



Preschool Hotline Newsletter

Fall/Winter 2019 Edition

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Blustery windy fall days will soon turn into snowy wintry days in our Northern region. Cold weather means more indoor days for our children, which could mean behaviours that make you cringe.

You may be looking for ways to turn unruly behaviours into more positive ones. In this issue we look at how routines in your home can be beneficial for promoting positive behaviours. We also provide 5 ways where language can help with children's behaviour.

And because we love books, we have listed a few books that target different emotions and how to name emotions, along with how to turn different negative behaviours into positive

ones. All great books to start conversations with your children about how they feel.

If you have any questions or concerns regarding your child's speech and language development, contact your local speech language pathologist or look for us in Programs under Services at northernhealth.ca

Enjoy your winter days!

**Your Northern Health
Community Speech &
Language team**


northern health
the northern way of caring

10-407-6004 (IND Rev. 11/19)

How Routines Can Be Helpful in Your Home

What are routines?

Routines are activities that provide structure for both parents and children. You likely already have routines set up in your home - at bath time or bedtime, or maybe when your family sits down for a meal. Routines do not have to be rigid and never changing. However, the structure can be helpful to you and your child for a number of reasons.

Do routines help reduce negative behaviours?

Yes. Children often have more negative behaviours when they:

- do not know what's expected of them
- feel anxious
- feel less secure

Routines help children feel secure and can reduce anxiety. Children like to know what we expect of them!

Children may also test limits less or protest less when they are used to things happening the same way every time. For example, if a child has to clean up their toys every day before snack, they may resist less and clean up more quickly when they know the routine.

What are other benefits of setting routines?

Support language development: When we follow a daily routine, this gives the chance for our children to hear the same language repeated many times, day after day. This repetition of words, sentences, directions and questions is very helpful for children when they are learning language.

Increase children's involvement in routines: If children understand what's coming next, they can start to learn how to do this by themselves. For example, if you help your child put soap on their hands every time they wash their hands, eventually they will reach for the soap on their own!



When can we use routines at home?

- During specific activities
 - Putting on clothes in the same order when getting dressed
 - Hanging up your coat and putting shoes away when coming home
- Between activities
 - Washing hands each time before snack
 - Putting dishes on the counter before playing after dinner
- At certain times of the day
 - Morning: wake up, get dressed, breakfast, brush teeth, boots/coat, preschool
 - Evening: dinner, playtime, bath time, story, bedtime

5 Ways Language Can Help With Children's Behaviour

The way we speak to our children can impact the way they respond to us and the choices they make. Here are 6 ways to use language to help our children respond in more appropriate ways.

1. If there's no choice - **make it a statement**

When we ask children "Do you want to go?" when it's time to leave the park, they think that leaving is a choice. If you change your question to a statement, it can be less confusing for children.

Try saying: "Okay, it's time to go home." or "One more time down the slide and then we are going."

2. When having difficulty completing a task – **offer a choice**

When children are given choices, they feel respected. Just like us, children like to feel that they have some control when completing tasks.

Try saying: "Do you want to eat the apple slices or the crackers first?" or "You can wear your rain jacket or your dinosaur jacket."

3. When changing activities – **give verbal warnings**

Transitioning from one activity to another is often difficult for many children. We can make this easier for children by giving them some warning.

Try saying: "We're going to clean up soon." – "It's almost time to clean up." – "Okay, it's clean up time." or "Time to go in 5 minutes." – "Time to go in 1 minute." – "It's time to go now!"

4. Let children know what you expect – **use a first/then statement**

If your child wants to move on to something new before it's time, we can use a first/then statement to help them finish the task. This helps children because they know what you expect from them.

Try saying: "First we clean up these toys and then we'll open the lego box." or "First finish your snack, then we'll go outside and play."

5. If your child has difficulty listening – **make directions easy to follow**

One of the many reasons our children may not listen to us is because they're not able to understand or remember what we said. It may help to give directions one at a time or use simpler language.

Try saying: "Put your boots and coat on." – "Don't forget your backpack." rather than "Put your boots on and your jacket on and make sure that you don't forget your backpack."



Behaviour Books for Kids

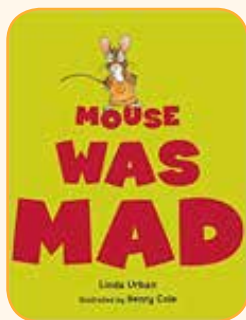
A great book can make an emotion, a problem, or situation concrete, real, and most importantly, solvable.



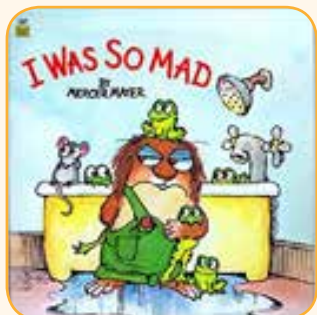
Kids need words to name their feelings. This book uses expressive images that go along with simple verses to help children connect the word to the emotion. Your child will learn useful words, and you will have many chances to open conversations about the way they feel.



These 2 toddler books are 'Lift-the-Flap' books, geared to help teach what is ok to bite, hit, push, kick, and spit. As you lift the flaps you'll discover that even though babies sometimes bite, push, and kick, they can learn a better way to act. The story teaches ways to replace inappropriate behaviours with more appropriate skills



The little mouse's anger grows, and he tries to find ways to show that he is feeling mad. Like various animals around him, he hops, stomps, screams, and rolls around. Nothing works for him, until finally he discovers a way all his own. Mouse Was Mad provides a great opportunity to talk about feeling mad and how we express that feeling.



Little Critter is having quite the grumpy day. The book shows the Critter family saying no to everything Little Critter wants to do. Whether he's cranky on the slide or stubborn in the sandbox, both parents and children alike will relate to this story. A perfect way to teach children about their emotions.