



Marshall Public Schools  
860 W. Vest Marshall, MO 65340  
660/886-5800

Melissa Pointer, Coordinator  
Guadalupe Martinez, Jason Varner



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A NEWSLETTER FOR PARENTS OF INFANTS, TODDLERS AND PRESCHOOLERS

## Melissa's Letter to You...

Dear Families,

Summer will soon be upon us. We will have more time to hang out at home with our children and families. Enjoy the slower pace of life. We will be celebrating Mother's Day and Father's Day soon. As a result, I have decided to include a new section in the newsletter that focuses on information "For the Fathers". Fathers are a vital part of a child's social-emotional and intellectual development. Find out more important facts about fathers in the articles. Enjoy your summer and feel free to call us if you need a screening before school starts again.

Remember to "Let Them Be Little",

Melissa Pointer, Coordinator

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Let's stop saying "Honey, please don't do that" when our kids are doing something totally intolerable and what we really need to say is "Quit it right now...what you're doing is unacceptable." Some expectations can't be sugarcoated.

*Parents magazine*



# Forty Week Wait

## What Baby Needs



Here it is: The bare-bones, absolute essentials, nothing-but-the-basics baby shopping guide.

4-8 undershirts or vests (snaps at neck or wide head openings, snaps under crotch)

4-8 one-piece pajamas

1-3 rompers or other dress-up outfits

4-7 socks or booties (shoes are unnecessary until baby walks)

1-3 hats (broad-brimmed for summer baby, soft cap that covers ears for winter baby)

Crib, cradle or bassinet  
• Slats no more than 2 3/8 inches apart

• Corner posts no more than 1/16 of an inch above frame

• No cutouts in headboard or footboard  
• Top rails at least 26 inches above mattress

Firm, flat mattress fit snugly in crib (less than two fingers should fit between mattress and crib)

2-4 fitted crib sheets

4-6 soft, light receiving blankets

Changing table or cushioned changing pad for low dresser or bureau, with safety strap or railing

Changing table pad

Diaper cream

Unscented baby wipes (causes less irritation)

Soft washcloths

6-10 dozen cloth diapers and 6-8 diaper covers, or 2-3 large boxes of disposable newborn-size

diapers

Baby soap

10-16 bottles and nipples, both four and eight ounce (if fed strictly by the bottle, baby will go through about ten in the four ounce size per day)

Burp cloths (or cloth diapers)

Formula (if not nursing)

Pump (if you plan to breastfeed)

Milk storage bags (if you plan to breastfeed)

Baby nail clippers or blunt scissors

Baby thermometer

Petroleum jelly and sterile gauze (for circumcision care)

Infant or convertible car seat

For more information go to [www.thebump.com](http://www.thebump.com)

# Forty Week Wait



## Why You May Need a Birth Plan

Writing a birth plan gives you a chance to think about and discuss with your partner and your caregiver how-ideally-you'd like your baby's birth to be handled. You can't control every aspect of labor and delivery, but a printed document gives you a place to make your wishes clear. Just remember that you'll need to stay flexible in case something comes up that requires your birth team to depart from your plan.

A written birth plan also helps refresh your practitioner's memory when you're in labor. And it informs new members of your medical team-such as your labor-and-delivery nurse-about your preferences when you're in active labor

(and probably not in the mood for drawn-out conversation).

A birth plan worksheet provides a checklist of options to consider. Not all of these will be available in every setting or make sense for your situation, particularly if your pregnancy is high-risk. That's why it's important to take the worksheet with you to a prenatal appointment and go over it with your doctor or midwife.

After you have filled out the worksheet, give one copy to your practitioner, have one put in your file at the hospital or birth center, and put one in the bag you're packing for the day you give birth.

