



Growing Together

Newsletter for
parents of preschool children

Art

Sand paintings

Here's what you'll need to create an unusual and original painting: dry sand, dry tempera paint, "shaker," paper, and paste.

First have the child mix sand and dry tempera, and pour the mixture into a "shaker." Do this for each color you want to use. (So, you might have three "shakers" with one each of red, yellow and brown, for example).

The "shaker" can be a salt-shaker with holes that have been made bigger by forcing a nail through each hole (carefully). A coffee can with holes punched into the plastic lid will also work.

Next, have the child put paste on the paper. Then, sifting the sand mixture onto the paste can create a picture of one or many colors.

An advanced step is to draw a picture with crayons, then cover the picture with paste, then sand. A heavier grade of paper works best. Permit enough time for the picture to "set" before moving it.

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Social Skills

Respecting the rights of others

Young children need to learn a balance between standing up for their own rights and needs and being concerned for others.

You can help your child learn to respect others' feelings, needs, and rights without sacrificing her own.

The place to start is with your relationship with her. Do you sometimes keep your feelings to yourself when your child has done something that annoyed you or made you angry because you don't want to hurt her feelings?

Do you hesitate to say no when she asks you to do or get something for her, even though you really don't want to do what she's asked?

This kind of well-meaning sacrifice of your own needs to meet those of your child is unfair to both you and her.

You don't give her a chance to learn to respect your needs when you don't let her know what they are.

Being either overly demanding of other people or overly sacrificing of one's own needs usually creates problems in relationships.

The continuous sacrifice of your own needs creates negative feelings. These feelings don't go away just because you don't want to express them.

They may boil beneath the surface, causing you to resent the things you used to do for your child with pleasure.

Or they may eventually explode in anger over an apparently unimportant matter. Either way, they will interfere with your relationship.

It's important that you treat your child in ways that encourage her to express her needs and feelings.

Listen to her requests and take time to explain the reason why it may not be possible to grant them. Your attention shows her you respect her needs and feelings.

It's equally important that you be honest with her about your own needs. In the same way, let her know that sometimes your needs come first.

This kind of interaction works well when you treat your child—and her feelings, needs, and rights—in the same way you would like to be treated. □

Learning new words

The ability to understand what is heard is called receptive language.

At age 16-18 months of age, this language is still growing faster than expressive language, which is called speech.



At this age, Toddler is using mostly single words. The bulk of these words are nouns like “milk,” “ball,” or “dog,” but she can also use adjectives like “hot,” verbs like “want,” and “go,” or even questions, such as “whadda?”

These words represent thoughts and serve as actual sentences. “Car” may mean, “We’re going for a ride, and I can’t wait to look out the window to see the world!”

The first two-word sentences are pieced together with the words

Something New!

“Grandma Says” is a twice-monthly special message that includes general parenting tips, words of encouragement, and children’s book reviews. To receive your free issues, go to: www.GrowingChild.com/FreeGrandmaSays and enter your e-mail address.

said together but not really connected, as “Boy. Run.”

You will notice that Toddler talks at least as much to herself as to other people. She may appear astonished when someone responds to this self-talk.

Receptive language is learned mainly in a social context in which feelings and actions coincide with objects, people, and their gestures.

When Dad says, “Come here,” he holds out his arms to receive Toddler. When Mother says, “Give it to me,” she reaches out to accept the object.

When Mother holds a cup to Toddler’s lips, she says, “Drink your juice.”

In other words, Toddler’s receptive language is the product of simple associations that have been going on since she was about six months old.

Imitation plays a big role in the life of the toddler. She uses it for learning new words.

The parent says, “See the monkey,” and Toddler echoes the word “monkey.” Or Toddler points to an object and her parents or caregivers supply its name.

There is a snowballing effect in learning language—the more a child is able to speak, the more she learns to speak.

Once Toddler discovers this power of speech, she has a new style of behaving and dealing with her world.

She demonstrates this mastery by talking with the adults in her life. And generally they love it! □

Nothing to do?

Here are some simple activities for those times when “there’s nothing to do.”

- **Portrait-making.**

Give each person a large piece of paper and some crayons. Sit in a circle. Draw a picture of the person sitting across from you. Take a vote to see which drawing is the most realistic.

