

MILFORD FAMILY RESOURCE CENTER

The Infant and Toddler Times

JUDY LOBDELL, EDITOR

May 2019

Dates to Remember May

12th. Celebrate
Mother's Day



27th. Memorial Day
Center closed.



30th. Harborlight
Happening
(see page 7)



June

3rd. Last Day of
Playgroup.

16th. Celebrate
Father's Day



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Discipline: your gift to your child

*One of the greatest challenges you face in
raising your child is guiding her behavior.*

It is also one of the greatest gifts you can give your child.

Discipline means teaching and guiding your child. Parents often see discipline as the same as punishment, but positive discipline is very different. The long-term goal of discipline is to help your child develop self-control and responsibility for her own behavior, not just the ability to respond to anger, punishment, or someone else's emotion.

Discipline begins with a good relationship

In order for discipline strategies to work, you and your child need to have a positive, loving relationship. Discipline really begins with building a strong bond called secure attachment. Get to know and accept your child. You will certainly not approve of everything she does, but the foundation for discipline is appreciating and enjoying your child for the person she is.

Limits provide security and stability

Children need limits on what they can do to feel safe and to teach them how to behave in different situations. Of course, limits need to be appropriate for your child's age and experience. All parents need support to think about the things they want to teach their child and the limits they will set to do that. Talk to your Parents as Teachers parent educator if you want to discuss setting limits for your child.

Consistency is the key

When limits are not consistently enforced, your child can become confused and fail to figure out just what is expected of her. Having the same limits and enforcing them consistently makes it easier on your child, and easier on you.

Likewise, decide on a discipline strategy and stick to it. If you are using timeouts, for example, discuss what will happen beforehand, when you and your child are calm. Then follow the same routine each time your child misbehaves.

Parents can be firm and fair

Children can really push your buttons! One of the most effective things you can do to enforce limits is to control your anger. When your child sees you out of control, she can feel insecure. She also receives a negative model for her own behavior.

Keep your child safe

Don't discipline your child when you are angry. Put the child in a safe place and calm down. Don't let anyone near your child who is violent or out of control.

Yelling and physical punishment are destructive to your child. This includes spanking, which can make problem behaviors worse over the long term and damage your child's emotional development. After discipline, disagreements or tantrums, reconnect with your child. Help her realize it was her behavior you disapproved of, not her. Tell her you love her and hug her if she feels like it.

Tips for using discipline strategies

The goal of discipline and guidance is helping children develop their own sense of personal responsibility.

- Decide on limits and family rules. Your child can only remember a few at a time, so focus on the ones that are most important to you.
- Explain limits and rules in advance. Give the reason for the rule.
- Repeat, repeat, repeat! Reinforce limits verbally for your child.
- Teach by example. Your controlled, considerate behavior will teach more than your words.
- Concentrate on the positive. State what you want your child to do, not what she should not do.
- Catch your child being good. Notice good behavior more than you do misbehavior.
- Acknowledge your child's feelings. She might not like a limit and can say so, but she still must follow it.
- Expect your child to do well, not to misbehave.

For more information, visit www.ParentsAsTeachers.org.



Earth Day should be everyday, but in celebration of Earth Day check out this website for information on the ins and outs of what can and cannot be recycled.

<http://www.recyclelect.com/in-the-bin.html>

Toileting fears.

A temporary fear of the toilet is common among young children because their only experience up until potty-training is a cushy diaper. That explains some of the aversion many children have to the toilet. But so does flushing. Fear of flushing is quite common among young children. Why? On top of the loud noise, young children often fear they're flushing a part of themselves down the toilet — that they're losing something important forever.

“Little kids aren't quite clear on the concept that certain parts of our bodies, like our hair, fingernails, and even poop, don't hurt when we get rid of them,” child psychologist and author Dr. Heather Wittenberg explains, “As odd as it seems, it's a long learning process for children to understand that flushing doesn't hurt them.”

Although most parents begin potty-training when their kids are between the ages of two and three years old, kids only develop the ability to separate fantasy from reality by age three and it doesn't happen overnight. As a result, there's a weird overlap between when children might be able to understand that they have to go number one or number two, but they don't totally compute that a potty monster won't eat them. That's not a reason to delay potty-training in itself, but something to be aware of and patient about.

