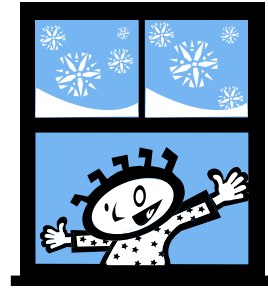




Winter Newsletter 2017

Child Development and Parent Support

The Center for Parenting Education



THE BROAD CATEGORIES OF TEMPERAMENT

Research has shown that there are three distinct categories into which the ten temperament traits fall. These clusters, reflecting different ways that people react to their environment, are called: easy, difficult, and slow to warm. About 65% of all children fall within one of three broad categories.

The Easy Child: Children who are considered easy are highly regular, have a positive approach to new situations, are highly adaptable to change, have a mild to moderate intensity of reaction, and have a predominantly positive mood. About 40% of children are considered to have an “easy” temperament. Introducing easy children to new experiences does not create tension in them or in the household. They are often considered a delight to be with, and parents of easy children usually find the job of parenting to be rewarding and they generally feel that they are successful as parents.

The Difficult Child: Children who are considered “difficult” or “spirited” comprise about 10% of the population. They typically are unpredictable and challenging for parents who like to plan ahead. They tend to have a negative reaction to new situations and don’t handle change well. Whatever they feel, they feel it 100% and they let everyone around them know about it. They typically see what is wrong with a situation before they can see what might be good about it. Children who have this specific combination of traits can be quite challenging. Actually, having a child who falls at an extreme on any of the ten temperament continuums may be challenging for a parent to manage, even if the traits are not exactly the ones mentioned above. Raising them requires more effort and thought, many times leaving parents feeling frustrated and doubtful about the effectiveness of their skills as parents. What may be difficult for one parent to manage might be quite enjoyable and comfortable for another parent.

The Slow-to-Warm Child: Slow-to-warm children are a moderate version of the 2nd group. About 15% of children fall into this category. They have a mild negative response to new situations, are slow to adapt, but after repeated contact, they adjust. In general, their intensity of reaction, whether positive or negative, is milder than the “difficult” child but not as mild as the “easy” child. To manage this constellation of traits, parents can learn about and be respectful of children’s temperament traits. Also parents need to have reasonable expectations when it comes to introducing children to new situations. Give children the time they need to adjust, and plan ahead by preparing children in advance about what to expect. Remember that slow-to-warm children will eventually get where they need to be; it will just take them a little more time than children who adjust more easily. With these skills, parents of slow-to-warm children can feel successful and can maintain their children’s self-esteem and a healthy relationship with them.

To cope with challenging children, parents can: Learn about and accept your child’s temperament. Understand how your temperament fits with your children’s. Keep your expectations in line with your child’s temperament, and don’t take their temperament-related behavior personally. Set up the environment to accommodate a challenging temperament so that your child is not always in conflict with his surroundings and your expectations, and learn ways to manage these temperament traits. Remember that often the traits that are most difficult to cope with when children are young are the very traits that will help them to cope well as adolescents and adults.

For more information or recommended books about temperaments explore the link below.

<http://centerforparentingeducation.org>





Winter Craft/Game



<http://>

Have the kids make and play this Indoor Snowball Game when it is too cold to play outside. The rules can be adjusted to the age of the kids playing; after all it is your own game. You make the rules.

Supplies:

10 Styrofoam or plastic cups
Markers
Cotton balls

Instructions:

Color a cute snowman face on all 10 of your cups. (Note: younger children may just scribble, and that is fine)
Line your cups up in a pyramid format
Stand a couple feet back (younger children may stand closer) and have fun tossing your snowballs into the cups.

Enjoy fruit during the winter months!

Several fruits such as pears and oranges are in season during the winter months. Visit What's Cooking for ways to keep half of your plate fruits and vegetables all season long.

Spiced Pears

Makes: 4 Servings

Focus on Fruit with this spicy pear recipe. Use canned pears to bake desserts, add to salads, or use as a topping for low-fat yogurt. Choose pears packed in light or extra light syrup.

