



# PARENTING NEWS

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## 20 WAYS TO BUILD YOUR CHILD'S SELF-ESTEEM

1. Volunteer with your child. Charitable work will make you both feel better about yourselves.
2. Make a chart scrap book or photo album to keep track of your child's accomplishments.
3. Make a family tree.
4. Play a sport together.
5. Go for a walk and learn the neighborhood.
6. Hang your child's artwork around the house.
7. Write a letter to a relative together.
8. Let your child plan an evening out.
9. Paint your child's bedroom. Let her pick the color.
10. Keep photographs of your child around your house.
11. Plan and prepare a meal together. Eat the meal with your child.
12. Talk to your child about his cultural heritage.
13. Let your child select the clothes to wear today.
14. Designate a special day to spend just with your child.
15. Make a list together of all the reasons your child is special and post it.
16. Read to your child and let your child read to you.
17. Help your child sign up for a library card.
18. Teach your child safety procedures.
19. Acknowledge your child's feelings.
20. Tell your child "I Love You" every single day.

Yours for Children,

Elaine Wilson  
Parenting Specialist

## School Success

Here are the top 10 tips for parents and grandparents who want to help children do well in school.

10. Talk about how interesting and important school is.
9. Talk with the child's teachers at least once a month.
8. Attend events at the child's school.
7. Call the office to ask about school rules.
6. Ask the child specific questions about school: tests, friends, rules.
5. Be sure your home has several comfortable places for study: desk, couch, table.
4. Read together. Check homework. Coordinate projects.
3. Limit TV, movies, games.
2. Ask teachers for advice. Give teachers information about the child and family.
1. Volunteer 10 hours each year at your child's school.



## Infant Care

Most of the time you will want your baby to set his/her own sleep schedule. However, sometimes parents must awaken a newborn. Here are some tips for a smooth awakening.

**I**nfants are aroused most easily from an active sleep state. When they move their eyes and arms while sleeping, they are in an active sleep state. Infants go through this state every hour. Watch for cues.

**T**ry to *gently* awaken your baby. Rough handling is very disturbing to a newborn. You can jiggle the baby, rub his hands, talk to him, stroke his cheek. Try rubbing his feet or blowing on them.

**L**et baby push his feet against your hands.

**I**f the room isn't too cold, loosen or remove all clothing but the diaper. The feel of the air may do the trick.

**T**alk or sing to your baby.

**S**it the baby on your lap and lean her forward slightly. Then walk your fingers up her spine.

**G**ently massage baby's legs and arms.

**D**ab her on the forehead with a cloth dampened with cool water. If needed, give sponge bath.

**C**hange your baby's diaper.

**H**old your baby in a sitting or standing position and gently move her arms back and forth.

**T**alk softly to your baby and try to maintain eye contact.

# Crafts for Children

## Simon Says

Give children practice following directions. Play an easy "Simon Says" game. Stand in front of the children and slowly do the actions as you tell them what "Simon" says to do. "Simon says touch your toes." "Simon says stand up straight." "Simon says do not jump." "Simon says reach up high." When you don't want the child to do an action, say "Simon says do not do it." Don't worry if the younger children aren't great at the game. Just enjoy the exercise and fun. For a more advanced challenge use right and left. "Simon says hop on your right foot!" or creative expression "Simon says, 'Make yourself very small.'"

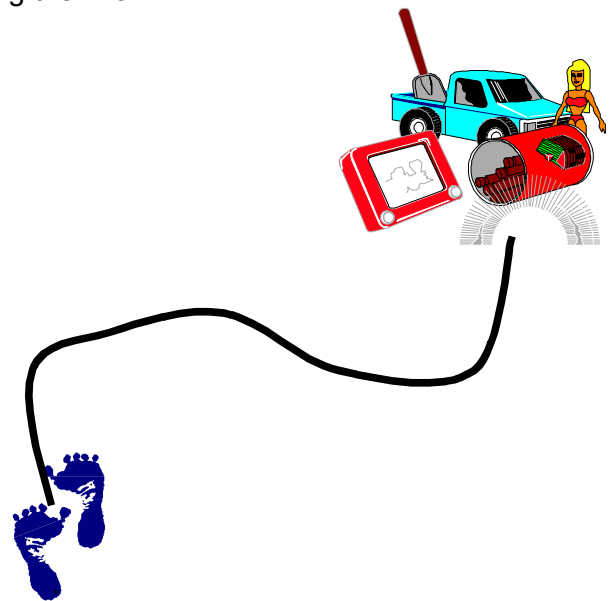
## Walk the Line

Use wide masking tape to make a long path on the floor for the children to follow or use chalk outside on patio or driveway. Put in curves, corners, or even short loops. Have the path end somewhere special, such as snack table, toy box, etc. Have children walk the line. The children will probably step off the line now and then, and it will be hard for the younger children to keep their balance for the whole time they are on the line. For challenge try backwards, hopping, skipping, crawling the line.

## Bean Bag Toss



Cut a large hole, or holes, in the side of a large cardboard box. Paint a funny clown's face around the hole, making the hole the clown's mouth. Let children have fun "feeding" the clown bean bags. Make bean bags of various fabrics: silk, corduroy, velvet for texture differences. Fill with beans, gravel, popcorn for weight contrasts. Move farther from the target, close eyes or turn around for challenge.



