



I Mandikiki!

For Guam Families with Children Birth To Eight



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Catch a Child Being Good

When you walk into a room and find it messy and realize that the young child standing there made the mess, what is your first reaction? It is very easy to get upset and frustrated. Sometimes it can be hard to get past your first reaction to the mess. But when you do, you can begin to figure out the reasons behind the child's behavior. If you take a moment to pause and try to understand what the child was doing and why, you may actually catch a child being good.

Sometimes you may find that instead of a child just making a mess, that he/she is actually trying to make you breakfast or a gift for your birthday or even trying to help you in some other way. If you find yourself in a similar situation, take the opportunity to acknowledge their good intentions first. For example, with making breakfast, appreciate your child's efforts by taking the time to eat and enjoy breakfast with your child. Then, tell your child that it is important for the "cook" to clean up his/her mess in the kitchen. You can offer to help them clean up. If your child gets overwhelmed with the mess, then giving step-by-step directions is helpful. As another example, for making a gift for your birthday, you can say, "I am very excited to have a birthday gift from you! Thank you! I wonder what it is! I would like to help you clean up this mess first so that we can have lots of time to enjoy my birthday gift! Let's hurry!"

To catch a child being good, take a moment to look at the situation and try to understand the causes of their behavior. By doing all that, you are helping your child to continue being good!

Child Guidance/Discipline Tips

- Set clear rules
- Make sure the child understands the rules
- Enforce the rules consistently
- Model good behavior
- Reward good behavior
- Understand why the child breaks the rules
- Provide fair and logical consequences to rule-breaking behaviors
- Be sure to be calm and composed when giving consequences
- Make sure the child understands their behaviors and consequences as soon as possible after they happen
- Seek assistance when the child does not want to change their rule-breaking behaviors

Sources:

<http://www.webmd.com/parenting/guide/discipline-tactics>

<http://www.webmd.com/parenting/family-health-12/how-to-child-discipline>

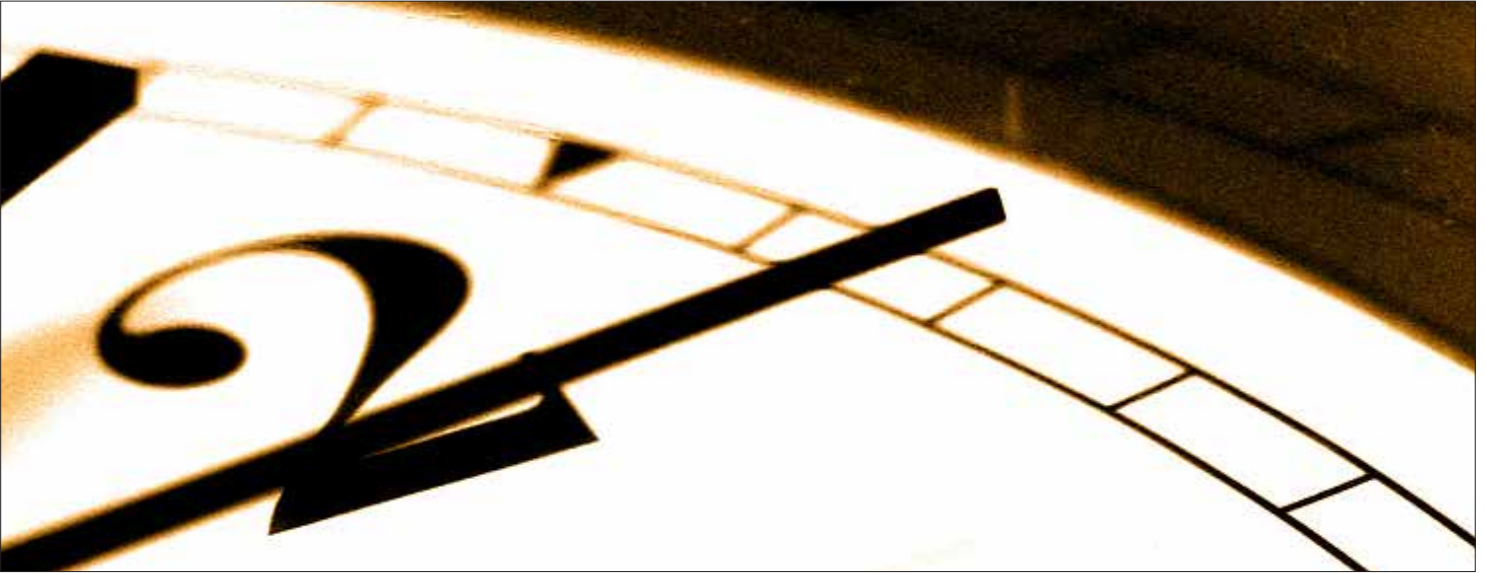
http://www.aacap.org/cs/root/facts_for_families/discipline

