

FAMILY CONNECTION



Summer LEARNING Summer Fun!

INSIDE LOOK

BREAK HABITS NOT
SPIRITS

SUMMER FUN: WATER &
SAND ACTIVITIES

FAMILY DINNER ACTIVITY

DISCOVER THE 3TS

EARLY LEARNING
LITERACY TIPS

FREE ONLINE
RESOURCES



BREAK HABITS NOT SPIRITS

Adrienne N. Gilyard M.A.Ed.

Before we start using the techniques that grandma said worked for you as a child, it is important to first understand the why behind some of those habits.

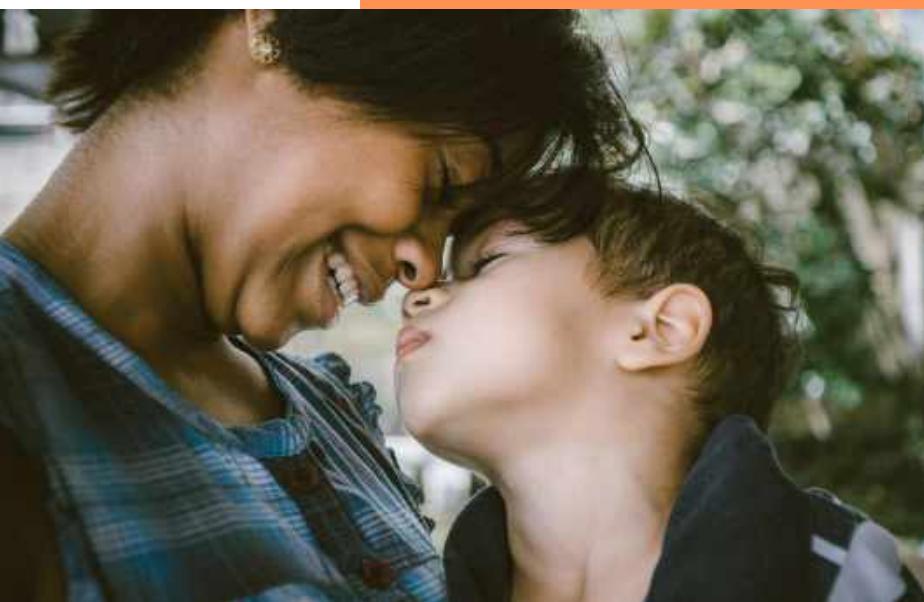
Nail biting, nose picking, thumb sucking, and hair twirling; these are just a few habits that some children display that annoys and concerns parents. As parents, we all want to break these bad habits that our children display quickly because of how it makes us feel. But before we start using the techniques that grandma said worked for you as a child, it is important to first understand the WHY behind some of those habits, and we have to recognize whether or not the child is ready to stop the habit.

What you will find is that most of these habits are just a passing phase. Conversely, some of these same habits are actually coping mechanisms for stress, frustration, boredom and from just being tired. (Laule, 2018).

What you will find is that most of these habits are just a passing phase. Conversely, some of these same habits are actually coping mechanisms for stress, frustration, boredom and from just being tired (Laule, 2018). The most important thing to remember is that screaming and punishment do not lead to the habit being broken; but screaming and punishment can lead to a child's spirit being crushed and broken. The real key here is positive reinforcement and patience.

The following tips are helpful when your child is ready to break the habit:

- **Ignoring the behavior:** when you give a lot of negative attention to the behavior it sometimes has an adverse effect and encourages the behavior.
- **Encourage mindfulness:** encouraging mindfulness will allow your child to slow down a bit to examine his habits and make conscious change happen.
- **Switch the stimulus:** this option offers the opportunity to replace something unhealthy with something healthy. For example, give the child a fidget toy, rubber bracelet or a spinner ring.
- **Make tiny new habits:** tiny new habits will enable children to automatically engage in the new healthier habit which will lead to long-term change.
- **Celebrating success:** Praise your child for good behavior. The best kind of praise simply describes what you see that you'd like to see more of is a critical part of the process (B'sheart, 2019).



References

B'sheart, M. (2019, April 15). How to Stop Bad Habits in Children. Retrieved from Metro Parent: <https://www.metroparent.com/daily/parenting/child-behavior-discipline/breaking-bad-habits-how-to-help-kids-kick-bad-habits/>

Laule, S. (2018, December). Your Child: Parenting Guides and Resources . Retrieved from CS Mott Children's Hospital: <https://www.mottchildren.org/posts/your-child/bad-habits>

Breaking your child's undesired habits is not an easy thing to do. There is no promise that these habits will end, but there is a good chance that the habit will fade away over time. With knowledge about the roots of the habit and sound educational research; you can give your child power, and help to break the habit but not their spirit!

