

Early Learning Parents' Pages

May 2017



To negotiate or not to negotiate? Preschool parenting problem #4.

May means Mother's Day, Child Care Provider Appreciation Day and Foster Care Month.

Is it negotiation or manipulation?

Your 3-year-old is playing with his blocks and you say, "Time for bed."

"I'm not sleepy. I want to build with my blocks," he says and begins to cry.

"Okay, play 10 more minutes and then you have to go to bed." When 10 minutes pass



and you tell him he has to go to bed, he kicks his blocks and begins screaming. Do you force the bedtime issue or negotiate with your child for 10 more minutes of play before he has to go to bed?

Every time you take your 4-year-old shopping, she asks for candy and toys. When you refuse to buy what she wants, she cries and makes a scene. Usually you buy her something so you can quiet her down and get out of the store.



other customers to stare or feel uncomfortable?

Do you continue to buy her something every time you go shopping or allow her to cry and scream in the store causing

What has your child learned from the bedtime or shopping experiences? They know that crying, screaming and begging gets him more time to play or her the toy or candy she wants.

If you give in to the crying or tantrums, your child learns this is the way to get what he wants. If you give in sometimes and not others, she learns you are unpredictable and she will use crying or tantrums to see if they work. How can you get out of this cycle of responding to your child's demands without dealing with crying or tantrums?



Plan ahead to make bedtime or shopping a more pleasant experience for you and your child. Before you begin bedtime routines or take your child shopping, talk about your expectations. Tell him that after his bath, he can play with his blocks for 10 minutes and then he must go to bed. Set a timer for 10 minutes and remind him two minutes before time is up. Offer to help him

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Child Care Provider Appreciation Day

The Friday before Mother's Day is **National Child Care Providers Day**. This is a special day to recognize child care providers, teachers, school-age program staff, child care center directors and staff, and all those who work with children and are responsible for their education and care. Nearly 11 million children under 5 are cared for by 2.8 million child care providers in the United States according to estimates.

A group of volunteers in New Jersey started the day in 1996 to recognize the tireless efforts of the special people who care for young children every day. Each year since then, the event has grown and spread to become a national day of recognition for providers and their contribution to the education, health and well-being of our nation's children. Lynette Fraga, Ph.D., executive director of Child Care Aware® of America (the host organization of Provider Appreciation Day), says, "*Child care providers are central to a quality child care system and Provider Appreciation Day is the time to tell providers everywhere we recognize and value their important work.*"

There are many ways to show your appreciation for these special people and the tireless work they do.

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Negotiation or manipulation?

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clean up the blocks and tell him you will let him play for 15 minutes the next evening if he goes to bed without crying. It may take a few nights of helping him stick to the agreed upon time, but soon, he will go to bed without fussing when he hears the timer.

Before going shopping, tell your child what you expect to happen. "We are going to the store to get milk, eggs and fruit. I need to get the things on my list and leave the store quickly. If you see something you want like candy or a toy (within a specific price range), we may put it on the list for our next trip to the store, but we cannot get it today if it is not on our list." At the store, ask her to help you remember what is on the list to buy.



If you use these strategies **consistently**, your child will become more cooperative and bedtime or shopping will not be a battle.



You may let her choose the type of fruit she would like for a snack. If she asks for something that is not on your list, tell her you will write it on the list for the next shopping trip. If she starts to cry or have a tantrum, be prepared to leave the store without your items or let her cry while you pay. You may want to ask a family member or friend to go with you a few times so there is someone to finish your shopping while you take your child outside or have that person take the child outside if she starts to cry. Praise your child if she cooperates and follows your expectations while shopping and make sure to add the candy or toy she wanted to your list for the next shopping trips you have when she is with you.

If you use these strategies **consistently**, your child will become more cooperative and bedtime or shopping will not be a battle. These strategies help your child to learn delayed gratification and discourage impulsivity. The time you spend working on these problems is well spent. A shopping trip or putting your child to bed may take longer for a few weeks but is a long-term investment in your child's social and emotional development.

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Happy Mother's Day!

Kangaroo *Have a Mother Too?* or *My Mommy and Me*. Dad or other family members can help a young children make

The moment a child is born, the attachment process with the mother begins. Bonding between a mother and child takes place over the first six months of a child's life, forming the basis for all future relationships. This relationship is probably the strongest of a child's early life.



