

HEADS UP

Lake Geauga United Head Start's Monthly News Bulletin

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Why Positive Affirmations are Important

By Liz Hall

I hated that, as a young child, my daughter was already telling herself, "I can't."

Enter affirmations, or positive mantras, something I've been practicing for a few years. Instead of using words like "I can't," positive affirmations for kids are practicing the words that empower and uplift us instead, such as "I can."

By changing the words we tell ourselves, we can calm the negative chatter and, in turn, we talk to ourselves in a more positive way. Rather than bring us down, positive affirmations are the practice of lifting us up.

Studies show that our thoughts, on average, can be up to 70% negative. To top it off, we tend to have the same thoughts, over and over again, day after day, week after week.

One way to break this cycle of negative chatter is to do positive affirmations, but not do them here and there... but to make a practice of it so that our positive thoughts become another habit.



Your mind is a garden.
Your thoughts are the seeds.
You can grow flowers, or
you can grow weeds.

Kids' Last Day!

May 26th

Pancakes with Parents

May 5th

Summer Activities

- Backyard Obstacle Course
- Volunteer Your Time
- Movies Outdoors
- Read everyday
- Build a backyard Bonfire
- Check out wildlife
- Camp in the yard

Have a great

Vacation!

Curriculum Corner

As the school year ends and summer begins, this is a good time to explore your community. There are many fun places to visit and explore as a family. Before you take a trip, talk with your children about what you will see and do. Name the things and people you will look for, such as flowers, animals, fire fighters, or bus riders in the place you are visiting. Talk with your children about your safety rules so that the trip will be pleasant and safe, such as "I want you to hold my hand." Listed are some examples:

To a park

Point out special things in the park: the gardens, the pathways, the trees, etc. Have a picnic at the park and have your child decide what to have at your picnic. While walking around the park, ask your children to walk fast, walk slow, or run safely. Play games with your children (that have no "losers"). Listen and find birds, squirrels, and other wildlife.

To the library

Get your own library card to borrow books. Ask your children to select three or four books, records or tapes to check out and take home. Remind your children about being quiet at the library.

To the fire station

Call ahead about coming for a visit. Talk about fire safety rules for your home and what your children would do if there was a fire. Try on different pieces of the fire fighter's uniform. Ask your children what they think each article of clothing is for, what they think the equipment does.

To the grocery store

Discuss each food item as you put it in the cart: its size, shape, color, and texture. Ask your children to name their favorite foods and then name one of yours. To keep your children occupied in line, ask questions that have no right or wrong answers, such as: Let's pretend we are having a supper party and you get to choose the menu. "What would you like to serve?"

To a festival and other community event

Check the listings in the newspaper for local events or listen to the radio for announcements. Talk about the event before you go. Try a special new snack as a treat. Ask your children to name the two best parts of the event.

Things You Can Do After the Trip

Talk with your children about what you saw, heard, touched, or smelled. Make a booklet about the trip with your children. Have them tell you a story about the trip as you write it down. If you take pictures during the trip, put them in a booklet you make or in a photo album. Ask your children to add pictures to a "trip book." Let them cut pictures from magazines of things they saw on their trip. Make a collage with your children. Use things found during your walk—moss, stones, leaves. Get books from the library about where you went.

Local places for a trip

Lake Farm Park, Penitentiary Glen Reservation, Squires Castle, beaches, splash parks, Lake and Geauga Parks (many to choose from), Cleveland Zoo, Cleveland Aquarium, playgrounds, etc.



Phrases To Encourage Positive Eating Habits

By: Wendy Kirby RDN, LD

Caregivers play the biggest role in your child's eating behavior. What you say has an impact on developing healthy eating habits. Negative phrases can easily be changed into positive, helpful ones!

Phrases that HINDER INSTEAD of.....

Eat that for me. If you do not eat one more bite, I will be mad.

Phrases like these teach your child to eat for your approval and love. This can lead your child to have unhealthy behaviors, attitudes, and beliefs about foods and about themselves.

INSTEAD of.....

No desserts until you eat your vegetables. Stop crying and I will give you a cookie.

Offering some foods, like desserts, in reward for finishing others, like vegetables, make some foods seem better than others. Getting a food treat when upset teaches your child to eat to feel better. This can lead to over-eating.

Phrases that HELP TRY.....

This is kiwi fruit; it's sweet like a strawberry. These radishes are very crunchy!

Phrases like these help to point out the sensory qualities of food. They encourage your child to try new foods.

TRY.....

We can try these vegetables again another time. Next time would you like to try them raw instead of cooked? I am sorry you are sad. Come here and let me give you a big hug.

Reward your child with attention and kind words. Comfort him or her with hugs and talks. Show love by spending time and having fun together.

