



# The Family Advocate

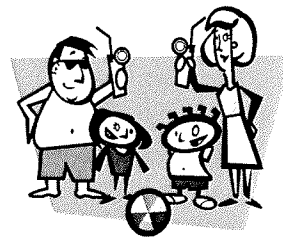
## Summer Fun

It is hard to believe summer vacation is right around the corner. Many families are feeling the pinch of high gas prices and are reconsidering vacation plans. A lot of the best memories can be made right in your own backyard. Spending time with children is free and helps them feel valued and secure.

Check with local churches, *VBS classes* are free and churches welcome children regardless of membership. The Coshoc-ton & West Lafayette Library offer summer *reading programs* free of charge. Reading with children provides a positive foundation and gives them the love of learning at an early age. *First Fridays* is a fun family event held on Main Street from 5-8 pm on the first Friday of the month. It is also free. The Pomerene Center offers a variety of *art camps* during the day, but there is a charge for those events. You can check

out their schedule of events at [www.pomerenearts.org](http://www.pomerenearts.org) Help Me Grow is planning some fun, free summer activities for families as well. On June 12th, we will have special Father's Day playgroups at the Fairgrounds. Dads, grandpas, uncles and special friends are invited to join us for this special celebration. During June & July at The Meadows, we will be hosting Tot Time outside. Join us the 2nd & 4th Wednesday from 11am-noon. If you have an idea for a fun family activity, let us know. We value our families and would love to hear what you have to say.

For more ideas on summer fun, talk to your Service Coordinator during your next home visit.



Spending time with children is the best gift we can give them.

## Help Me Grow

May/June 2008

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### Special points of interest:

- ☺ May 11th is Mother's Day. Enjoy your day.
- ☺ May 14th & 28th, 11-12, Parent Group at The Meadows Computer Lab
- ☺ May 16th at 9:30 am Infant Massage Class at Help Me Grow
- ☺ May 19th at Noon, Early Childhood Coordinating Committee Meeting. Parents invited.
- ☺ May 21 at 10:30, car seat class. Call the American Red Cross 622-0228

## Learning Infant Massage

On Friday, May 16th from 9:30-11:00 am, Geneva Martin will be demonstrating infant massage to all interested families. Geneva was trained through the Ohio State Medical Center on the importance of touch in the development of children. Infants and toddlers can benefit from massage. It helps their digestive & immune systems, offers relief from constipation, gas, colic & other sleep problems, and has shown to in-

crease their brain development, weight and oxygen levels. It also helps create a strong bond between parent & child, which in turn helps the child grow up to be a more secure, confident adult. If you would like to learn more about how to do infant massage & how it will help your family, bring your child to Help Me Grow on May 16th for this free class. To register or for questions, call Renee at 295-7334.

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# To Discipline Means To Teach

## What discipline is:

Discipline is a *strong effective way to teach:*

Positive behaviors  
Positive ways to express feelings  
Positive ways to play  
Family values  
Safety for the child, other people and things.

## What discipline is not:

Discipline is *not punishment. Punishment may:*

Make young children feel unloved  
Make them feel they are bad  
Focus on what is wrong without teaching what is right.

## What's important to remember:

**Your toddler is beginning to find out that she is her own person.** She may say, *No!* and *Me do it!*

**Your toddler has a memory, but it is very short.**

He needs to repeat something over and over before it stays in his memory. He is not trying to be bad when he plays with the TV buttons after you've told him to stop. He just doesn't remember the rule yet!

**Toddlers act without thinking.** If they see something to climb, they'll climb it without thinking how to get down.

**Toddlers can't plan ahead.** They can't wait. They want things NOW! This doesn't mean your toddler is greedy, selfish or bad. It's just a normal part of growing up.

## Here's the secret to teaching a toddler:

**Help the toddler want to do what you want him to do!**

For example say, *I'll bet you're not strong enough to carry your plate to the sink.*

**Teaching a toddler with love and respect will earn you two rewards.** Right now, you will have more fun and fewer messes. In the future, your child will see you as loving and caring and will want to please you.

## Smart discipline

**Make your house safe for your toddler.** She is curious and will taste and touch everything she sees. Move things out of reach if they are dangerous or can be broken. That way you won't have to fuss or say, *No!*

**Distract your child from something you don't want him to do.** For example, if he starts to chew on a crayon, give him a toy or cracker instead.

**Praise your toddler again and again for doing something right.** For example, *You are growing up. You put the jello in your mouth instead of your hair.*

**Use DO rules so your toddler can learn what to do instead of what not to do.** For example, *Use your inside voice instead of Don't yell in the house.*

**Set routines for meals, bedtime, bath time.** Toddlers behave better when they know what to expect.

**Make sure your correction fits the situation.** For example, if your child draws on the wall, take away her crayons for a while and help her clean up the wall.

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## Getting to know the staff of Help Me Grow

Mo Jacobs has been with Help Me Grow for 14 years. After graduating from college with a degree in the medical field, her husband Randy and she gave birth to their daughter Kaila Jean. It was then she started to look into programs that could help her learn about child development. "I lost my own mother when I was in high school so I felt alone & insecure about what to expect." said Mo. "Rennie Yonker was the director at the time and she was such an inspiration to me in how she was able to relate to young mothers in the community. She believed in me and my abilities as a mother and it was then I realized that I too could make a positive difference in the lives of others."

