



Learning to Grow

MAKING A DIFFERENCE TOGETHER

UNIVERSITY OF HAWAII' I ♥ WINDWARD COMMUNITY COLLEGE

Managing Expectations with Your Child's Care Provider

It's very common in Hawai'i for young children to be placed in the care of grandparents, other relatives, and friends, while their parents are at work or school. According to Child Care Aware, families choose this type of care because:

- ♥ The provider is someone they feel comfortable with and trust.
- ♥ There may be shared language, culture, and values.
- ♥ There may be more flexibility in hours and transportation.
- ♥ This type of care may be less expensive.

Although this is a wonderful gift to families, sometimes conflicts arise when parents and their care providers have different expectations of each other as to how to best provide care for the child. Your 'ohana will be stronger when everyone feels respected and appreciated and the child benefits when she gets consistent care from all the people who care for her.

When having a discussion together, consider the following:

- ♥ Schedule regular conversations that allow you and your care provider to focus on only one topic at time.
- ♥ Clarify each person's understanding of their role.
- ♥ Keep the conversation focused on the child and how to meet her needs.
- ♥ Discuss various strategies, asking each person to share what they observed about the child.
- ♥ Come up with a mutually agreed upon plan, and keep communication open to make sure it continues to work as the child grows.



This newsletter will discuss typical issues that might need to be addressed when a family member or friend takes on the caregiving responsibility for your child. We'll also present strategies and tips for building understanding between parents and care providers as the child grows from infants, to toddlers and preschoolers.

This newsletter includes:

- ♥ **Age-specific information and suggestions** about activities to do with your infant, toddler, or preschooler,
- ♥ **Featured activities** for each age group,
- ♥ **How This Helps:** a summary of your child's development by doing these activities together,
- ♥ **Resources:** for more information about this topic, and
- ♥ **Suggested Books:** a list of books to read with your child.

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Infants

A new infant in the family brings many happy as well as overwhelming or nervous emotions. For an infant, the caregiving routine will mainly involve tasks such as feeding, diapering, sleeping, and ensuring that when baby is awake, she is held, talked to, and allowed opportunities to explore her surroundings. If you have a preferred way to accomplish your child's routines, it's important to discuss this with your care provider.

Here are a few topics to discuss about your infant's care:

- ♥ **Sleep** – Talk about safe sleep practices such as putting baby down to sleep on her back and using a firm flat sleeping surface with no other bedding or soft items in the sleep area.



In addition, you could talk about what time to put the infant down, length of her nap, and consistent routines for naptime.

- ♥ **Feeding** – Talk about when to feed (by-the-clock or on-demand), when to wean from bottle to cup, how to introduce solid foods, and who will provide the food.
- ♥ **Responding to crying** – Talk about techniques that work best for baby (rocking, swaddling, patting her back, using a pacifier, etc.).
- ♥ **Activities** – Talk about encouraging tummy time and providing safe areas for the infant to explore once she becomes mobile.

Activity for Infants: *Rock and Roll Rattle*

What You Need:

- A small toy that rattles and rolls
- Or an empty cylindrical oatmeal or salt container that has buttons, pennies, or other noisemakers inside, taped securely closed

What to Do:

1. Place your child on her tummy to encourage her to hold her head up.
2. Place the rattle where she can see it and must reach or move in order to touch it.
3. Roll the rattle to make some sounds, then help her move the rattle.
4. Talk about what she hears.
5. Encourage her to reach for the rattle and rock it back and forth.

(See page 5 for information on how doing these kinds of activities with your child helps her development and school readiness.)



Toddlers

With increased mobility and curiosity, toddlers become active explorers of their surroundings. Their curiosity leads them to get into unexpected spaces and handle objects in many different ways. It's important to always be aware of what your child is doing and where she is, to keep her engaged and safe. In addition, discipline and guidance will also come into the forefront as your toddler becomes more independent.