## Running Games

Play running games with the children. Be sure to play in an open, soft grassy area. Try some of these ideas: run from one tree to another, chase a ball or moving toy, run all the way around the yard, run to something yellow (blue, green, red).

## Gadget Printing

Make a stamp pad by putting many layers of paper towels in a pie plate and soaking them with paint. Collect things that will print, such as an old potato masher, little cars with wheels, empty thread spools, apples cut in half, etc. Show the child how to press the item on the stamp pad and stamp on paper.

# A PARENT'S CHECKLIST FOR BABYSITTERS

## AGE:

Age 12 should be the absolute minimum. Younger children do not have the emotional or physical maturity to deal with many of the problems that could arise. A good rule of thumb is, the younger the children being watched, the older the babysitter should be.

## REFERENCES:

Sitters should provide references that indicate a proven track record for showing good common sense, maturity and following instructions.

## FIRST AID:

Sitters should have first aid training and know the Heimlich maneuver for aiding choking victims. A knowledge of CPR techniques for infants and children is also important. Make sure the sitter knows where your first aid kit is located.

## NO SURPRISES:

There should be no surprises on either side. Before a sitter is left alone with the children, fees, house rules, discipline, etc., should be clearly discussed.

## EMERGENCIES:

Sitters should always err on the side of caution. If a babysitter suspects a child in their care needs professional help, they should get it, even if it turns out later that it was an unwarranted precaution.

## HOUSE RULES:

Make sure everyone understands the "house rules" in terms of what is permissible, for both the sitter and the children. Examples include whether or not guests are allowed, telephone use, allowable snacks, etc.

## CHECKLIST:

- ☞ Keep a list of qualified babysitters. In case your regular sitter is busy, you won't have to take "just anyone" at the last minute.
- ☞ Tell the sitter where you will be and how to reach you by phone. Leave the number by the phone.
- ☞ Make sure the sitter knows how to access emergency medical services such as the ambulance or the local hospital. If you have the 9-1-1 emergency number in your area, explain how it works and how to use it. Also, put the number of the poison control center by the phone.
- ☞ Give the sitter the shortest route to the nearest hospital emergency department in case he or she must drive there. If the sitter does not drive, make arrangements with a neighbor who could be contacted in the event of an emergency. Explain that they should use the hospital's "Emergency Department" entrance and make sure they know where it is.
- ☞ Leave the sitter a list of current health problems any of the children have and what medications or other treatments are prescribed.
- ☞ If the sitter has to give medication, either measure it in advance or have him/her practice measuring it until you're confident it can be done properly.
- ☞ Give the name and number of a nearby friend or neighbor who can be called on quickly for assistance.
- ☞ Explain the significance of Authorization for Emergency Care to Minors. Sign it in the sitter's presence and instruct him/her to take it to the emergency department if the need arises.
- ☞ Call your county OSU extension office for A2301, Child Care Instructions and CCA 709, Childcare Checklist. This form helps you list house rules, instructions, messages, arrangements and emergency information.



Source: American College of  
Emergency Physicians, 1993.

To better protect your child, clip out the form below, fill it out before you leave town, and give it to your friend or relative.

**AUTHORIZATION FOR EMERGENCY CARE TO MINORS**

Reference: Title 10, Chapter 8, S.O.S. (1984 Supp.) Section 170.1

I/We the undersigned, parent(s) or legal guardian(s) of the minor(s) listed below:

\_\_\_\_\_  
Birth Date: \_\_\_\_\_  
(Minor's Name)

\_\_\_\_\_  
Birth Date: \_\_\_\_\_  
(Minor's Name)

\_\_\_\_\_  
Birth Date: \_\_\_\_\_  
(Minor's Name)

do hereby authorize any x-ray examination, anesthetic, dental, medical or surgical diagnosis or treatment by any physician or dentist licensed by the State of Oklahoma and hospital service that may be rendered to said minor under the general, specific or special consent of:

\_\_\_\_\_  
(Name of Adult Person who is Temporary Custodian of Minor)

the temporary custodian of the minor, whether such diagnosis or treatment is rendered at the office of the physician or dentist, or at a hospital licensed by the State of Oklahoma, I/We authorize the physician or dentist to call in any necessary consultants in his/their discretion. We further authorize said physician or dentist to exercise his/their discretion in authorizing the disposal of any severed tissues or member.

It is understood that this consent is given in advance of any specific diagnosis or treatment being required, but is given to encourage those person(s) who have temporary custody of this minor(s), and said physician or dentist to exercise his/their judgement as to the requirements of such diagnosis or medical or dental treatment.

This consent shall remain effective until \_\_\_\_\_ a.m./p.m. on the \_\_\_\_\_ day of \_\_\_\_\_ 19\_\_ unless sooner revoked in writing, delivered to said physician or dentist or said person(s) entrusted with the custody, care and control of said minor child or children.

DATED \_\_\_\_\_  
\_\_\_\_\_  
(Father)

Witness (Other than Custodian) \_\_\_\_\_  
\_\_\_\_\_  
(Mother)

\_\_\_\_\_  
\_\_\_\_\_  
(Legal Guardian)