Mo has seen Help Me Grow through many changes both at the state and local level. "I am happy to see the program grow in the number of families that we are able to serve and the variety of ways we can offer help" As a mother, she has learned first hand the power of unconditional love. In elementary school her daughter was diagnosed with a dual learning disability, but Mo was able to find within herself the strength and courage she needed to help her daughter succeed. Working with the school was not always easy because Kaila learns better through verbal

expression than typical reading and writing as most children do. "Help Me Grow gave me that foundation as a mother to believe in myself and I was able to stand up for what our daughter needed." Today, Kaila is in junior high school and receives the specialized education she needs to learn through the IEP process.

Mo, Randy, and Kaila love the outdoors and in their spare time, the family spends time together traveling throughout Ohio showing pygmy goats. "We realized this was a great way for Kaila to overcome her shyness and would also be a way for her to learn how to express herself verbally. Kaila wants to become a veterinarian and because of the different way she learns, she will have to have strong verbal skills." The family recently added a set of twin pygmy goats named Thunder and Moo-Latte to their family.

"Sometimes all we need is that one person to believe in us and our ability to succeed. I am thankful I was able to find that through Help Me Grow and want to make Rennie proud by carrying on that tradition of making a difference in the lives of families living in this community."

# May 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 <i>PREP class</i>	3
4	5	6	7 <i>5:30 Family Reading Night at HMG Kiwanis providing dinner</i>	8 <i>Tot Time Theme: May Flowers</i>	9 <i>PREP class graduation</i>	10
11 <b>Happy Mother's Day</b>	12	13	14 <i>11-12 Finger painting at The Meadows.</i>	15 <i>Tot Time Every Thursday 9:30, 11:30 or 1:30</i>	16 <i>Infant Massage Class 9:30-11:00 am at Help Me Grow</i>	17
18	19 <i>ECCC Meeting 12:00</i>	20	21 <i>10:30 am Car Seat Class at American Red Cross. Call 622-0228</i>	22 <i>Handprint Flower</i>	23 <i>9:30-11:00 Budgeting Class for families</i>	24
25	26 <i>Help Me Grow Office Closed for Memorial Day</i>	27	<i>Nutrition Class 1-2 pm at HMG. This is class 1 of 8 Childcare provided Call Renee 295-7334</i>	29 <i>Tissue Paper Flower</i>	30 <i>9:30-11:00 Smart Shopper, how to stretch your food \$</i>	31

# June 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Tot Time Theme: Ocean Animals</i>	2	3 <i>Awards Ceremony at Hopewell School 12:30, Part C families invited</i>	4 <i>Nutrition Class 1-2 5:30-6:30 Family Reading Night. Roscoe UM Church providing dinner</i>	5 <i>Tot Time Every Thursday 9:30, 11:30 or 1:30 Ziploc Aquarium</i>	6 <i>9:30-11:00 Discipline Techniques for children</i>	7
8	9	10	11 <i>Outdoors at The Meadows 11:00 am-Noon Nutrition Class 1-2</i>	12 <i>Tot Time Father's Day Celebration at Fairgrounds</i>	13 <i>9:30-11:00 Discipline Techniques for children</i>	14
15 <b>Happy Father's Day</b>	16	17	18 <i>Nutrition Class 1-2</i>	19 <i>12:30 Parent Sub Committee Meeting  Salt Painting</i>	20 <i>9:30-11:00 Scrapbooking</i>	21
22	23	24	25 <i>Outdoors at The Meadows 11:00 am-Noon Nutrition Class 1-2</i>	26 <i>Jelly Fish</i>	27 <i>9:30-11:00 Scrapbooking</i>	28
29	30					

## Help Me Grow

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The first step toward a better  
future for your child



  
Funded by Ohio Department of Health/  
Federal Government  
Bureau of Early Intervention Services  
Help Me Grow Program

## Recipes for Summer Fun

### Banana Boats

#### *Shopping list:*

Bananas, a bag of mini marshmallows & chocolate chips

#### *Kitchen Time:*

Heat oven to 350\*

Keep the peel on banana & wash

Cut the banana length wise, but not all the way through

Stuff with marshmallows & chocolate chips

Wrap in foil & put on baking sheet

Bake for 20 minutes

\*the peel will bake dark brown, but it will taste great.

#### *Story Time:*

Rainbow Fish by Marcus Pfister

#### *Play Time:*

Taking a nature hike is a fun way to explore the outdoors & collect fun pieces of nature. Try to find different rocks, feathers, and flowers. When you get home, glue your nature finds on a piece of construction paper.

### Fruit Juice Pops

#### *Shopping List:*

Your favorite juice (like orange or apple), bananas or other favorite, mini paper cups

#### *Kitchen Time:*

Set up paper cups

Cut fruit into bite sizes & place in cups

Fill with juice

Put into freezer

#### *Story Time:*

Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst

#### *Play Time:*

While the fruit pops are freezing, it's a perfect time for a before bed bath. To make bath paints, mix 1/3 cup of liquid dish soap & 1 tablespoon cornstarch; then pour into an ice cube tray. Add different colors of food coloring to each section & mix well. Your child can paint themselves and the bathtub walls. Now bath time is fun time.