You can print out the birth plan worksheet at:

[http://assets.babycenter.com/ims/Content/birthplan\\_pdf.pdf](http://assets.babycenter.com/ims/Content/birthplan_pdf.pdf)

*From [www.babycenter.com](http://www.babycenter.com)*

## Prenatal Class Offerings at Fitzgibbon Hospital

Beautiful Beginnings-\$25.00

Online Childbirth Education-\$35.00

Breastfeeding Consultations-Free

Happiest Baby on the Block-\$30.00

Infant Massage-\$40.00

Please call Fitzgibbon Hospital at 886-7431 or go to <http://www.fitzgibbon.org> and look under the Women's Services link for more information.

Carrying a baby is the most rewarding experience a woman can enjoy.

**Jayne Mansfield**





# Infant Information

## Parallel Talk: Say What the Child is Doing

Children need to hear words over and over again so they can learn what they mean and how to say them. You can't really make your child talk, but you can pay attention and say the things that will help her learn how to talk.

Parallel talk is a great technique to use with babies and toddlers. All you have to do is watch what your baby is doing-and describe it while she plays. You can imagine you are talking on the telephone telling a friend what your baby is doing-but you are actually telling your baby what she is doing.

This is important because now your baby can hear the words that go along with her activity. She's already interested in her play. Parallel talk is the best way to use this interest to let her hear the words she needs. She will use these words later when she is ready to talk about similar things.

*From Parents as Teachers Curriculum hand-outs.*

## What's Cooking (3-6mos)

### Your baby will learn: Language skills

\*Whenever you are in the kitchen, sit your baby safely in an infant seat or swing.

\*As you prepare food, talk about each thing you do.

"I'm stirring."

"I'm pouring."

"I'm washing."



\*Let your baby play with measuring spoons, unbreakable bowls, or wooden spoons.

\*When your baby is old enough, let him pour, beat, or stir.

\*Always name each ingredient as you use it.

*Taken from Games to Play with Babies by Jackie Silberg.*

## Through the Hole (9-12mos)

### Your baby will learn: Coordination

\*Put your thumb and index finger together to form a circle.

\*Point one finger on your other hand and put it through the circle. Say "BOO!"

\*Recite the rhyme, wiggling your finger.

*Wiggle your finger, one and two,*

*Wiggle your finger, one and two*

*Wiggle your finger, one and two*

*Through the hole and BOO!!*

\*On "BOO!" point your finger through the circle and shake it.

\*Now let your baby play the game and push his finger through the circle. When you say, "BOO," kiss the baby's finger.

\*Try to teach your baby how to make the circle with his thumb and finger. Put your finger through the circle.

*Taken from Games to Play with Babies by Jackie Silberg*

# Infant Information



## Homemade Baby Food

Making your own baby food is easy, efficient, and economical. Instead of spending money on prepackaged baby food, you can use fresh produce, grains, and meat that you have on hand.

Going the do-it-yourself route also gets your baby used to eating the same food the rest of the family does, a strategy that may pay off during the picky toddler years.

After washing, cook vegetables and fruits like apples and prunes that need to be softened before pureeing or grinding. Bake, boil, or steam the produce until it's soft. If you boil the food, use as little liquid as possible

and add some of the leftover liquid when mashing the food.

Peel and pit the produce if necessary and strain out any seeds.

Some fruits and vegetables don't require any liquid—simply mash, add a seasoning or two, and serve. For others, you may want to add a little liquid (breast milk, formula, or water) as you puree or grind to get the consistency you want. As your baby adapts to solid foods, you can add less liquid.

Grains like quinoa or millet can also be pureed or ground in a food mill. Cook them first according to package directions.

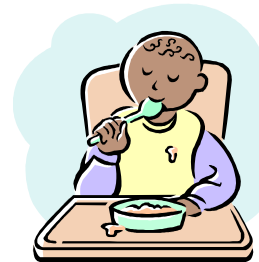
For older babies, whole grains make fabulous finger foods.

To prepare meat and

poultry, remove the skin and trim the fat before cooking. Then puree the cooked meat in a blender or grind it up in a food mill with a little liquid. For older babies, simply chop the meat into very small pieces.