Here are a few topics to discuss about your toddler's care:

- ♥ **Discipline** - Discuss discipline strategies and come to an agreement for consistency. Talk about various strategies, including redirection, a technique that is appropriate for toddlers.
- ♥ **Safety** – Talk about ways to keep the environment free from objects that are breakable or precious to care providers. This will help your child know what she can touch, and lessen the time that the care provider would say “No” or have to take things away from your child.

- ♥ **Child proofing** - Determine if any additional safety equipment is needed now, such as gates, cupboard latches, or table corner cushions; including, the cost and who will pay for and/or install them.
- ♥ **Caregiver support** - Discuss your child's level of activity and what kind of support she may need. Be open to also discussing your care provider's needs and preferences.



Activity for Toddlers: *Clothes Pin Drop*

What You Need:

- 9 Clothespins
- A clean gallon size plastic jug with a wide mouth
- 3 colors of Jumbo crayons or washable markers

What to Do:

1. Help your child color the sides of the clothes pins, three of each color.
2. Ask her to drop the clothespins in the container, while you're counting one to nine.
3. Ask her to empty the clothespins out of the container – does she reach in with her hand or does she turn the container over to empty it out? Talk about how she decided to empty it and whether there is another possible way.
4. Now ask her to drop only the “red” pins in the container, counting each red clothespin as it drops, 1, 2, 3.
5. Repeat for each of the other two colors.
6. Continue the game as long as she's interested and include more talk about numbers, colors, and the sounds.

(See page 5 for information on how doing these kinds of activities with your child helps her development and school readiness.)



Preschoolers

Preschool-aged children can do many things without adult help, such as getting dressed, or grabbing a snack from the pantry or refrigerator. This growing independence and self-assurance will present some new risks to your child's safety. It is at this age that children sometimes wander away from home, play with matches, mistake a laundry pod for candy, or fall into a pool of water. She may also become very bored or even demanding if there aren't enough interesting things to do.

Here are a few topics to discuss about your preschool-aged child's care:

- ♥ **Safety** - Discuss the various safety issues at this age and reiterate the importance of keeping dangerous items out of reach and providing active supervision.
- ♥ **Meals** – Talk about the kinds of meals and snacks to serve and who will provide them.
- ♥ **Activities** - Discuss how your child spends her day. Talk about her interests and provide some ideas for activities to keep your child engaged; working on puzzles, drawing with crayons,

watering the garden, cooking together, folding laundry, or reading books together.

- ♥ **Screen time** – Come to an agreement about using screen time. Discuss the length of time appropriate for use of screens (TV, smartphones, tablets, etc.) as well as the content.
- ♥ **Car seat safety** – Be clear about transportation of your child. If she will be in a car, ensure that there is a car seat available and make sure everyone knows the proper way to fasten your child's car safety seat.



Activity for Preschoolers: *I Can Help Set the Table*

What You Need:

cups
forks or chopsticks
plates
napkins

What to Do:

1. Set one place setting at the table as an example for her to follow. Explain that each person needs one plate, one napkin, one cup, and one fork or chopstick.
2. Have her count the number of people who will be eating at this meal and then ask her to count out that number of plates, cups, etc. needed.
3. Have her place these items in the appropriate places, reminding her to follow your example.
4. Talk with her about each family member and the tableware. For example, "Is Papa's cup the same size as yours? Which one is bigger?" "Popo likes to eat with chopsticks. How many chopsticks does she need?"

(See page 5 for information on how doing these kinds of activities with your child helps her development and school readiness.)