Ingredients:

- 1 can pears (undrained, about 15 ounces)
- 4 slices fresh ginger (peeled, if you like)
- 1/4 teaspoon nutmeg (if you like)
- 1/4 teaspoon cinnamon
- 2 cups low-fat vanilla ice cream

Directions:

1. Drain liquid from pears into saucepan and add cinnamon. If using nutmeg and ginger, add that too.
2. Bring to boil; reduce heat and cook for 5 minutes.
3. Add pears and remove from heat. Chill in refrigerator. If ginger was used, remove it before serving.
4. Spoon pears and liquid over ice cream.



Storytime's

BABY TIME 0-18 mo.
TINY TOTS 0-36 mo.
TODDLER TIME 2-3 yrs.
PRESCHOOL 3-5 yrs.

Mondays

Egelston Branch: 9:30-10:15 am PRESCHOOL
Egelston Branch: 11:15-11:45 am TINY TOTS
Muskegon Township Branch: 1:00-1:45 pm PRESCHOOL

Tuesdays

Ravenna Branch: 9:30-10:15 am PRESCHOOL
Norton Shores: 10:30-11:15 am TODDLER
Holton Branch: 11:15-11:45 am Tiny Tots

Wednesdays

Dalton Branch: 9:00-9:45 am PRESCHOOL
Norton Shores: 10:30-11:15 am PRESCHOOL
North Muskegon Branch: 11:15-11:45 am TINY TOTS
Montague Branch: 1:00-1:45 pm PRESCHOOL

Thursdays

Muskegon Heights Branch: 11:15-11:45 am TINY TOTS

Fridays

North Muskegon Branch:
9:30-10:15 am PRESCHOOL

First and Third Fridays

Norton Shores: 10:30- 11:15 am BABY TIME

Muskegon Area Play and Learn Calendars



LITTLE LEARNERS STEAM Play & Learn

Parents and guardians, you are invited to join a special Play and Learn program at the Lakeshore Museum Center on the 1st and 3rd Wednesday of each month.

"Little Learners" is a free program for Muskegon County infants and toddlers ages 0-4. Adults and children will learn through songs, stories, sensory stations, motor skills stations, art and more, all with a STEAM (Science, Technology, Engineering, Art and Math) theme!

Every two months we will feature a new theme and book for participants to take home for *free!*

- Sept./Oct.: Forest Animals
- Nov/Dec: Dinosaurs
- Jan/Feb: Building
- Mar./Apr.: Healthy Choices
- May/June: Bugs



Lakeshore Museum Center

STEAM Play and Learn

DATES

1ST & 3RD Wednesday
each month, 3:30-5:00PM

- September 7th and 21st
- October 5th and 19th
- November 2nd and 16th
- December 7th and 21st
- January 4th and 18th
- February 1st and 15th
- March 1st and 15th
- April 5th and 19th
- May 3rd and 17th
- June 7th and 21st

Walk-ins welcome, but
space is limited.

To secure a spot, please contact
Jackie at (231) 724-5526 or
jackie@lakeshoremuseum.org

Lakeshore Museum Center
430 W. Clay Ave.
Muskegon, MI 49440



SPROUTS Play & Learn

Parents and guardians, you are invited to join a special Learn and Play program at Michigan's Heritage Park every 2nd and 4th Wednesday of each month.

"Sprouts" is a free program for infants and toddlers. Adults and children learn through the art of playing with sensory bins, playing outside, and much more!

Each month features a new theme and book for participants to take home for *free!*

**The park will be holding a special Open House August 31st for parents and guardians to learn more about the program.

- Aug/Sept: Trees
- Nov/Dec: Predators and Prey
- Jan/Feb: Snow
- March/April: Gardens and Soil
- June/July: Water



Michigan's Heritage Park Play & Learn

DATES
(2nd and 4th Wednesday of each
month 10am-11:30am)

- August 31st
- September 14th & 28th
- November 9th & 23rd
- December 14th & 28th
- January 11th & 25th
- February 8th & 22nd
- March 8th & 22nd
- April 12th & 26th
- June 14th & 28th
- July 12th & 26th

Walk ins are welcome, but space
is limited.