If this all sounds like a lot of trouble, keep in mind that "homemade baby food" can be the very same food you feed the rest of your family.

For more information, go to [www.babycenter.com](http://www.babycenter.com) and search "homemade baby food".





# TODDLER TIME

## Toddler Milestones

Look for these things to occur between 18-24 months of age.

- \*Self-Feeding
- \*Dances with Music
- \*Understands but Might Not Follow Instructions
- \*Stop Putting Objects in Mouth & Identify Body Parts
- \*Likes Helping Mom
- \*"Reads" on Her Own
- \*Knows Wrong from Right
- \*Bedtime Battles
- \*Linking Two Words
- \*Can Throw a Ball
- \*Undress by Himself
- \*Speak Well Enough to be Understood.
- \*Walk Up Stairs
- \*Start Brushing Teeth by Himself.
- \*Identify People/Objects in Pictures.
- \*Can Walk Down Stairs

- \*Object Permanence
- \*Understands Prepositions
- \*Starts "Mine" Routine with Objects.
- \*Starts Showing Shyness to New People
- \*Stacks Blocks
- \*Wants Attention All the Time
- \*Loves Interactive Games
- \*Identifies Likes & Dislikes
- \*Names Body Parts
- \*Responds to Simple Questions
- \*Notices Gender Differences
- \*Talks About Self

For more information go to:<http://www.parents.com/toddlers-preschoolers/development/growth/>



# TODDLER TIME



## Go Truck (15+ mos)

**Your child will learn: Language Skills**

\*A toddler is beginning to express language. Words and short sentences make an exciting new development in his thinking. He is learning to connect nouns and verbs such as, "read book", "bounce ball", and "go truck".

\*Sit on the floor with your toddler and put a favorite toy in front of you. Think of action words to go with the toy and perform the action.

\*For example, start with a car or truck. Say "Go truck" and move the truck. You could also say:

\* "Turn truck" and turn the truck.

\* "Fall truck" and gently knock the truck down (this always gets a laugh).

\* "Go slowly truck" and move the truck slowly.

\*You can play this game with a stuffed toy, blocks, and many other toys.

*From Games to Play with Toddlers by Jackie Silberg*

## Making Up Stories (2+years)

**Your child will learn: Imagination**

\*Put a few favorite toys into a basket.

\*Ask your child to pick one of the toys from the basket.

\*Make up a story about the toy that she picked.

\*The story should be short and simple.

*Once upon a time there was a dog named Barney. He liked to jump up and down and wag his tail...*

\*This game will encourage your two-year-old to begin to make up stories with her toys.

*From Games to Play with Two-Year-Olds by Jackie Silberg*





# PRESCHOOL PAGES

## Children and TV

How television can affect children:

- \* They have less time to develop skills like language, creativity, motor and social skills.
- \* Less able to use his imagination.
- \* Less time to improve reading skills.
- \* Can have trouble paying attention to voices when there is noise in the background.
- \* Can have shorter attention spans.

\* School-age children spend less time on homework and tend to retain less skill and information.

\* Exposure to negative influences and promotes negative behavior.

\* Children who watch too much TV tend to be overweight.

(information taken from: <http://www.raisesmartkid.com/>

[www.raisesmartkid.com/](http://www.raisesmartkid.com/) all-ages)

### Here's how to live with less television.

1. Assess your tube time.
2. Devise a plan.

3. Don't make it center stage.

4. Shut it off.

5. Start TV-free hours.

6. Opt for screen-less activities.

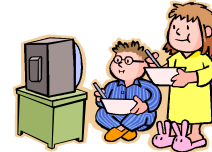
7. Unearth old toys.

8. Prep for preschool.

9. Get a helping hand.

10. Start a sing-along.

For more information see the article in the June 2005 issue of *American Baby*.



**Q:** My son always cooperates when a babysitter or someone else watches him, but then he often acts out when he's with me. What's going on?