http://www.bbc.co.uk/health/physical_health/child_development/primary_discipline.shtml

Inside this issue:

Catch a Child being Good	1
Take Five or Knowing When to Call a "Time Out"	2
April is Child Abuse Prevention Month	3-5
Infant & Toddler Story Time Schedule	6
Resources	7
EC Courses/Pre-Natal Class /Parent Training Ad	8

Know When to Take Five



There's toothpaste all over the bathroom sink. The rubbish didn't quite make it into the trash can. You stepped on a toy car in the middle of the night and you know you told the kids to put all their toys away. Someone forgot to replace the empty toilet paper roll or worse, forgot to put the toilet seat down. Maybe your child does something uncharacteristic and you wonder where it came from. Makes you want to scream, right?

Sometimes it's not just one thing that sets off the anger, like finding the toothpaste all over the bathroom sink or an out-of-the-blue incident, but more of a combination of little things. When all the little things are added together, it's kind of like steam building in a boiling kettle. Eventually, the steam has to escape.

Anger is an emotion we all know well. When we get angry, our heart beats a little faster, our blood pressure rises, and we may feel like our heads will explode. We want to curse, yell, scream, kick, punch, fight—all the things we see our children doing when they're angry—but deep down we know we should not. Besides, we know that when our children do those things, it makes us angrier. Let's look at some ways we can "take five" and calm down.

Give yourself a "time out." When sports teams call "time out" on the field, they use that moment to refocus and regroup. Removing yourself from the situation gives you a chance to think. Take a few minutes away from the situation to gather your thoughts.

Think before you speak. Take a few deep breaths before you say what you want to say. Taking deep breaths gives

us a chance to gather our thoughts. It helps stop us from saying the things we don't really mean.

Express your anger without being angry. After you take those deep breaths, it's okay to say, "Mommy is very upset right now because..." Children need to know that parents do get upset, but they also need to know why. Giving the reasons for being angry helps the child know what went wrong and how to prevent it from happening again.

Don't hold a grudge. Once you've talked to your child about misbehavior, let it go. It doesn't help anyone to bring it up again later when your child does something else. Chances are your child doesn't remember what he or she did three months ago so bringing it up again won't help matters.

Identify possible solutions. If you notice that the same things make you angry over and over again, sit down with your child and talk about ways to prevent them from happening again.

We can teach our children to use these same tips to manage their anger. We know that children learn by example. So, if we want them to deal with their frustrations in a more positive way, we need to show them how to do that.

Resources:

<http://www.scholastic.com/parents/resources/article/praise-discipline/anger-management-children>

<http://www.mayoclinic.com/health/anger-management/MH00102>

<http://www.apa.org/topics/anger/control.aspx>

April is Child Abuse Prevention Month



It's tough to talk about child abuse. Who would ever want to hurt an innocent child? Who would want to cause bodily and emotional harm to a beautiful child?