At home, parents have some control over the environment and toddler toilets that don't flush can help kids work their way up to a regular one. But unless potty-training parents plan on never leaving the house, public bathrooms feature by far the most frightening toilets of all — ones that automatically flush. While regular flushing toilets are loud, large, and mysterious to toddlers, automatic toilets are unpredictable on top of that. As if there were not enough reasons to cry about public restrooms as an adult, this can be overwhelming for kids, who are more prone to setting flushers off frequently because they move around so much. But with the help of their parents and caretakers, they'll eventually acclimate as much as anyone can to bathroom automation.

“Reassure them that you won't let anything hurt them. If your child is afraid of the loud, annoying flushers that you'd typically find in a public bathroom, help them cover their ears.”

It's important to note that many young children are sensitive to loud noises but become more tolerant of them as they get older, but if parents are concerned it's always best to check their child's pediatrician. Hypersensitivity to sound is more common than many parents realize, but it is important to be aware of the studies that show it can be an early sign of Autism Spectrum Disorder. Regardless, many kids will not be comfortable with flushing the toilet the first few times, and that's totally OK. They'll get there.



ers



Gary Johnson 2019 Champion of Young Children



Mayor Ben Blake proclaims April 10 Gary Johnson Day



Brooke and Henry, Noella and Sailee Torres
acknowledge Granddad



Noella speaks from her heart about her



Milford Legislators present a Gary with a Citation from the
Assembly of the State of Connecticut.



Long time Friend of Gary, Milford Aldermmn, Ray Vitali



Mary Jo Kramer, Gary Johnson Kids Count Co- found



Joanne Judd, Paegy Kelly, Pat Damon



Mathewson School third grade students, Mr. Magazine, their teacher, Ms. Michelle D'Aiuto, music teacher, Mrs. Mellissa Currier, Principal of the Mathewson School, and parent chaperones.



The Mathewson Third Grade Students sang the Milford Song and Proud to be an American. They received a standing ovation from the guests!



Milford High School students were presented with framed certificates at the Legislative Breakfast in appreciation of their efforts to raise over \$10,000 for the Milford Salvation Army Service Army .



Foran High School students who helped raise funds for the Milford Salvation Army Service Unit at Kids Count's Legislative Breakfast



Jonathan Law High School students who helped raise funds for the Milford Salvation Army Service Unit at Kids Count's Legislative Breakfast



Platt Technical School students who helped raise funds for the Milford Salvation Army Service Unit at Kids Count's Legislative Breakfast

You are cordially invited to attend

HARBORLIGHT HAPPENING

to benefit Kids Count of Milford

Susan Henchman Pavelko Preschool
Scholarship Fund

Allowing children to attend quality
preschool programs

Thursday, May 30, 2019

**"At Full Mast"
Murder Mystery Dinner
Chester Hadlyme**

The Dinner theater is an interactive
comedy show that goes throughout the
evening as you enjoy a
3 course buffet meal.

The cast mingles from table to table
dropping clues for a mystery that only
you can solve!

Join us for a fun and hilarious evening!

5:30 - 6:30 Cocktails - Cash Bar
6:30 Sit-down Salad
7:00 - 8:00 Full Buffet Dinner
8:00 - 9:00 Plated Dessert
9:00 - 9:30 Murder Mystery Solved

Milford Yacht Club
131 Trumbull Avenue
Milford, Connecticut

Thursday, May 30, 2019

\$100.00 per person

☐ Yes, please include me/us in
Harborlight Happening
Enclosed is a check for \$ ____

☐ Sorry, I/we cannot attend.

Enclosed is a check as a
donation toward a Preschool
Scholarship

\$50 ____ \$75 ____

\$100 ____ other \$ ____

Tables of 8 or 10 will be held in
Reserve 8 ____ 10 ____

Mr./ Mrs./ Ms. _____
Address: _____
City: _____
Zip: _____
Phone Number: _____
Email: _____

Please respond by May 20, 2019
Checks may be made payable to:
Kids Count of Milford
167 Cherry Street
P.O. Box 169
Milford, CT 06460

For more information please call:
Peggy Kelly at 203-783-3627
or
email: pkelly@milforded.org

Credit Card Payment:



Credit Card #:

Expiration Date:

Security Code:

Name on Card:

Address:



United Way of Milford Partner Agency