**A:** Even though it doesn't seem like it, this is a good sign. "He feels safe around you and knows you'll always love him no matter what, so he's more comfortable showing his emotions," says *Parents* advisor Jenn Berman, Psy.D., author of *The A to Z Guide to Raising*

*Happy, Confident Kids*. It's natural for him to be on his best behavior around others (hey, be grateful). If he seems to be expressing anger that you left him with a sitter, make sure you prepare him in advance, and validate any feelings he shares with you ("I know it's hard when you have to say goodbye to Mom"). And let him know that "Mommy always comes back."

*Parents* magazine, Jan. 2012



# PRESCHOOL PAGES



**Q.** My preschooler was bitten by his classmate. Should I be worried about an infection?

**A.** "If the skin didn't break, it's unlikely to get infected," explains Jason Newland, M.D., a pediatric infectious diseases specialist at Children's Mercy Hospital in Kansas City, Missouri. But if the chomp

did draw blood, Dr. Newland suggests cleaning the area with soap and water, and then applying an antibiotic cream, like Neosporin.

Bites on the hands or face that were bleeding should be seen by a doctor, since they have a higher likelihood of becoming infected.

From *Parents*, April 2012

## Would you like your child to attend Marshall Public Schools' Early Childhood program this fall?

\*Your child **MUST** have a DIAL test

\*Your child must be 3 **BEFORE** Aug. 1st to enroll and must be 3 before taking the DIAL.

\*To schedule a screening call Parents as Teachers at 886-5800

\*School registration is August 8 & 9 so schedule before that date so you can be ready to send your child to school.

**\*DON'T WAIT UNTIL THE LAST MINUTE!**

## 10 Self-Esteem Boosters

1. Give Unconditional Love
2. Pay Attention
3. Teach Limits
4. Support Healthy Risks
5. Let Mistakes Happen
6. Celebrate the Positive
7. Listen Well
8. Resist Comparisons
9. Offer Empathy
10. Provide Encouragement

For more information go to: [http://www.babycenter.com/0\\_ten-ways-to-build-your-childs-self-esteem\\_65569.bc](http://www.babycenter.com/0_ten-ways-to-build-your-childs-self-esteem_65569.bc)



# FOR THE FATHERS

## 20 Reasons Why Your Child Needs You to be an Active Father

1. Lets your child know you love him/her.
2. Provides your child with greater financial resources.
3. Provides your child with a positive male role model.
4. Provides your child with emotional support.
5. Enhances your child's self-esteem.
6. Enhances your child's intellectual development.
7. Provides your child with guidance and discipline.
8. Gives your child someone to play with.
9. Gives your child someone to talk to when he/she has questions.
10. Increases your child's chances for academic success.
11. Provides your child with an alternative perspective on life.
12. Lowers your child's chances for

- early sexual activity.
13. Lowers your child's chances for school failure.
  14. Lowers your child's chances for youth suicide.
  15. Lowers your child's chances for juvenile delinquency.
  16. Lowers your child's chances for adult criminality.
  17. Provides your child with a sense of physical and emotional security.
  18. Facilitates your child's moral development.
  19. Promotes a healthy gender identity in your child.
  20. Helps your child learn important life skills.

For more information on all of the above you can go to: [http://fcs.tamu.edu/families/parenting/fathering/fathering\\_pdf/active\\_fathers.pdf](http://fcs.tamu.edu/families/parenting/fathering/fathering_pdf/active_fathers.pdf)



# FOR THE FATHERS



## Top tips for dads on bonding with your baby

by Jodi Picoult

[www.babycenter.com](http://www.babycenter.com)

### Have a staring contest

Prowess is a guy thing, right? Lest you believe that little baby of yours is a pushover, engage her in a time-honored ritual of seeing who'll blink first. She may surprise you. Babies love to contemplate faces, and chances are that before she gets bored you'll have dropped your gaze, wondering where she got that incredible dimple, or whether her ears look like your mom's or your wife's.

