



As They Grow

Early Learning News for Families of Young Children

UW Extension
Learning for life

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— Family Relationships & Communication —

Creating and Enjoying Family Traditions

What special holiday memories do you have of your growing up years? What do the holidays mean to you and your family now? What kind of memories are you building in your family?



Here are some things families derive from rituals:

- ◇ a sense of **security** – a feeling of belonging
- ◇ a shared **identity** – feeling a part of each other and their heritage
- ◇ **protection** – knowing what the future holds
- ◇ a **benchmark** – something to look forward to

Families celebrate a variety of occasions, which encourage and nurture unique family traditions. These traditions affirm family values, strengthen family ties and preserve heritage.



During the holidays, these ideas may be helpful to your family:

- ◆ **Focus on people**, not things. Play games together, visit friends and relatives, talk about “when grandparents were children.”
- ◆ **Teach what you believe.** Talk about your faith and how celebrations differ from other families.
- ◆ **Start family traditions.** Fix an unusual dish, take pictures, sing songs, or do fun things together.
- ◆ **Keep it simple and be sensible.** Try to avoid overdoing anything--spending, eating, drinking, or partying. Going overboard is not helpful to anyone.
- ◆ **Help your child give to others.** Let your child make a small gift, or a coupon with a written promise to wash the dishes or give one big hug. Talk about the joy of sharing.



- ◆ **Avoid long car trips and too many activities.** Be extra patient when your child seems tired or cranky.

Helping Children Communicate

Most children learn to communicate to get a need met or to establish and maintain interaction with a loved adult. Children’s communication skills grow by leaps and bounds across the first few years of life.

Following are some ideas for helping the development of communication skills in your children:

Talk with and listen to your child. When you talk with her, give her time to respond. Make eye contact on her level. Ask open-ended questions: “What do you think about the rain?” “How do you think the rain helps flowers grow?” Talking with your child helps her see herself as a good communicator and motivate her to keep developing these skills.

Help children build on their language skills. “So you are pretending to be a hungry caterpillar who wants to eat some food? What kind of food? Let’s name all the things you want to eat.”

Respect and recognize your child’s feelings. Children are far more likely to share their ideas and feelings if they know they won’t be judged, teased, or criticized. You can empathize with a child’s experience, yet disagree with his behavior. For example, “I know you’re angry but you can’t throw the blocks. Use your words to tell me what you want.”

Narrate what you do as you go through your daily routines. This helps your child connect words with objects and actions. “I’m washing the dishes. I’m squeezing the yellow dish soap into the warm water.”

Be a good role model. Your child is watching you very carefully. If you talk to others with kindness and respect, he will likely follow your lead and take on your manner and tone as he becomes more verbal. And, when you expect this kind of respectful communication from others, you are modeling how he should expect to be treated by others as well.



Linn County Pumpkin Apple Cake

Makes 24 servings. Nutrition Information - 118 calories, 3.1 grams of fat per slice (55g)

—Ingredients—

Cake:

- √ 3 eggs
- √ 1 can pumpkin (15 ounces)
- √ 2/3 can apple juice
- √ 1 spice or white cake mix (18 ounces)
- √ nonstick cooking spray

Icing:

- √ 1/3 cup powdered sugar
- √ 2 to 3 tablespoons apple juice

—Directions—

Cake:

1. Preheat oven to 350°
2. Spray 9x13" pan with nonstick cooking spray
3. Beat eggs together in large bowl
4. Stir in pumpkin and 2/3 cup apple juice
5. Add the cake mix and stir until well blended
6. Spread the batter into 9x13" pan
7. Bake 30-40 min. or until toothpick inserted in center of cake comes out clean

Icing:

1. Place the powdered sugar in small mixing bowl
2. Add 2-3 tablespoons apple juice to sugar, slowly stirring constantly
3. **Just before** serving, drizzle icing over cake (If icing applied too early, it will disappear into cake.)

Food and Fun for Active Families Nutrition Calendar, Iowa State University, 2007

Submitted by: UW-Extension, Racine/Kenosha Nutrition Education Program, 1220 Mound Ave, Racine, WI 53404, (262) 635-6824.

UW-Extension Workshops for Parents/Caregivers

- ◇ **Getting Ahead in a Just Getting by World—Patrice Knox & Trudy Ranallo**, Parents Plus Coordinators
Tuesday, Nov. 25, 6-8 PM— Ives Grove Office Complex, 14200 Washington Ave., Sturtevant
This workshop provides information on how to “make ends meet” in this time of limited income and budget issues. It will help participants use their resources and increase their financial stability. Parents and those interested in family issues may register by calling **262 886-8460 by Nov. 18**. 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 **Nov. 18**. See flyer for detailed information or contact, Barbara Stoffel-Emde, 262-833-8732.
- ◇ **Learning Experiences on a Budget—Bev Schumacher**, Learning Props L.L.C.
Monday, Dec. 8, 6-8 PM— Ives Grove Office Complex, 14200 Washington Ave., Sturtevant.
This seminar will provide low cost ideas for fun and learning! This is a hands-on, “make-it and take-it” workshop. Bring a scissors and a ruler! Parents, grandparents, and those interested in issues related to young children may register by calling **262 886-8460 by Dec. 1**. To receive **Registry Barcodes or verification of attendance, a \$5 check or money order** to Racine County UW-Ext., 14200 Washington Ave., Sturtevant, WI 53177 must be received by mail or in person on or before the registration deadline of **Dec. 1**. See flyer for detailed information or contact, Barbara Stoffel-Emde, 262-833-8732.

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References: Pfeil, P. Tips for Parents. Families in Education, Wisconsin Dept. of Public Instruction, Madison, WI.
Zero to Three. Communication Skills. www.zerotothree.org.



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