

Summer 2010



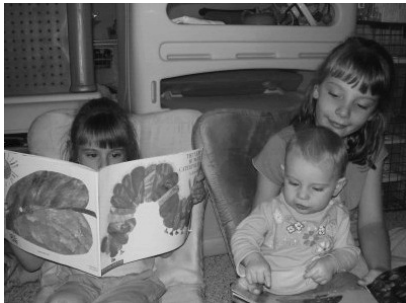
**CHILD CARE  
RESOURCE NETWORK**  
*Serving Parents, Providers & Community in  
Josephine, Jackson, Klamath and Lake County.*  
A program of The Job Council

# Parent CONNECTIONS

## Did you know?...



Did you know that it's normal and healthy for two year olds to say 'No!?' They are learning they are independent people from their parents. Give them opportunities to make choices.



Did you know that even infants benefit from being read to? Children who are read to on a regular basis are more prepared for kindergarten. Read to your kids today.

Did you know that eye contact is important? Pause from your busy day and look at your child when they are talking to you and when you are talking to them.



Did you know that touch is important to babies, toddlers, preschoolers and school age children? Hug your child today.



Did you know that it takes a long time for children to learn how to handle their emotions? When your child is calm, talk about feelings – what it means to be happy, sad, mad or scared.

Did you know that kids get into everything because they are curious and want to learn? Give them lots of opportunity to explore their worlds, but keep dangerous items locked up.



Did you know that art projects help with a child's brain development? Provide lots of time for kids to get messy and explore art. It's not about the end product; it's about the process of creating.





Did you know that children who live in homes with yelling and hitting are more likely to have physical and mental health issues as they grow up? Keep your household healthy for your children and seek help if you need it.



Did you know that 'tummy time' is important to an infant's development? It strengthens muscles and prevents many problems with your babies developing body. Give your baby tummy time every day, with interesting objects to look at and play with. Join them on the floor!

Did you know that babies give us 'cues' that tell us how they are feeling? Watch your child to read the cues. Play with them and talk with them when they are ready. Give them a break when they are tired.



Did you know that giving your child choices can prevent temper tantrums and power struggles? Instead of saying, "It's time to go inside now." Try asking, "Would you like to pull the wagon to the house yourself, or would you like to ride back to the house?"

**"I'm interested—let's do more of this."**

- Looks at you or an interesting object
- Smiles or shows expressions of joy
- Reaches for things (like your nose)
- Has eyes wide/bright

**"I need a break!"**

- Turns away
- Arches back or twists
- Fusses or cries
- Closes eyes
- Shows dull or glossy eyes
- Grabs own hands or body for comfort
- Kicks or waves arms rapidly



Did you know it's important to teach kids it is okay to say "No" to any adult whose behavior makes them feel uncomfortable? When roughhousing or tickling children, let them know that if they ask you to stop, you will.



**Struggling with Child Care Payments?**

See if you qualify for Employment Related Day Care, through the Department of Human Services. These offices also handle food stamps, Oregon Health Plan and cash assistance programs.

**Ashland**, 482-2041; **Medford**, 776-6172; **White City**, 846-8700; **Grants Pass** 474-3101; **Cave Junction** 592-4149  
**Online:** [www.dhs.state.or.us](http://www.dhs.state.or.us), click on Children & Teens, Child Care-Parent Info, Copay Estimate