### Play kangaroo

My firstborn was a colicky baby who was never happy unless someone was holding him. At the end of the day, Tim used to come to the rescue by strapping on a Snuli and going about his business — raking leaves, setting the table, tossing a ball for the dog — all with Kyle cuddled against his belly.

### Read the sports page

Aloud. Let's face it: *Goodnight Moon* can get you only so far. After the 1,500th reading of the classic book, my husband finally threw in the towel. I walked by the nursery at bedtime to hear him very sweetly crooning the details of a Patriots game to Kyle. The baby loved every min-

ute of it ... it didn't matter what his father was reading, just so long as he was.

### Change a diaper

Talk about bonding at the earthiest level — with babies, the bottom line (no pun intended) often involves cleaning up a mess. During a change, you get to touch the baby, and talk to him, but it's sometimes hard to see a silver lining when a soggy lining is so much more evident.

### Be there for a cold or fever

Nobody wants their baby to get sick, but there's nothing like an illness to prove how much the little guy really needs you. A night spent rocking a sick child will make you painfully, preciously aware of what parenting is all about.

### Take pictures

Nothing makes as flawless a subject as your own child. An added benefit? All the recipients of the prints can't help but notice what a great time you're having being a dad.

### Roughhouse (within reason)

Studies have shown that mothers and fathers hold their babies in very different ways. You should never shake a baby, but you can certainly stimulate her muscles. If your child is old enough to sit up, she might like being tossed gently in the air, or getting bounced on a knee, or being carried beneath the arm like a football, ... things that Mom isn't as likely to do, but that are sure to bring squeals of delight.



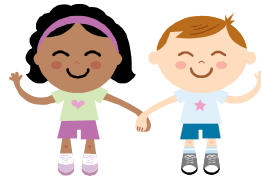
# F.Y.I FROM P.A.T.

## Fantastic Fingerplays

### Hands on Shoulders

*Follow the actions described in each line*

Hands on shoulders,  
 hands on knees.  
 Hands behind you,  
 if you please;  
 Touch your ankles,  
 now your nose,  
 Now your chin and now your toes;  
 Hands up high in the air,  
 Down at your sides, and touch  
 your hair;  
 Hands up high as before,  
 Now clap your  
 hands, one-two  
 -three-four!



## Must Reads for Kids

available at the library

### In the Tall, Tall Grass

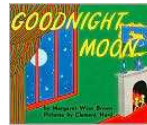
by Denise Fleming



Rhyming action words and bright bold artwork give a toddler's view of the animals seen in the grass. In addition to the delightful yet simple text, the introduction of the animals and insects follows the passage of time from day to evening.

### Goodnight Moon

by Margaret Wise Brown



A little rabbit bids goodnight to each familiar thing in his room, in this classic story told with gently lulling words and soothing illustrations.

## Cooking with Kids

### Cool Fruit Shakes

Use any very ripe summer fruit, children peeling it if necessary. Blend in the blender with an equal amount of milk, adding honey or sugar

(to taste). crushed ice, and vanilla or almond extract (to taste). When you use 1/2 cup fruit, 1/2 cup milk, and 2 ice cubes, the yield is 12 ounces. A preschool child's serving is 3 or 4 ounces.

# F.Y.I FROM P.A.T.



## Lighthouse Shelter

Offering parenting classes on the first Wed. of every month.

Contact Julie or Tammy at

831-0988 for info



## Marshall Public Library Story Times

Kinder-ready (3-7yrs): Mondays at 10:00 a.m.

Bouncing Babies (0-2): Weds. at 10:15 a.m.

Bookworm Buddies (3-5): Weds. at 10:45 a.m.

Bedtime Stories (all ages): Thurs. at 7:00 p.m.

Call the library at 886-3391 or visit their website:

[www.marshallpublib.org](http://www.marshallpublib.org)

\*\*\*\*happy reading\*\*\*\*

## Salt Fork YMCA Children's Programs

Diaper Gym/Tiny Tumblers: Steady walkers to age 2

Live Y'ers Gymnastics: 3-4 years

Swim & Gym: 3-4 years

Junior Jumpers: 5-6 years

Toddler's Evening Out

Biddy Sports

Preschool Swim Lessons

Call 886-9622 for more information.



