

PARENT NOTES



Cultivating Creativity

It is important for your children to have new experiences and opportunities to explore a wide range of activities and materials. This way children begin to express themselves and discover the fun of creating something that says, "I am me. There's nobody like me!"

Some ideas are:

- ☺ Let children talk about their ideas
- ☺ Find experiences to share with children (*take a walk, read a book, go to the zoo, etc.*)
- ☺ Have materials available for children to use (*newspapers, magazines old gift wrap, aluminum foil, yarn, brown paper bags, different pasta shapes, crayons, scissors, glue, markers, tissue paper, leaves, etc*)
- ☺ Allow children to do activities over and over again.
- ☺ Provide a place where children can be "messy"

Facing Fears

Fears are nature's way of teaching us to flee danger. For children, having fears, facing, and working through them can build skills to cope with scary things.

Here are some ideas for helping your fearful children:

1. Avoid scary situations.
2. Take their fears seriously.
3. Help them face fears bit by bit, but do not force it.
4. Let them know it is OK to be scared and everyone is scared sometimes.
5. Talk to them about their fears.
6. Expect them to dwell on those fears anyway.
7. Ask what would help them feel safe.
8. Look for books that help kids cope with fears.
9. Nightmares can be caused by normal daytime stresses (*toilet training, separating from a parent*)

Fears from a terrible accident, parental death, or abuse need professional help.

Health & Safety

911

Call 911 in case of poisoning. They directed to your local poison center. The staff will tell you what to do or if you need to take your child to the hospital. Have a bottle of *Ipecac Syrup* (available at pharmacies) on hand.