How This Helps

The activities suggested in this newsletter help promote many different aspects of development:

Physical Development

- ♥ Use and strengthen small muscles such as facial muscles, fingers, hands, and toes
- ♥ Develop eye-hand coordination

Social and Emotional Development

- ♥ Develop a close bond with you
- ♥ Feel important and good about herself

Language and Literacy Development

- ♥ Learn to ask and answer questions
- ♥ Increase her observation, listening and understanding skills, and attention span

Cognitive Development

- ♥ Develop her curiosity about how things work
- ♥ Develop her thinking and problem solving skills



Kids in the Kitchen

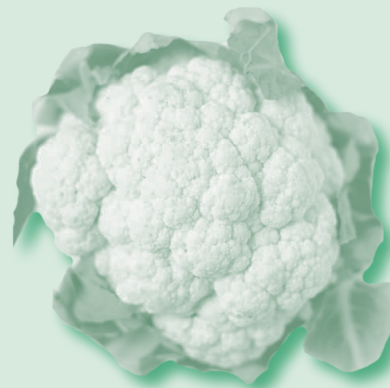
Cooking teaches valuable lessons such as math (quantities, measurement), science (how matter changes), fine motor (stirring, pouring), and literacy (print awareness). As you make this recipe with your child, talk about kitchen safety. Show her how to handle items safely and allow her to do as much as she is capable of. Praise her efforts, and ask questions throughout the process to encourage her thinking skills. Most of all, have fun!

Crispy Cauliflower Bites

Adapted from the *Kansas City Star*

Ingredients:

- ½ medium head cauliflower
- ¾ cup shredded cheddar cheese
- ¼ cup grated Parmesan cheese
- ¼ cup all-purpose flour or gluten-free flour
- 2 large eggs
- ½ tsp. salt
- ½ tsp red pepper flakes
- nonstick cooking spray



Directions:

1. Preheat oven to 400 degrees. Spray mini muffin tin generously with nonstick cooking spray.
2. Remove the leaves from the cauliflower and coarsely chop the cauliflower. Using a food processor, pulse until the cauliflower is finely chopped. Do not over process.
3. Place the finely chopped cauliflower into a large mixing bowl. And have your child help add the remaining ingredients. Have her stir to blend well.
4. Together, place a rounded tablespoon of mixture into each mini muffin well. Pat down to form a nugget.
5. Bake uncovered for 15 minutes or until bites are crispy brown on both sides.

Resources

Grandparents as Child Care Providers

<https://www.zerotothree.org/resources/2050-webinar-grandparents-as-child-care-providers>

This webinar presents a grandparents view on their role as a child care provider. Get insight and tips to help your family navigate this relationship.

Talking It Out

<https://www.zerotothree.org/resources/1210-talking-it-out-a-tool-for-establishing-good-communication-between-parents-and-grandparents>

This tool is designed to help grandparents and their adult child work together to promote young children's healthy development.



Suggested Books

Discover these books and more at the **Hawai'i State Public Library** www.librarieshawaii.org.

Infants and Toddlers

In Grandma's Arms by Karen Katz and Jayne C. Shelton

Infants and toddlers will enjoy the simple illustrations and charming rhythm of this bedtime story that describes the dreamlike fantasies of being in Grandma's arms leading up to falling asleep.

I Really Want to See You, Grandma by Taro Gomi

Yumi and her grandmother, who lives across town, both want badly to see each other but they keep just missing one another by setting out at the same time in opposite directions. When they finally meet in the middle, they are overjoyed and decide to make that their permanent meeting spot.

Preschoolers

Grandpa's Mixed Up Lu'au by Tammy Paikai

Poor Grandpa doesn't hear very well so when Grandma asked him to get groceries for a Lu'au, he brought everything except the poi, lau lau, kalua pig, and haupia she asked for. But his mistakes lead to a happy ending when all the new friends he brought were able to sing, dance, play the ukulele, and enjoy plenty stew together.

Something Different Something New by Ginger K. G. Kamisugi

Pua and Makana live at their grandparents' house. Makana goes through the whole day rejecting all the good things that his sister Pua enjoys because he wants something different and new. He finally realizes that new and different aren't always better when Tūtū wraps Pua in an old Hawaiian Quilt at bedtime.



Learning to Grow is a project of the University of Hawai'i, Windward Community College, with funding from the Hawai'i Department of Human Services. Visit our website at www.learningtogrowhawaii.org or visit us on Facebook at www.facebook.com/learningtogrowhawaii