As much as we would like to only see wonderful things happening to our beloved children, according to the Child Abuse Prevention Center, a report of child abuse is made every ten seconds in the United States! On Guam, child abuse happens too often and rates continue to rise. According to Child Protective Services (CPS) of the Department of Public Health and Social Services, Guam has a big problem with this issue (see chart at right). In February 2013 alone, 208 referrals were made to the Department for suspected child abuse and neglect. In Fiscal Year 2012, there were 941 referrals to CPS for physical abuse, 524 referrals for sexual abuse, and 644 referrals for emotional abuse. If you compare the numbers from 2009 to 2012, the number of referrals has more than doubled in these categories!

What can we do about this tragic situation? A start would be to let everyone know that we have a problem. April is National Child Abuse Prevention Month and so we would like to bring attention to this problem and share tips on how to prevent child abuse and neglect from happening.

The tips on the next two pages from The Child Abuse Prevention Center, are provided as strategies for consideration when interacting with young children in stressful situations.



Child Abuse and Neglect Statistics Child Protective Services (CPS)



	FY 2012	FY 2011	FY 2010	FY 2009
CPS Referrals Received	1988	1897	1403	1171
Total Number of Children, Subject of CPS Report	3064	2512	2032	1593
CPS Referrals by Maltreatment Type	T O T A L			
Physical Abuse	941	763	478	476
Sexual Abuse	524	434	313	229
Emotional Abuse	644	532	270	254
Neglect - Physical	295	208	99	188
Neglect - Medical	276	196	138	95
Neglect - Abandonment	126	76	45	45
Neglect - Educational	234	159	100	90
Neglect - Emotional	123	71	47	93
Neglect - Lack of Adult Supervision	460	282	162	117
Neglect - Deprivation of Necessities	3	11	0	0
Total	3,626	2,732	1,652	1,587

Positive Parent Discipline

What's Happening

Discipline is helping children develop self-control and appropriate social behavior. It is one of a parent's most important, yet most difficult, tasks. By following proven disciplinary ideas, this job can be much easier and great results can be accomplished. Good parental discipline builds responsible children with positive self-esteem and values.

Why Children Misbehave

- Low self-esteem
- Lack of positive role models
- Frustration or anger
- Feelings of neglect
- Insecurity
- Inadequate parental interest and guidance
- Extremely high expectations from adults
- Failing grades in school
- Inadequate sleep
- Reaction to family changes such as divorce or separation
- To seek attention-negative attention may seem better than no attention



two-year-old is pulling the leaves off your plants, the plants can be moved to a higher shelf. Make the environment fit the needs of the child.

Model Appropriate Behavior: Children imitate the behavior of others. Show your children how you want them to behave. Children learn from what they see. If they see appropriate behaviors, they will act appropriately.

Plan Transitions: Many people, especially young children, have difficulty changing activities without warning. (For example, your three-year-old is watching his favorite TV show; you tell him it's time for bed.) Preparing your child for transitions ("As soon as this show is over, it will be time to get ready for bed") and involving him in the next activity ("You can choose which pajamas you want to wear") may smooth this stress.

Use Humor: Many times, potentially tense or difficult moments can be eased by humor, silliness, or a hug. Try using a puppet. Sometimes a child will cooperate with a puppet's request while resisting yours. Sometimes we just need to

lighten up.

Parent's Toolbox – Prevention Tools:

Check the Basics: Is the child hungry, tired or sick? Some children become irritable at predictable times of the day.

Communicate Clear Expectations: Children need to know what behavior parents expect. Instructions should be stated as simply as possible using words your child can understand, speaking clearly, with eye contact to be sure you have his/her attention. Tell your child why the behavior is important. After you've clearly stated your expectations, consider rehearsing the desired behavior with the child if the situation is appropriate.

Change The Environment: The environment can be changed (something taken away, added, or rearranged) to avoid inappropriate behavior. For instance, if a

Offer A Choice Between Two Alternatives: Offering a child a choice helps her to feel she has control over her life and helps gain her cooperation. Ask your child, "would you rather wear your nightgown or pajamas to bed?" or "What would you like to do before we leave the park, swing for five minutes or play on the slide for five minutes?"