SUMMER FUN – WATER AND SAND ACTIVITIES



Children just love water. They love how it feels and how to pour from one container to another. How about letting them play with water.

Find some containers such as bowls, cups, pitchers, squeeze bottles and spray bottles. These are things that can be found around the house. Let your children fill up each container and pour water from one to another. You can do this outside and let them get wet.

Safety Tip – Keep it to small containers, remember to always supervise your children. You can do the same for sand. You don't need to go to the beach, just buy a bag of sand and play outside. Use cups, bowls, spoons, all things to explore sand.



Photo credit: Freepik



Photo credit: lmld.org

Recipe: Rainbow Fruit Kabobs Skewers

- 1 Strawberry
- 2 Orange Slices
- 3 pieces of Pineapple
- 4 Green Grapes
- 5 Blueberries
- 6 Grapes

Finish them with a marshmallow if you want!

Family Dinner Activity: Chit Chat Jar

With technology being at the forefront of almost every aspect of our lives, it's hard to sit at the dinner table with our children and carry on a meaningful conversation without a cell phone being out or having the TV blaring in the background. To bring back family conversations put a Chit Chat Jar in the middle of your dining room table. The jar will contain slips of papers with conversation starters on them. The conversation starters can range from funny things that happened over the course of the day, or fantasy. Whatever you choose for your topics, dinner time will be more engaging and your children will gain more conversational skills.

Here are some sample questions:

Would you rather go to the beach or to the snow?	What is the best thing about being a part of this family?	If you were only allowed to keep your two most favorite toys, what would you choose?
Tell us something that makes you HAPPY	What is your favorite game to play with your brother/sister?	Tell us about something nice that you did for someone else today.
What is something that you would like to learn?	What do you like the most about the person sitting next to you (on the left)?	If you could have a super power, what would it be?
If you could go anywhere in the world, where would it be? Why?	Describe your perfect day	If you had to live inside of a TV show for a whole week, which show would you like to be in?



Photo credit: Freepik



ANY TIME IS 3Ts TIME

You can build your child's brain
any time by using the 3Ts.

**TUNE
IN**

**TALK
MORE**

**TAKE
TURNS**

TIPS + TOOLS AT THE3Ts.ORG

Be in the moment.

**Use a wide
variety of words.**

**Engage your child
in conversation.**

When you use all **3Ts** at once, you build
the strongest possible brain for your child.



Center for Early Learning + Public Health



Toddlers + the 3Ts



Every word you say builds your toddler's brain!

Research shows that children do better in school when their parents talk and interact with them from birth. Make the most of your time together by using the 3Ts.



Be in the moment. Respond to what you think your toddler is communicating.



Use a wide variety of words.



Engage your child in conversation.

When you use all 3Ts at once, you build the strongest possible brain for your child.

Start now. Here's how!



Tune In

- Listen to your child - they may communicate through words, sounds, or gestures.
- Notice what catches your child's attention, and talk about it.
 - "Oh you want to wear the dinosaur shirt today? The dino is big and strong just like you!"*
 - "I hear you getting fussy. Are you feeling hungry?"*



Talk More

- Talk, read, or sing with your child - let your child take the lead! You don't need to flip through the pages in order or sing the words just right for your child to learn.
- During play time, describe the colors and textures of their toys, or Math Talk about the number, size, or shape of them.
- Narrate daily routines like getting dressed by talking your child through what you're doing, as you do it.
 - "Let's put your right arm in the sleeve, now your left arm. Good! Now it's time to zip you up!"*
 - "What a tall tower you're building. I see one, two, three blocks. Wow, it's three blocks tall!"*



Take Turns

- Ask questions and wait for your child to respond, whether with words or otherwise.
- Respond to your child's words and gestures as though they are turns in the conversation.
 - "It's a little cold today, what do you think we should do before we go outside?"*
 - "You're reaching for the crackers, do you want more to eat?"*

Early Literacy TIPS

FOR FAMILIES

1

Talk with Your Child

Use trips to the grocery store, dinnertime chats, and driving in the car as a time to introduce new words and talk about the world around us.

2

Exchange Stories

Tell a great story, and have your child tell you one back! It's a great way to build oral language and learn new words.

3

Have Fun with Rhymes

Sing rhyming songs, read rhyming books, and say tongue twisters with your child. This helps them learn new sounds in words.