## Interested in

### Infant Massage?

For more information please contact:

Jennifer Morrow at 886-9980

or

Linda Roepe at 886-7476 ext. 854

## LOOK!

Worried or just wondering if an item for your child has been recalled? The US Consumer Products Safety Commission (CPSC) can give you the latest information when you visit their website at: [www.cpsc.gov](http://www.cpsc.gov)

## Free Fun!

- \*Run through the sprinkler.
- \*Create a treasure hunt in the sandbox.
- \*Go to the park.
- \*Ride bikes together.
- \*Roll down a grassy hill.
- \*Have a picnic in the yard.



# ETCETERA

## Looking for a Pet?

Before adopting or purchasing any pet, talk to all family members, discuss expectations and responsibilities, and take a realistic look at your family's lifestyle. Ask yourselves these key questions before leaping into pet ownership:

- How much care will the pet require?
  - What role will each family member play in the pet's care? Who will feed the pet, groom and bathe it, clean its living space, and walk it, if need be?
  - What kind of medical care will the pet need?
  - How big will the pet grow to be?
  - Do you have enough space in your home for the pet to live and exercise? If you're thinking about getting a dog, do you have a yard, preferably a fenced one? (Cats, birds, rabbits, and other small animals can generally adapt to any space, but dogs need lots of room to run and jump.)
  - Do you have another pet? How do you think it will get along with a new pet?
  - Who will care for the pet when you're away? (e.g., what will you do with the pet if you work long hours and the kids stay after school for soccer practice? What if your family travels a lot?)
- Does anyone in your family have a history of allergies or asthma? If so, talk to your doctor about the possibility of pet allergy tests to see whether anyone might be allergic to certain animals. Or consider a hypoallergenic pet who is less likely to trigger allergic symptoms.
- And just because you can buy a pet from the pet store doesn't mean it's safe for homes with kids. Animals that may not be child-safe include:
- reptiles (turtles, snakes, lizards, iguanas)
  - rodents (hamsters, gerbils, guinea pigs, chinchillas, hedgehogs, prairie dogs, mice, rats)
  - amphibians (frogs, toads, salamanders)
  - ferrets
  - baby poultry (chicks, ducklings, goslings, turkeys)
  - Monkeys
  - Exotic animals
- For more information, go to the following website: [http://kidshealth.org/parent/firstaid\\_safe/home/pets.html#](http://kidshealth.org/parent/firstaid_safe/home/pets.html#)

# ETCETERA



## Summer Reading Program

@ Marshall Public Library

Your children are invited to join Marshall Public Library's Summer Reading Program all through June and July. Attend fun programs and events we are planning for children of all ages. This summer's theme, Dream Big--READ! is about all things nocturnal--dreams, stars and planets, bats, owls, spooky stories and more. The programs are free and open to the public.

Stop by the library or call Bobbie Mackey at 886-3391 for more information or to sign-up.



### Birth to 5 Council

Do you care about children?

Do you work with children on a daily basis?

Do you have children of your own?

Do you want to do something to help children succeed in life?

If yes, then come join us! This will be the second year that the Council has met to organize events for families in our community. We had a successful Care Conference last fall and look forward to this year's conference being even better. We also have a fun family event in mind to kick off the weekend. More details will be available at the meeting. Our next meeting will be Thursday, May 3 at 5:00pm at Central Office.



Please call Melissa Pointer at 886-5800 or Peggy Sherman at 831-4210 for more information or to sign-up to join us.



Marshall Public Schools  
860 W. West Marshall, MO  
65340  
660/886-5800

Fax: 660/8865641

Email: [mpointer@marshallschools.com](mailto:mpointer@marshallschools.com)

Visit our national website at

[www.ParentsasTeachers.org](http://www.ParentsasTeachers.org)

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