Reduce Boredom: Some children get into trouble when they are bored. Involving them in an interesting activity or conversation will redirect their energy.

Source: <http://www.thecapcenter.org/admin/upload/Positive%20Parental%20Discipline.pdf>.

Reprinted with permission from The Child Abuse Prevention Center.

Dealing with Temper Tantrums

What's Happening

Toddlers have many skills, but controlling their tempers is not one of them. Tantrums are common between ages 2-3 because toddlers are becoming independent and developing their own wants, needs, and ideas. However, they are not yet able to express their wants and feelings with words. Take comfort in the fact that most children outgrow tantrums by age 4.

What You Might Be Seeing

It is normal when toddlers:

- Say "no!" "mine!" and "do it myself!"
- Test rules over and over to see how parents will react
- Are not yet ready to share
- What You Might Be Seeing
- Need lots of fun activities, play times, and opportunities to explore the world
- Respond well to a routine for sleeping and eating (a regular schedule)
- Imitate grown ups and want to "help" mom and dad

What You Can Do

It is often easier to prevent tantrums than to deal with them once they get going. Try these tips:

- Direct your child's attention to something else. ("Wow, look at that fire engine!")
- Give your child a specific choice in small matters. ("Do you want to eat peas or carrots?")
- Stick to a daily routine that balances fun activities with enough rest and healthy food.
- Develop a feeling vocabulary, so your child will be able to tell you how they are feeling rather than act it.
- Anticipate when your child will be disappointed. ("We are going to buy groceries for dinner. We won't be buying cookies, but you can help me pick out some fruit for later.")
- Praise your child's behavior when he or she shows self-control and expresses feelings with words.



If you can't prevent the tantrum, here are some tips for dealing with it:

- Say what you expect from your child and have confidence that your child will behave.
- Remain calm. You are a role model for your child.
- Holding your child during a tantrum may help a younger child feel more secure and calm down more quickly.
- Take your child to a quiet place where he or she can calm down safely. Speak softly or play soft music.
- Some children throw tantrums to seek attention. Try ignoring the tantrum, but pay attention to your child after he or she calms down.
- Resist overreacting to tantrums, and try to keep your sense of humor.

When disciplining your child, keep these 4 questions in mind:

1. What do I want my child to learn?
2. Is what I'm doing teaching that?
3. Are there any negative results from it?
4. If so, what can I do differently?

When your child is having a floor-thumping tantrum, the most important thing you can do is remain calm and wait it out.

Do not let your child's behavior cause you to lose control, too.

Source: <http://www.thecapcenter.org/admin/upload/TemperTantrums.pdf>. Reprinted with permission from The Child Abuse Prevention Center.

The Guam Early Intervention System in collaboration with the Guam Public Library System presents

Infant & Toddler Story Time

Come join us and enjoy exciting stories and fun arts & crafts activities for your child!

Open to all infants and toddlers 4 years or younger who are not currently in school!

Where: Guam Public Library (See below for your nearest location)

What Time: 9:30 AM to 11:00 AM

Dededo

Thursday, March 7, 2013
Thursday, March 21, 2013
Thursday, April 11, 2013
Thursday, April 25, 2013
Thursday, May 9, 2013
Thursday, May 23, 2013
Thursday, June 20, 2013
Thursday, July 18, 2013

Barrigada

Thursday, March 7, 2013
Thursday, April 11, 2013
Thursday, May 9, 2013
Thursday, June 20, 2013
Thursday, July 18, 2013

Yona

Monday, March 4, 2013
Monday, April 8, 2013
Monday, May 6, 2013
Monday, June 17, 2013
Monday, July 15, 2013

Hagatna

Thursday, March 21, 2013
Thursday, April 25, 2013
Thursday, May 23, 2013
Thursday, June 20, 2013
Thursday, July 18, 2013