4

Talk About Letters

Help your child learn the names of the letters and the sounds the letters make. Turn it into a game! For example, you could say, "I'm thinking of a letter and it makes the sound sssssss."

5

Keep Books Present

Your child will be more likely to pick up a book and read if they are out in the open and easy to find. Keep them readily available in the kitchen, car, and other locations where your child spends time.

6

Read Every Day + Ask Questions

Reading together for 20 minutes each day, and talking about what you are reading helps children understand what they are reading.

7

Take Advantage of Available Help

Select books your child is most interested in reading. Talk with your child's teacher or a local librarian to find the best books for your child. Visit the library for books, events, and programs like reading clubs.

8

Be Creative with Writing

Writing grocery lists and notes or letters helps children connect spoken words to written words.

9

Introduce Reading Apps

Your child can practice reading on your phone or tablet at home or on the go.

10

Keep Reading

Creating a plan to spend quality time reading during school breaks and over the summer can help prevent children from falling behind and ensure they return to school ready to learn.



Actividades de Alfabetización Temprana

PARA FAMILIAS

1

Hable con el niño

Utilice el tiempo durante los viajes al mercado, las charlas durante la cena, y el tiempo que pasan en el auto como tiempo para enseñar nuevas palabras y hablar del mundo que los rodea.

2

Intercambie Historias

¡Cuéntele una gran historia y que su niño le cuente una a usted! Es una excelente manera de desarrollar lenguaje oral y aprender nuevas palabras.

3

Diviértase con Rimas

Cantar canciones con rimas, leer libros de rimas, y decir trabalenguas con su niño. Esto ayuda a que aprendan nuevos sonidos y palabras.

4

Hable sobre las Letras

Ayude al niño a aprender los nombres y el sonido de las letras. ¡Convierta esta actividad en un juego! Por ejemplo, podría decir: "Estoy pensando en una letra que suena sssssssss."

5

Mantenga los libros al alcance

Será más probable que su niño elija un libro para leer si está a su alcance y fácil de encontrar. Mantener los libros disponibles en la cocina, el auto y otros lugares donde su niño pasa el tiempo.

6

Lea todos los días y haga preguntas

Leer juntos por 20 minutos cada día y hablar de lo que están leyendo ayudará a los niños a entender lo que están leyendo.

7

Aproveche los Recursos Disponibles

Seleccione libros que su niño esté más interesado en leer. Hable con el maestro del niño o con un bibliotecario local para encontrar los mejores libros para su niño. Visite la biblioteca y pregunte por los eventos y programas disponibles como los clubes de lectura.

8

Sea Creativo con la Escritura

Escribir una lista de compras, notas o cartas ayuda a los niños a hacer conexiones entre la palabra escrita y el lenguaje oral.

9

Utilizar Aplicaciones de Lectura

Your child can practice reading on your phone or tablet at home or on-the-go.

10

Mantenerse Leyendo

Crear un plan para pasar tiempo de calidad leyendo durante los recesos escolares y durante el verano puede ayudar a prevenir que los niños se atrasen, esto ayuda a que vuelvan al colegio listos para aprender.



FREE

ONLINE RESOURCES

Sesame Street offer these fun activities and guides to staying safe and healthy as part of their new:

- [Caring for Each Other My Healthy Week!](#) Chart a schedule of the ways little ones can stay strong with this free printable.
- [How to Wash Your Hands:](#) Share the video featuring Bebe to show the right way to stop the spread of germs, and have a child show you how they use soap, then water!
- [H is for Handwashing](#): Read this storybook to explore the ways that children across the world stay happy and healthy. Invite children to think about how the ways we wash our hands that may be different and similar to our friends in other places.



Vroom provides science-based tips and tools to inspire families to turn shared, everyday moments into Brain Building Moments®.



- [Tips for stressful times \(ages 0-5\)](#)
- [Building Brain Basics \(0-12 months\)](#)

ZERO TO THREE offers resources to support all infants and toddlers in reaching their full potential.



ZERO TO THREE
Early connections last a lifetime

- [Positive parent approaches](#)
- [Social and emotional development](#)
- [Brain development](#)
- [Early learning](#)



Contact us

Due to the COVID-19 pandemic, ELC Broward is teleworking but still able to support parents remotely.

Parents/Guardians can reach us in the following ways:

Main Office Number: (954)377-2188 | Monday through Friday, 8:00 a.m. - 6:00 p.m.
Online Chat Service: www.elcbroward.org | Monday through Friday, 8:00 a.m. - 4:30 p.m.



@Browardelc



@Elcofbroward



@Elcofbroward



@Elcofbroward