To secure a spot, please contact
Wendy at (231) 894-0342 or
wendy@lakeshoremuseum.org

Michigan's Heritage Park
8637 N. Durham
Whitehall, MI
49461

Michigan's Heritage Park

2nd and 4th Wednesday of each month 10am-
11:30am

- January 11th & 25th
- February 8th & 22nd
- March 8th & 22nd

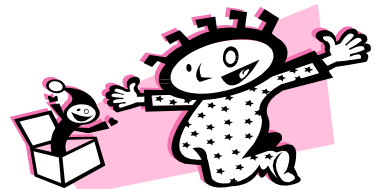
Walk ins are welcome, but space is limited.

To secure a spot, please contact

Wendy at (231) 894-0342 or
wendy@lakeshoremuseum.org

Michigan's Heritage Park

8637 N. Durham



Samuel Lutheran Church

1 P.M. to 2:30 P.M. @
540 Houston Avenue Muskegon MI,
49442

- January 9th
- January 30th
- February 6th
- February 20th
- March 6th
- March 20th
- April 10th
- April 24th
- May 8th



If interested please call or text
Salancia at 231-769-5985 or

RP McMillan Early Childhood Center

Tuesday and Thursdays of each month 9:30-
11:00 am

January

- 3rd & 5th
- 10th & 12th
- 17th & 19th
- 24th & 26th
- 31st

February

- 2nd & 7th
- 9th & 14
- 16th & 21st
- 23rd & 28th

March

- 2nd & 9th
- 14th & 16
- 21st & 23
- 28th & 30th



For more information contact:
Tish Hoffman @ 231-766-3443 Ex. 2620 or
Email: hoffmant@reeths-puffer.org
2885 Hyde Park Rd. Muskegon 49445



Community Events

Parent Resources

January

Caring for Your Newborn: Cooperative Childbirth Education Classes

Wednesday January 18, 2017. Classes are held at The Red Lotus, 356 W. Western Ave. in downtown Muskegon. Classes start at 6:30 and end at 8:30 pm. The cost is \$15/per person. For more information, call Faith Groesbeck @ (231) 343-5009 or email faith@birthquestservices.com

Party in Your Parka- Muskegon Winter Sports Complex

Saturday, January 21 from 11:00am-11:00pm, come to the Muskegon Winter Sports Complex for Michigan's largest birthday celebration, "Party in Your Parka!" Get out in the fresh air and celebrate everything Michigan. There'll be lots of winter sports, arts and crafts made in the mitten, live entertainment all day long and, of course, some great food and Michigan craft

February

Bow Wows & Books

Your child is invited to read to a **Paws With A Cause Dog** the 2nd Saturday of Every Month. 10:00 a.m-11:00 am. at Baker College of Muskegon in room #E101. Dogs are completely healthy and behaviorally vetted. You must register for these events by contacting Liz Garman at #231-777-5375.

March

St. Patrick's Day Parade

Saturday, March 18, the Annual Muskegon St. Patrick's Day Parade is stepping off at 11:00 am from 4th St. and Clay Ave. and marching east

along Clay Jefferson St.

to



Food and Baby Pantry

Catholic Charities
1095 Third St.
231.726.4735
Muskegon, MI 49441

Food Pantry hours are every Tuesday, Thursday, and Friday from 9:30 -12:00 pm

Baby Pantry hours are Tuesday and Thursday from 9:30- 12:30 pm.

Websites to visit

www.Parentville.org

www.zerotothree.org

www.joinvroom.org

www.wlace.org

www.facebook.com/GreatStartMuskegon

www.CatholicCharities.org

Muskegon Parents...Welcome to ParentVille !



This is your place to learn about your child's development—physical, cognitive, language and behavior. A gateway to the nation's experts on early childhood and Muskegon County resources available for you and your child.

Check us out at

www.ParentVille.org