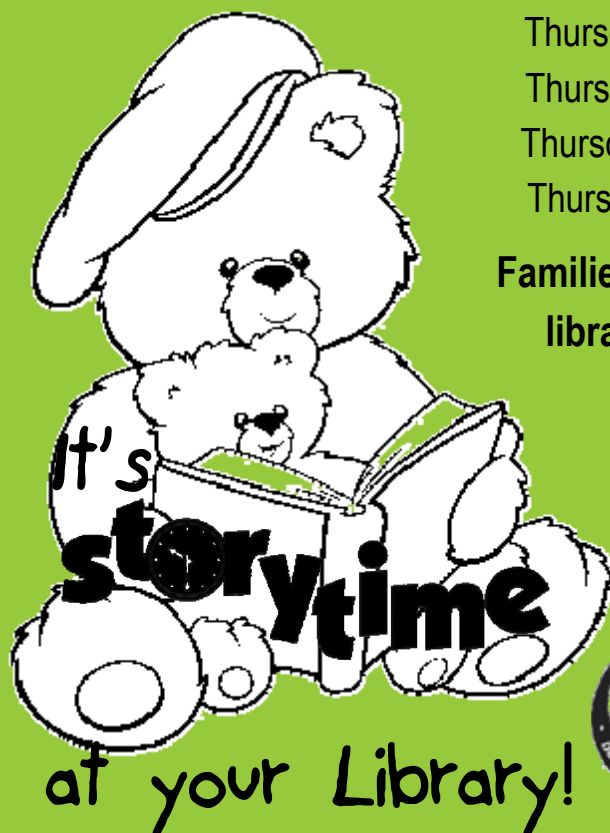
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Tuesday, March 19, 2013
Tuesday, April 23, 2013
Tuesday, May 21, 2013
Tuesday, June 18, 2013
Tuesday, July 16, 2013

Families are welcome to participate in ANY or ALL library sessions in all locations at any of the above dates.

Note: Schedule may be subject to change.

For more information contact the Guam Early Intervention System at 300-5776/5816 or visit our website at www.gdoe.net/geis.



**Guam
Early
Intervention
System**

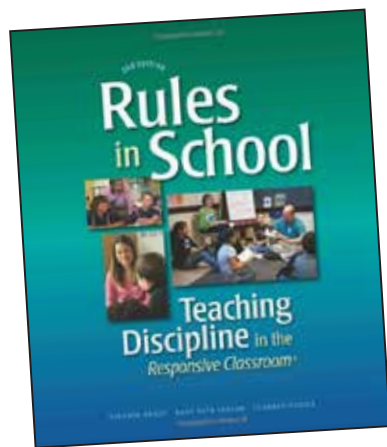
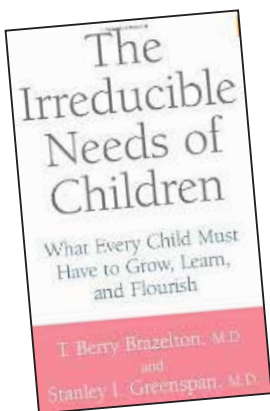


Resources

For Parents

Parenting With Love and Logic by Foster Cline and Jim Fay

The Irreducible Needs of Children: What Every Child Must Have to Grow, Learn, and Flourish by T. Berry Brazelton, M.D. and Stanley I. Greenspan, M.D.



Siblings Without Rivalry by Adele Faber and Elaine Mazlish

Raising a Thinking Child: Help Your Young Child to Resolve Everyday Conflicts and Get Along with Others by Myrna B. Shure and Theresa Foy DiGeronimo

The WonderWise Parent

<http://www.k-state.edu/wwparent/wondhome.htm>

Center for Effective Parenting

<http://parenting-ed.org/>

For Childcare Providers/Teachers

Classroom Management and Guidance/Discipline Plan

<http://www.millikin.edu/academics/cps/education/ncate/exhibits/Documents/OfficialCA5-EarlyChildhoodClassroomManagementPlandescription.pdf>

