

"YES"

COOPERATION: TURNING "NO" INTO "YES"

Encouraging children's sense of fun and imagination often motivates young ones to do chores and routine tasks that aren't always fun.

Although a game approach isn't foolproof, more often than not it will minimize conflict and help children to act more independently.

- A toddler can pretend his rolled-up socks are a ball to be "tossed" into the laundry basket.
- Putting on shoes is quite boring for a three-year-old but visiting a pretend shoe store and trying them on for size may be quite appealing.
- A seven-year-old may eagerly pick up his room if encouraged to be a "human vacuum cleaner." This "cleaning machine" can make all sorts of noises for special effects.

HERE ARE SOME OTHER GAMES THAT CAN BE ADAPTED FOR CHILDREN OF DIFFERENT AGES

GETTING DRESSED

Turn your child into a robot with fast and slow buttons (a nose or an ear). She can choose whether she wants to get dressed quickly or slowly, and you can help by operating the buttons! Try the "Let's see if you can get dressed by the time I count to twenty" approach. Count slowly enough to ensure success. Hopefully, the next day your child will want to break her record.

BATH TIME

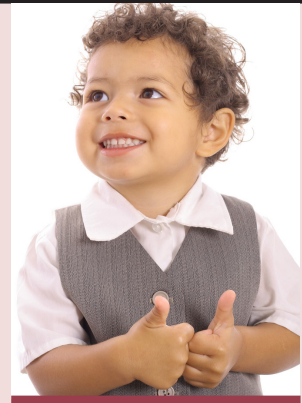
Let your child select a few safe kitchen utensils to bring into the tub. A younger child will have fun with a plastic spatula, measuring cups and sieves. An older child can play with whisks, and shaving cream.

Children will have fun kicking up a storm while wearing goggles and swimsuits in the tub. They also love playing with spray bottles. Don't forget to set up a few rules, and spread a couple of towels on the floor to soak up accidental splashes. Put stickers on the ceiling for a distraction during hair washing. Ask your child what animal they want washing their hair, then use your fingers to scratch like a squirrel or hop like a rabbit on their head.

CUTTING FINGERNAILS

Sing "Where is Thumbkin?" Ask for individual fingers by name (pointer, tall man, ring finger, and pinkie). Toes can be "Little Piggies," and you and your child can recite nursery rhymes while you clip.

"YES" "YES" "YES"



CLEAN UP

Give children scoops or tongs to use to pick up toys off the floor. The challenge of using a tool will make children forget they are actually cleaning!

Put on music and do the clean up dance. The object is to be done by the end of the song or CD. Vary this game by periodically switching the music off, at which point children can "freeze." When the music resumes, so does the cleaning.

Children are a great excuse to invite fun into daily life, so use your imagination and give game playing a try!

PERSONAL PARENTING



Summer is Coming It's Time for Ice Pops!

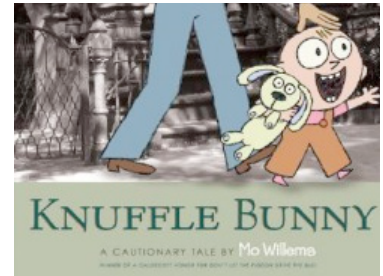
Make homemade ice pops by pouring fruit juice into an ice tray. When partially frozen, place a craft stick into each pop and freeze until firm.

These special treats are yummy, but they can be messy! Try this idea to do away with sticky fingers, clothing, and floors. Save plastic lids from margarine tubs and cut small slits in the top. Slide the stick into the lid. Now you have a drip pan for drippy treats!

Bring It On Home Bag

Kids have so many things to bring home at the end of the school year. They may find a stray mitten in the lost and found or a new box of crayons barely used in the back of their desks. **Help them get everything back home with this idea.**

Purchase a canvas bag at your local craft store. Provide markers and let your children create whatever they want. Not only are they cleaning out their cubbies and desks, they're creating something they can use again and again.



Transitional Objects

Transitional objects have been around for a long time. Think Linus with his blanket in Charles Schulz's *Peanuts* cartoon dating from the 50's.

Children get attached to a particular thing because it acts as a bridge between parents and the outside world. **The beloved object may be a stuffed animal or blanket, but parents soon learn that it is precious and substitutes don't comfort in the same way.**

Children and parents who have misplaced or left behind a treasured object will identify with *Knuffle Bunny: A Cautionary Tale*, by Mo Willems. The book follows Trixie and her dad back to the Laundromat where a beloved bunny was left behind.

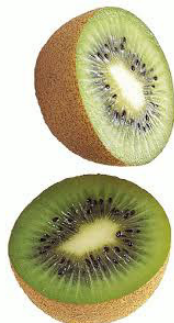
Of course, there is a happy ending!



Kiwi: Super Fruit for Super Kids

This fuzzy little fruit is packed with fiber and antioxidants. It also provides vitamins C and E, calcium, iron, and many other vitamins and minerals.

Serve it in slices or cut a kiwi in half and let kids scoop out the tangy fruit for a quick and super healthy snack!



Preventing Tip-Over Accidents

Children are naturally curious about everything! And that can lead to trouble as they climb on bookshelves, chests, and TVs. Of course you will instruct your children not to climb on these items but that is definitely not enough. A child in the U.S. dies every two weeks from a tip-over accident.

When it comes to safety of furniture and appliances, anchoring is key. Always attach furniture to the wall with the proper hardware. Flat-screen TVs must be securely anchored and regular TV's should only be placed on a TV stand or a media center. Cords and cables should be placed out of sight. **Check out the blog: Safetymom.com** for more tips on creating a safe home for your family.

EXPLORING WITH WATER

Water provides many opportunities for children—from science to pretend play. It's usually close at hand, inexpensive, and occupies children for hours. What could be better? Remember to always supervise children when they play with water.

WATER WORDS

Ask your child to think of some water words. Here are a few to get you started:

puddle, lake, swim,
waterfall, rain, river



SCIENCE WITH WATER

- **Collect rainwater in a bucket and observe.**

How can you measure water?

What color is it?

- **What floats in water?**

Try a pencil.

Try a rock.

Water a plant.

Where does the water go?

Will the water help the plant grow?

- **Make sounds with water.**

Make a dripping sound.

Make a splashing sound.

- **Blow bubbles with a straw into a cup of water.**

What is inside the bubbles?

What color are the bubbles?

- **Pour water into bottles.**

Use a funnel. Pour from big bottles into little bottles.

- **Mix water and dirt together.**

How does it feel?

What can you build?



PRETEND PLAY WITH WATER

- Make lemonade and set up a lemonade stand.
- Wash doll clothes and hang them on a line.
- Set up a car wash for miniature cars.
- Paint the swing set with water.
- Build castles in the sandbox.

ART WITH WATER

- Spray colored water onto paper.
- Paint with watercolors and brushes on newspapers or paper bags.
- Sprinkle powdered tempera paint on paper and drizzle water on top.

FUN WITH WATER

- Take a bath with a beach ball.
- Squeeze out a sponge.
- Splash in a puddle.
- Walk outside in the rain.
- Wash your bicycle.
- Play in the sprinkler.
- Give the dog a bath.



CLIPBOARD