

Box of Love

Gift giving can get very expensive over the holidays. Children are no different than you, they like to give presents too! Wondering what gift your child can give to someone they love and keep the cost down? Below is a unique and inexpensive idea. Let your children put their own spin on it.

Coupons are also a great idea from children. For example: "This coupon entitles mom to one week of me setting the table". Be creative! The kids enjoy making the coupons and the recipient loves the break!

To Make This Gift You'll Need:

- small plain boxes—jewelry boxes work very well
- glitter, sequins or any ornament
- Ribbon

Printed poems on good stock paper if possible. Have your child decorate the boxes any ways she/he pleases. Add ribbon and the poem with the signature.

Box of Love Poem

This is a very special gift
That you can never see.
The reason it's so special is
It's just for you from me.
Whenever you are happy
Or even feeling blue.
You only have to hold this gift
And know I think of you.
You never can unwrap it
Please leave the ribbon tied.
Just hold the box close to your heart
It's filled with love inside.



Up-Coming Workshops/Events

PLAY & LEARN

Parent Child Activity!

Facilitated by:

SHI Parent/Child Behavior Specialists

CPC is currently offering several Preschool Play & Learns in many towns. Play & Learns are an 1 hour play group based on an educational theme and an activity that corresponds. All parents are welcome to join their local Play & Learn. Please call the appropriate number below and ask for the children's librarian to reserve a seat now!

Dec. 13...Sharon Library 1—2
781-784-1578 x 30

Dec 20...Canton Library 1—2
781-821-5027

Jan 11...Norton Library 10:30—11:30
508- 285-0265

Jan 17...Plainville Library 10:30—11:30
508-695-1784

Jan 20...Holbrook Library 1—2
781-767-3644

Jan 24...Dedham Library 1 -2
781-751-9283

You do not have to commit to more than 1 Play & Learn to participate!

Music & Movement!

Jan, 11...Dedham Public Library
10:30—11:15
781-751-9263

Buddy Night!

Jan. 11...Kennedy Donovan
Attleboro
6:30—7:30
Call Gina @ 508- 559-1666 x 123

Parent Talk!

Jan. 24...Avon Public Library
10:30—11:00
508-583-0378

Preschool Behavior Management That Works!!

The focus will be on learning positive, developmentally appropriate strategies to address common, everyday difficult behaviors children exhibit in the classroom and at home.

December 5,...Tuesday, 6:30—8:00
Norfolk Public Library,
139 Main St., Norfolk

Conflict Resolution with Young Children!

This workshop will be on how we can help young children to resolve conflicts with each other. Using a combination of discussion, role plays and video, we will review ways to encourage young children to express their feelings appropriately, communicate their thoughts and feelings to each other and make plans to solve problems together.

January 11,...Thursday, 6:30—8:00
Mansfield Public Library
255 Hope St., Mansfield

Helping Young Children With Play Problems!

A significant number of young children have some difficulty with play. Often young children's behavior problems are directly related to their difficulty playing. We will focus on identifying children with play problems and learn techniques to help children struggling with play issues.

January 24,...Wednesday, 6:30—8:00
Fiske Public Library
110 Randall Rd. Wrentham

Call Nancy Swirka at 508-559-1666 x 116 to register!

Nurturing Your Child's Temperament!

Learn how to understand and respond to your child's temperament. Leave with a set of strategies to help enhance your "Spirited Child's" development.

Come find out how to nurture what nature gave your child.
January 25,...Thursday, 6:30—8:00
Norfolk Children's School
23 Union St. Norfolk

Call Gina McGarrigle at 508-559-1666 x 123 to register!

Coffee Talk Series!

This is a 3 part series on discipline. The first workshop is on Positive Discipline @ The Family Network, 24 James St. Rockland
January 22, from 10:00—11:00
Call the Family Network at 781-681-9736 to register!
Limited Childcare Available!



PUZZLED?

ACCREDITATION TIPS!

CPC Center Based Providers: (Fast Track 2)

Go to www.naeyc.org/selfstudy to download some very helpful information:

For those of you who are approaching your February 28, 2007 deadline to fill out and send in the application process—Step #2—in the new NAEYC steps, it is recommended that you download and print the application online **NOW!** Look it over so we can try and support you if you have any questions with the process. Remember, come the end of December of this year, the accreditation support then goes to whomever gets the “bid” and they will be the ones supporting you. But always keep in mind that the website www.naeyc.org/selfstudy is a great resource to use now and in the future. To obtain the application needed for Step #2—go to the above website, click on *Programs* to your far left, then click *The Four Steps*, and then click *Step #2 Application*. Read this section over and then click Complete Application to print and read over that document. Don't forget that this application must be sent in before 2/28/07 and thereafter you must submit candidacy materials before 5/31/07 (not the one year time frame discussed in the information).

If any centers want a form that may be helpful in calculating the New Staff Qualifications needed at your child care site put out by NAEYC (75% for Program Teachers and 50% for Program Assistant Teachers/Aides) - please feel free to call Carol Carver, at 508-559-1666 x 113 and leave your name and address and she will be happy to mail that information to you.

Submitted by: Carol Carver, Behavior Resource Specialist

Local Legislators Get Involved!

Representative William Straus



The children at the Middleboro Y have fun with Representative William Straus during November's Literacy Month! A “Frog in the Bog” was the featured story!
Good Job Representative!



Representative Geraldine Creedon

Representative Geraldine Creedon visits the P.A. L. Program at the Parkview School in Easton. The children made Rep. Creedon a very big Happy Thanksgiving Card!



Joy to the Children Project!

The Parent Support Team is completely submerged in the Joy to the Children Project. Thanks to many providers and local businesses we will be able to provide a better holiday season for many families, however this year we have more children than sponsors. If you or anyone you know is in the position to sponsor a child/children, please call Gina McGarrigle at 508-559-1666 x 123 as soon as possible.

All applications are in and pick up dates are scheduled! Parents will be receiving a letter from us giving them an option of picking one of two days.

Dec. 18th, 8:30am —4:30pm or

Dec. 19th, 8:30am —6:30pm

Some parents may be called earlier to pick up gifts if they come in earlier.

Submitted by: Gina McGarrigle,
Parent Support Specialist

ATTENTION PROVIDERS! WE NEED YOUR HELP!

If you plan on attending the council meeting, it would be greatly appreciated if you could bring an unwrapped gift for children between the ages of 2—12.

Self Help Inc.



Council Meeting Dates!

SHARE / 6:15
Tuesday, November 28th, Avon CPC Office

CDS / 10:00 am
Thursday, December 7th, Avon CPC Office

SACHEM / 6:15 pm
Wednesday, December 13th, Avon CPC Office

HOCKOMOCK / 6:15 pm
Wednesday, December 20th, Foxboro Library

Contact information: 780 West Main Street, Avon, MA 02322. Phone: 508-559-1666, Fax: 508-583-3808, Email: cpc@selfhelpinc.org



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