- **Make points.**

Locate a clean trashcan or wastebasket. Crumple up some paper into balls. Take turns tossing the balls into the container. Start up close for the younger players and move farther away to make the task for difficult for older children.

- **Play a game.**

Adults and children play a favorite board game together. Afterwards, fix a simple snack of fruit and crackers.

- **Take your choice.**

For a creative evening, turn off the television set. Read a classic book together; play tick-tac-toe or checkers; make oatmeal cookies; play Bingo; make a block city. □

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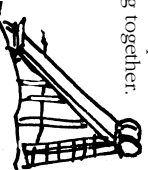





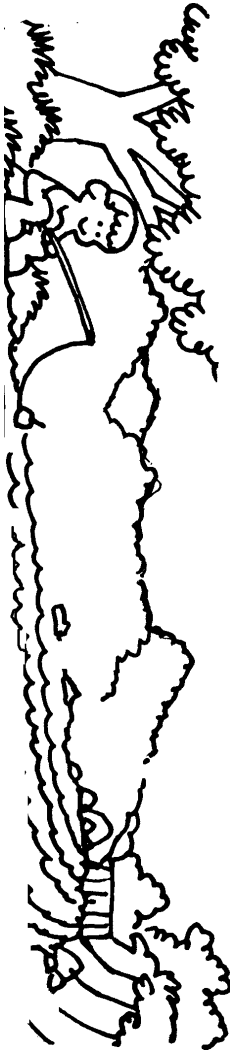
Growing Child also publishes: **Growing Child** (birth-six years), and **Growing Up** (grades K-12).

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Articles in **Growing Together** refer to both boys and girls. For simplicity, the pronouns “he” and “she” are used interchangeably unless otherwise noted.

www.growingchild.com

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|--|--|
| <p>7</p> <p>Count how many bites it takes to eat breakfast.</p> | <p>1</p> <p>During tub time, demonstrate the words pour, float, dry and wet.</p>  | <p>2</p> <p>A small bag of colorful sponges makes an inexpensive gift for Baby.</p> | <p>3</p> <p>Have Mom or Dad write your name on a paper and then trace it with a red marker.</p> | <p>4</p> <p>Learn a song about summertime.</p>  | <p>5</p> <p>Take a sieve into the bathtub. Where does the water go?</p> | <p>6</p> <p>Play with a water hose outside (with supervision).</p> |
| <p>14</p> <p>Flag Day. Fly the U.S. flag!</p>  | <p>8</p> <p>Practice "pouring" an object from one plastic cup to another.</p> | <p>9</p> <p>Use a soft brush on Baby's hair.</p> | <p>10</p> <p>Count all the threes on this page.</p> <p>3</p> | <p>11</p> <p>What items are recycled at your house? Can you help sort them?</p> | <p>12</p> <p>Count the number of hot pads in the kitchen. Are there more in a drawer?</p> | <p>13</p> <p>Go to the park and swing together.</p>  |
| <p>21</p> <p>Father's Day. First day of summer.</p>  | <p>15</p> <p>How many steps from your bedroom to the kitchen?</p> | <p>16</p> <p>Watch for fireflies after dark.</p>  | <p>17</p> <p>Look for things in the kitchen that are big and little.</p> | <p>18</p> <p>Everyone play a game together.</p>  | <p>19</p> <p>Tell your teddy bear a story.</p> | <p>20</p> <p>Is there a story hour at your local library?</p> |
| <p>28</p> <p>Play "echo." You make a sound and let Youngster imitate it.</p> | <p>22</p> <p>Show Baby how to touch her nose with her finger. Try it in front of a mirror.</p> | <p>23</p> <p>Count to six.</p> | <p>24</p> <p>How old are you today in years, months, and days?</p> | <p>25</p> <p>Talk about right and left. Which hand is your right hand? Which foot is your left foot?</p> | <p>26</p> <p>Ask Toddler to draw a picture of herself.</p>  | <p>27</p> <p>Leave the TV off all weekend. What will you find to do?</p> |
| <p>29</p> <p>Read Beatrix Potter's book "The Tale of Benjamin Bunny."</p> | <p>30</p> <p>Snack on sliced bananas.</p>  |  | | | | |