

# EARLY YEARS PRESCHOOL NEWSLETTER

## October Important Dates

*Monday, October 12---  
Columbus Day---NO  
SCHOOL*

*Thursday, October 29---  
Jump Start Reading—Eve-  
lyn Del Rey is Moving Away  
By Meg Medina*

*Friday, October 30—  
Halloween Parade  
(in costumes)*

## The Best Ways to Respond to Biting and Hitting

By: Cathryn Tobin M.D. Author of *The Parent's Problem Solver*

Biting, hitting and pulling hair are common misbehaviors in preverbal children. When a toddler lashes out, she's telling you in the only way she knows how that something is bothering her. The problem may be that she's tired, bored, overexcited, confused, frustrated or hungry. Whatever the problem, there's no need to worry: Biting and hitting are not signs that your child is a bully, maladjusted, "bad" or angry, nor are they signs that you are a bad parent. Think of your child's behavior as a form of communication. Learn to "read" the behavior by asking yourself, "What's going on here?"

### 5 Ways *Not* to Respond to Biting, Hitting and Hair Pulling:

1. Don't bite back in the hope that it will teach her a lesson.
2. Don't send your child to her room for a time-out. This will only make the behavior more attractive as the commotion created makes her feel more powerful.
3. Avoid lectures.
4. Don't suggest your child hit a pillow. You want to teach your child to solve her problems rather than vent her feelings.
5. Don't ask your child to explain her behavior; focus instead on solving the problem.



## 7 Steps to Ending Biting, Hitting and Other Physical Offences Once and for All

1. **BE PROACTIVE.** It's more effective to redirect a youngster than it is to punish her after the fact.
2. **BE THERE.** Don't give a biter opportunity to get in trouble. Stay by her side and intervene when you see trouble coming.
3. **BE ATTENTIVE.** Respond to the "victim" first. Apologize for your child. (Read below for how to treat human bites.)
4. **BE CALM.** Your child will learn more from this experience if she is reprimanded in a firm but neutral voice.
5. **BE FIRM.** Set your child an arms distance away and say to her, "Don't bite. Biting hurts."
6. **BE REALISTIC.** Have confidence in your child's natural goodness and in her ability to make positive changes -- but expect change to come about slowly.
7. **BE APPRECIATIVE.** Praise your child whenever she handles herself well.

### Treating Human Bites

- Clean the area with soap and water and cover with sterile bandage
- If the skin is broken, visit your health care provider
- Gather and share information about the general health of the biter

TIP: Treat your child with respect, and she'll treat you (and others) with respect in return.

## CLASSROOM NEWS

The Curriculum for each month is based on two themes that will be focused on for two weeks each.

### **CAREBEARS CLASS–Ms. Sara**

\* Staying Clean and Healthy

\* Pumpkin Patch

Shape: Triangle, Diamond

Letters: P, F, S

Numbers: 5, 6

Colors: **Black** & **Brown**

### **BUSYBEES CLASS–Ms. Shahana**

\* Color/Color Mixing

\* Fall Festivities

Shapes: Oval

Letters: E, F, G

Numbers: 5, 6

Colors: **Orange**

### **DINOFOURS CLASS–Ms. Jackie**

\* Blast Off To Space

\* Let's Build and Dig

Shapes: Triangle

Letters: L, F, H

Numbers: 2, 3

Colors: **Black**

Sight Words: **Can, In, Is, The, Go**



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