Wanted: A Child Care Program With No Screaming

http://www.earlychildhoodnews.com/earlychildhood/article_view.aspx?ArticleID=686

Developmentally Appropriate Child Guidance

http://www.childcarequarterly.com/spring09_story1a.html

Democratic Discipline in your Classroom

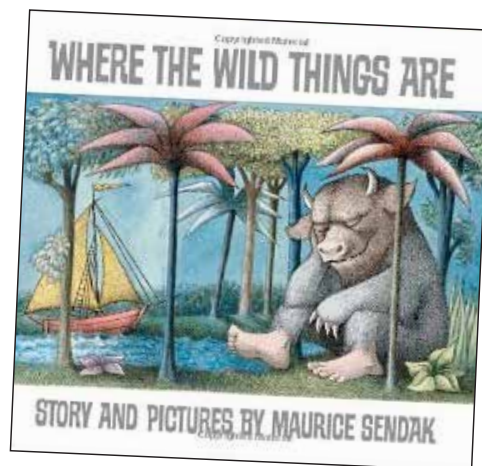
<http://www.naeyc.org/files/yc/file/200307/DemocraticDiscipline.pdf>

Positive Discipline for Childcare Providers: A practical and effective plan for every preschool and daycare program by Cheryl Erwin

Rules in school: Teaching discipline in the responsive classroom by Kathryn Brady, Mary Beth Forton, Deborah Porter

For Children

Where the Wild Things Are by Maurice Sendak



Finn Throws a Fit! by David Elliott

No, David!, David Goes to School, David Gets in Trouble by David Shannon

Words are Not for Hurting, Feet are Not for Kicking by Elizabeth Verdick, **Hands are Not for Hitting** by Martine Agassi

Martha Doesn't Say Sorry! by Samantha Berger

Pinkerton, Behave! By Steven Kellogg



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Alternative formats (e.g., Braille, large print, or audio tapes) of **I Mandikiki'** may be made available by sending a request to newsletters@guamcedders.org or 735-2477.

FREE COURSES

For Foster Parents, Child Caregivers, and Interested Individuals

DATES	TIME	COURSE	FORMAT
2013			
March 2013	TBA	Children With Special Needs – Part B	F2F
March 2013	TBA	Creative Arts – Part C (Dramatic Arts)	F2F
March 2013	TBA	Child Development - Preschooler	OL
April 2013	TBA	Child Development - Infant	OL
April 2013	TBA	Children with Special Needs – Part C	F2F
May 2013	TBA	Children with Special Needs – Part A	F2F
March - April 2013	TBA	Mentoring New Early Childhood Providers	F2F & OL



Key: F2F = Face-to-Face class at University of Guam. OL = Online class. All classes run for a 3-week period.

NOTE: All of the listed courses are for 1.5 CEUs each. Completion of "Working With Young Children" Parts A, B, and C, for a total of 4.5 CEUs, will meet the in-service requirements for Early Childhood Assistant Provider, Level 1 as stated in Guam's Plan for Professional Development. For "Working with Young Children" and "Child Guidance & Discipline" Part A must be taken first, then Part B, and then Part C must be taken last.

For more information on these courses, please contact Terry Naputi at 735-2363 or email at terry.naputi@guamcedders.org.

***Dates and times are subject to change based on enrollment.**

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FREE PRENATAL CLASS!

The Guam Memorial Hospital (GMH) Prenatal Class is held at GMH on the first Monday of each month, unless it's a holiday. If a holiday, it will be held the next Monday.

When: First Monday of the month

Time: 1:00pm - 3:00pm

Where:

4th floor, Education Classroom,
Guam Memorial Hospital

Learn about safety in pregnancy, labor and birth, breastfeeding, admission to GMH, and more. For more information, call the Education Dept at 647-2350

ATTENTION: All Day Care Centers and Parent Organizations

The State Advisory Council Grant is providing

FREE Parent Training!
"Young Brains Can't Wait!"



To arrange for a
FREE Parent training
at your center or
for your Parent
Organization call
735-2363.

