

Early Childhood Center

Special points of interest:

- **Special Invitation to all Dads, Grandpas, Uncles, and Big Brothers to a lunch with your child!**
- **Would you like to feel more confident as a parent? See page 4 for info. On Becoming a Love and Logic Parent classes**

Taming Temper Tantrums

"She was completely out of control."

"His shrieking was giving me a pounding headache."

The statements above are just a few ways to describe temper tantrums, a concern for many care givers of young children. Many care givers and parents report temper tantrums as a behavior that they have difficulty coping with in a patient and positive way. Although associated with toddlers, temper tantrums are a frequent occurrence in young children, only beginning to diminish around ages five or six. And although it is a common behavior, many care givers lack strategies for preventing and taming temper tantrums.

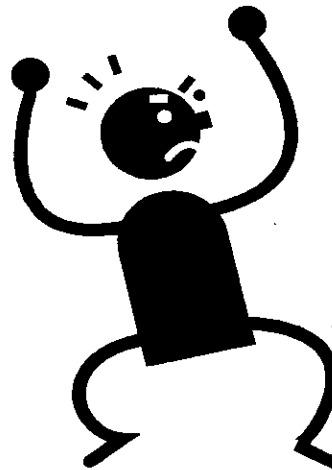
As with talking gestures and crying, temper tan-

trums are a mode of communication for the young child. Their lack of language skills may lead to a more direct way of expression; such as throwing puzzle pieces across the room. It then becomes the care giver's task to decipher the message and address the issue. What follows is a list of possible causes of temper tantrums and the messages they convey.

Even young toddlers and infants are prone to experience in-

tense frustration. The child who is struggling to obtain a toy that is out of reach only needs to fail a few times before feelings of anger and frustration become overwhelming. The care giver who recognizes that providing for success in young children's activi-

ties and environment, by supplying age appropriate toys and materials, can prevent much frustration and is well on the way to taming temper tantrums.



Rolled Crispy Rice Apples

Try this delicious and healthy snack at home with your child(ren)!

- Cut a green or red apple into bite-size pieces
- Stick the apple pieces

with a toothpick

- Dip the pieces into honey
- Roll the pieces of apple in Rice Crispy cereal
- Enjoy!

Visit www.wondertime.com for more delicious recipe ideas.

Family Partnership Services at PTECC

Our Family Partnership Service is a relationship between the parents, child, and family. The Family Partnership Services are to support and encourage our families in reaching their goals and desires for their homes and families.

Family Partnership Services wants each family and it's entire members to know that they are valuable and important to us.

We encourage our families

to be involved in Head Start. Lets make our relationship work well for our children, so they will have a comfortable happy time at home and at Head Start. If you have any questions or need any assistance please don't hesitate to call the Ponca Tribe Early Childhood Center and ask for Family Partnership Services.

Thomasine Blueback

Health and Disabilities

21 Healthy New Year's Resolutions for Kids

Preschoolers

- I will clean up my toys.
- I will brush my teeth twice a day, and wash my hands after going to the bathroom and before eating.
- I won't tease dogs—even friendly ones. I will avoid being bitten by keeping my fingers and face away from their mouths.

Kids, 5-12 years old

- I will drink milk and water, and limit soda and fruit drinks.
- I will apply sunscreen before I go outdoors. I will try to stay in the shade whenever possible and wear a hat and sunglasses, especially when I'm playing sports.
- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!

- I will always wear a helmet when bicycling.
- I will always wear my seat belt every time I get in the car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- I'll be nice to other kids. I'll be friendly to kids who need friends—like someone who is shy, or is new to my school.
- I'll never give out personal information such as my name, home address, school name or telephone number on the internet. Also, I'll never send a picture of myself to someone I chat with on the computer without my parents permission.

Kids, 13 years old and up

- I will eat at least one fruit and one vegetable every day, and I will limit the amount of soda I drink.
- I will take care of my body through physical activity and nutrition

- I will choose non-violent television shows and video games, and I will spend only one to two hours each day—at the most—on these activities.
- I will help out in my community—through volunteering, working with community groups or by joining a group that helps people in need.
- I will wipe negative "self talk" (i.e. "I can't do it" or "I'm so dumb" out of my vocabulary.
- When I feel angry or stressed out, I will take a break and find constructive ways to deal with the stress, such as exercising, reading, writing in a journal or discussing my problem with a parent or friend.
- When faced with a difficult decision, I will talk with an adult about my choices.
- When I notice my friends are struggling or engaging in risky behaviors, I will talk with a

**Happy Birthday to Ms.
Becky!!!
January 9th**

Health and Disabilities cont...

Trusted adult and attempt to find a way that I can help them.

- I will be careful about whom I choose to date, and always treat the other person with respect and without coercion or violence.
- W will resist peer pressure to try drugs and alcohol.
- I agree not to use a cell phone or text message while driving and to always use a seat belt.

We would like to wish everyone a Happy New Year!

Katrina Keefer

American Academy of Pediatrics, 12/09

3 Year Old Class

Happy New Year! We are off to a healthy start. We are doing. We are moving. We are learning. We are exercising to music in the gym.

Next week our theme is sports! So if any of you would like to get out and demonstrate your favorite sport to your child then have fun. We look forward to listening all about it. So get

out there and get dirty playing catch or kicking around a soccer ball.

We will also be taking a trip to visit the doctor. A nurse will be coming in to visit with us about what a visit to the doctor will be like. We know it can be a pretty scary experience for a child. We want to make it as fun and a great learning experience for

your child as we possibly can.

This month we are continuing to work on our fine motor skills with cutting and lacing. So break out the scissors and old newspaper at home and start cutting it up. Stay safe and keep warm! - Ms. Jeanie and Ms. Becky

Wraparound would like to wish Judy Waters a Happy Birthday! January 26th, 2010

4 Year Old Class

This month we are focusing on being healthy! We are going to get a special visit from the doctor and nurse January 13th. So if the parents would like to talk with your children about what it means when the doctor visits we would be grateful for the help. We just want the kids to know that a visit to the doctor doesn't have to be a scary experience. We want them to understand that they are here to help us

when we aren't feeling well or if we need help if we get hurt.

We continue to work on our colors, numbers, and recognizing letters.

The 4 year old class wants to wish Da'Nuga LeClair a Happy Birthday on January 26th!!!

Ms. Sevet and Ms. Mico

Ponca Tribe

20 White Eagle Dr.
Ponca City, OK.
74601

Phone: 580-762-7927
Fax: 580-762-1978



**Happy Valentines to all you Daddy's, Grandpa's,
Uncle's, or Brother's!
"You the Man"**

**You are invited to attend a class for only a few
minutes and a luncheon with your child on Febru-
ary 11, 2010 at the Ponca Tribal Early Childhood
Center at noon.**

Please feel free to call if you have any questions

Thomasine Blueback

762-7927

Becoming a Love and Logic Parent

Would you like to feel more confident as a parent?

Kay County Circle of Care presents Becoming a Love and Logic Parent. This is a three week program designed to give you practical skills that can be used immediately and answers to your day to day challenges.

Dates are: Jan. 26th, 28th, Feb. 2nd, 4th, 8th, and 9th from 6:30 to 8:30 P.M. at Edwin Fair

205 E. Chestnut

Please call Tammy or Sue to register and daycare will be provided 580-762-7561 or 1-800-566-1343

If you do not have transportation but would like to attend and have registered for the classes please call the Ponca Tribal Early Childhood

Center and we will make transportation arrangements. We hope you parents that are interested will take advantage of this opportunity and hope to hear from you.