The influence a mother has on a child may make a new mother uncomfortable in her role, but most quickly learn how to respond to their babies' cues. This helps build trust and attachment, the basis of a good relationship, making both mother and child happy and feeling secure and loved.

Celebrating the role a mother has in a child's life is a national holiday—Mother's Day—observed the second Sunday in May. Many moms with young children mark the day by spending time with their families. Visiting a park and having a picnic together as a family or going to a restaurant for a meal may be a special treat for mom.



Some local restaurants allow moms to have a free meal on Mother's Day.

Other moms love to stay home and snuggle with their young children and read books together such as *Does a*

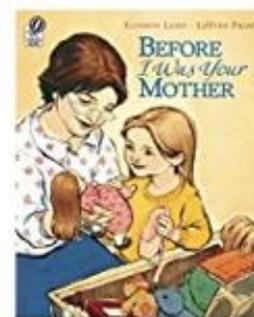
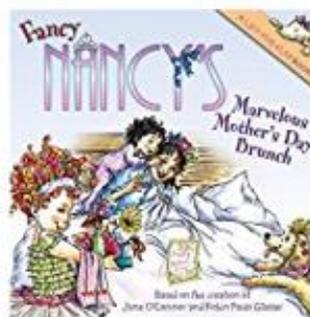
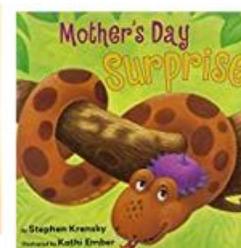
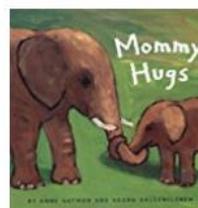
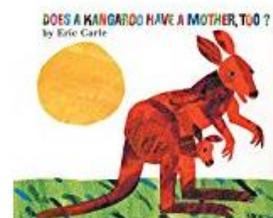
a special card or a homemade gift for mom. Young children can draw pictures of what they like to do with their moms or tell what they love about their moms and have someone write it for them. However your family chooses to celebrate Mother's Day, make sure that Mom, Grandmother or a special aunt know how much they mean to the family.



Check out the Office of Early Learning's [Pinterest Page](#) for more ideas on celebrating Mother's Day.



Here are some books to read for Mother's Day.



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National Foster Care Month

May is **National Foster Care Month**. More than 400,000 children and youth in the United States are in foster care. Resource families, who include foster parents, foster-to-adopt families and relative/kinship caregivers, are essential partners in the foster care system. They provide a vital service for children who are removed from their parents or guardians. May is the month to honor these families for providing support, safety and security for vulnerable children.

Want to support foster families in your community? Offer services such as free haircuts, dental care, dinners at restaurants, summer camp scholarships, sports team supplies, and art or music classes. Some foster families may need such items as diapers, car seats, cribs, high chairs or child car seats. Contact the local **Children's Home Society** to donate items.

There is a huge need for more foster parents. If you or someone you know would like to become a foster parent, learn more about the process at the **Florida Department of Children and Families website**.

[1-5 Places You Can Donate To Help Foster Kids](http://bit.ly/2kCymfo)
(<http://bit.ly/2kCymfo>)

[30+ Ways to Help Children in Foster Care \(and counting!\)](http://bit.ly/2pCts1z) (<http://bit.ly/2pCts1z>)

Provider Appreciation Day

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Most of them would appreciate a thank-you note or a simple "Thank you for all you do!" when you pick up your child. Have your child draw a picture or place a picture of your child in a note you helped your child write. Child care teachers often keep these notes and treasure them for years. Purchase a gift card for a restaurant. Take the teacher a special coffee when you drop your child off in the morning. Most teachers welcome something new for the class: a new book, a toy, craft or art supplies. Ask what the children may enjoy or what the teacher needs for the class.

Showing your appreciation for those who make your child feel happy and safe while you are at work or school lets the caregiver know how important she or he is in the life of your child and the valuable service the caregiver provides to your family.

For other ways to celebrate National Child Care Provider Day, visit the **May Upcoming Events** board on the Office of Early Learning's Pinterest Page.



Coming in June...

- Tips for Minimizing Mealtime Mischiefs
- Water Safety
- Free Summer Meals – Break Spot
- Father's Day
- Great Outdoors Month



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