



As They Grow

Early Learning News for Families of Young Children

UW Extension
Learning for life

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Misbehaving or Missing Sleep?



The 2004 Sleep in America Poll revealed that almost everyone is not getting the amount of sleep they need. Preschoolers are getting 10.4 hours of sleep, but 11-13 hours are recommended for

children ages 3 to 5 years. One surprise is that 27% of preschoolers consume caffeine. Children who drink caffeinated beverages sleep less than those who don't.

Sleepless in America author, Mary Sheedy Kurcinka, asks, "Is your child misbehaving or missing sleep?" Kurcinka states, "Behind every power struggle, every temper tantrum, every instance of misbehavior, there is a feeling and need — too often the need is sleep. It's easy to miss the connection between poor behavior and lack of sleep, thrown off by the whining, attitude, and tears."

Sleep can help your child slow his body, follow rules, be less accident prone, stay healthy, and fall asleep more easily. If your child is struggling to stay focused and pay attention, lack of sleep may be the culprit.

Have a regular, consistent sleep schedule. A relaxing, bedtime routine of 15-30 minutes will help your child fall asleep. Well-rested children are more likely to behave, be helpful and cooperate.

Temper Tantrums

Why can young children be happy, then quickly become furious? Even though children may be well rested, sometimes they can become moody. Some kids are easy going, while others have intense emotions and reactions. Children absorb everything going on around them. Taking in so much at once means they can get overwhelmed easily and feel out of control, which leads to their intense responses.

Some suggestions for what you can do to help:

- **Be as consistent as possible** in your own moods and responses. When she is having a hard time, you need to be calm and don't intensify the situation.

- **Validate feelings and give words.**

Say, "Looks like you're angry when you can't have a cookie." This doesn't mean you agree with what's wanted, but lets your child know you understand and helps him/her calm down.

- **Offer choices** to help your child feel more in control. "Do you want the blue glass or red cup for your milk?"

- **Tell what will happen next.** "Now we're going to go to the store."

- **Offer advance notice** when an activity is going to end. "When the timer rings, it's time to pick up toys."

- **Anticipate blowups.** Gently remove your child from potentially explosive situations. Redirect or distract with a different activity.

Remember, in time, an intense child can be very passionate, creative and delightful!



As They Grow: a new look and more user-friendly

As They Grow News has a new look and is more user-friendly. Each issue can now be organized into files. Each issue of the bi-monthly *As They Grow* News will contain articles about one specific topic. At the 2008 January Early Learning Series Planning Session, childcare center directors and home providers discussed uses for the new *As They Grow* News and determined the six topics for the year.

Topics are listed below:

- ▶ Jan.-Feb. = Health/Eating Issues
- ▶ March-April = Child Development Issues
- ▶ May-June = School Readiness Issues
- ▶ July-Aug. = Play Issues
- ▶ Sept-Oct. = Discipline Issues
- ▶ Nov.-Dec. = Family Traditions/Relationships/Communication Issues

Questions: Contact Barbara Stoffel-Emde, Racine County UW-Extension Family and Community Educator, 262 833-8732
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Pocket Fruit Pies

Makes 4 servings: 207 calories and 3.6 grams of fat per serving (1 pie)

- √ 4 (8 inch) whole-wheat flour tortillas
- √ 1 large apple (alternatives: 2 med. peaches or 2 med. pears)
- √ ¼ tsp. ground cinnamon
- √ 2 Tbsp. brown sugar
- √ 2 Tbsp. fat-free (skim) milk
- √ ⅛ tsp. ground nutmeg (optional)
- √ nonstick cooking spray
- √ Sugar (optional)

1. Preheat oven to 350 degrees F.
2. Warm the tortillas in the oven or for 3 seconds in the microwave for easy handling
3. Peel and chop the fruit into small pieces
4. Place ¼ of the fruit on each tortilla.
5. In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle mixture on the fruit.
6. Grease baking sheet or spray it with nonstick cooking spray
7. Roll up or fold tortilla and place on greased baking sheet with flap-side down. Make small slashes in rolled tortillas to allow steam to escape. Brush rolled tortillas with milk and sprinkle with sugar, if desired.
8. Bake 8 to 12 minutes or until lightly brown. Serve warm or cold.

Recipe used with permission from Kansas State University and Kids a Cookin', www.kidsacooking.ksu.edu
UW-Extension, Racine/Kenosha Nutrition Education Program, 1220 Mound Ave, Racine, WI 53404, (262) 635-6824.

UW-Extension Workshops for Parents/Caregivers

◇ Gender Issues: Young Children's Curiosity

Tuesday, March 25, 6-8 PM — Racine Public Library, 75 7th Street, Racine — OR —

Thursday, March 27, 5:45-7:45 PM — Waterford Public Library, 101 N. River St., Waterford

Learn how to answer young children's questions about gender issues and reproduction. Parents, grandparents, and those interested in issues related to young children may register by calling **262 886-8460 by March 20**. To receive **Registry Barcodes or verification of attendance, a \$5 check or money order** to Racine County UW-Extension, 14200 Washington Ave., Sturtevant, WI 53177 must be received by mail or in person on or before the registration deadline of **March 20**. See flyer for detailed information or contact, Barbara Stoffel-Emde, 262-833-8732.

◇ Potty Training, Tues., April. 29, 6-8 PM— Ives Grove Office Complex, 14200 Washington Ave., Sturtevant.

Learn the readiness signs for toilet training and how to help prepare children for this important step. Parents, grandparents, and those interested in issues related to young children may register by calling **262 886-8460 by April 22**. To receive **Registry Barcodes or verification of attendance, a \$5 check or money order** to Racine County UW-Extension, 14200 Washington Avenue, Sturtevant, WI 53177 must be received by mail or in person on or before the registration deadline of **April 22**. See flyer for detailed information or contact, Barbara Stoffel-Emde, 262-833-8732.

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