



# Welcome Baby



utah county  
health department  
"creating healthy communities"



United Way  
of Utah County

November 2011 A Newsletter for "Welcome Baby" and "Parents as Teachers" Families

## Teaching Toddlers to Share:

Toddlers learn the art of sharing by seeing others share and by reinforcement.



### Toddlers and Sharing: Set an Example

Toddlers learn by imitation. So, if they see their parent sharing, they too will learn to share in time. Here are some tips to help teach your toddler to share:

- \* Take all opportunities to show exactly what it means to share. Start by offering your toddler a bite of your food, an act of sharing. Say to your child, "I would like to share my banana with you."
- \* As you are sharing, use the word "share" to explain exactly what you are doing.
- \* When your toddler shares, praise him or her to offer positive reinforcement.
- \* Reward your child when he shares. Give a hug or high-five to express your satisfaction.

### Toddlers and Sharing: Temper Tantrums

Along the way, however, every child is likely to become angry, or even throw a temper tantrum over sharing. You can take some steps to avoid those difficult moments. For instance, if another child is coming over to play, allow your toddler to put away several choice toys before the visit. Be sure to explain that these are toys which do not have to be shared with everyone and that other toys can be shared with friends instead. If this technique doesn't work and your child continues to refuse to share, don't punish your toddler, just tell him that you're sad and disappointed.

Give your toddler time to work things out with other kids. If your child doesn't share, other kids will also express their disappointment, and your toddler will eventually get the idea that it is not nice not to share.

Experts say that the best way to avoid temper tantrums is to

set limits and then reinforce those limits. Clear instructions will help toddlers to know what's right and wrong. Try to avoid a constant power struggle and too many reprimands, though. In other words, choose your battles wisely. It is okay to give in to some of their demands.

### Toddlers and Sharing: Have Patience

If your toddler isn't adjusting to the sharing principle, don't be dismayed. Your child will learn to share eventually. Learning to share is all a part of normal childhood development, and those kids that learn to share early may do better socially as they get older.

Article obtained from: Everyday Health  
<http://www.everydayhealth.com/kids-health/toddlers-and-sharing.aspx>

## Some Fun Games To Help Children Practice Sharing: (ages 3 and up)



**Memory Game**--This classic game is fun for all ages. Can you remember what's hiding where? It's fun to find matching pictures of your favorite things, two by two. Just flip over the cards, two at a time, trying to make a match. If you do, you keep them. Remember and find the most pairs and you're the winner!

**Lucky Ducks**--This motorized matching game for preschoolers will have kids quacking up! Kids must match colors and shapes to the duckies as the duckies swim around the pond. Kids will learn color and shape recognition as they play along to the quacking sounds.



**Goodnight Moon Puzzle**--Celebrate the magic of the bedtime story with this Goodnight Moon Glow in the Dark Jumbo Floor Puzzle that is a nod to the popular children's book and comes with the beloved story printed around the border.

## Opportunities for Service in the Community

### o Community Action Services & Food Bank

801-373-8200 - Donate a Thanksgiving dinner! The Food Bank is always in need of more turkeys, stuffing, cranberry sauce, and other Thanksgiving dinner items. Donate now, don't wait until Thanksgiving Day, to assure that everyone in your community has a wonderful Thanksgiving!

### o United Way Holiday Volunteer Opportunities

To be involved with the Angel Trees, Sub For Santa, or for more information on additional opportunities, Please call: (801) 377-6600 or 2-1-1.

## Tips for teaching children to be grateful:

### Set the Example

Parents have to model behavior they hope their children adopt as their own. A simple, sincere expression of gratitude when the kids do something they were asked to do is always appropriate. Taking an extra moment to thank a sales clerk at the store or to tip your news carrier for getting the paper on the porch every day lets them know that gratitude is acceptable and encouraged.

### Don't Demand Thanks

Avoid demanding thanks from your children. They will internalize example much more than they will threats or humiliation. If you offer it sincerely to them, they will learn the skills of gratitude.

### Teach Through Role Playing

If you notice a lack of the gratitude attitude, consider a little role playing. Have the kids act out a scenario where someone went out of their way for someone else, and have the receiver express gratitude. You might even consider a negative example and see how the giver feels when his or her giving is ignored.

### Offer Service

Try taking the family to a nursing home or a homeless shelter to volunteer. They will soon find that a little selfless service tends to make selfishness go away.

### Try Going Without

From time to time, have a family project that involves going without something important. For example, try making bread for a week rather than buying it, or try walking to any destination less than two miles away. A little sacrifice causes us to miss things that we take for granted and helps us be a little more humble and grateful when the thing we sacrificed

## Thankful Tree Craft

Make a thankful tree with your family this year to reflect upon all the things you have to be thankful for.

### What you will need:

- ✓ Flowerpot
- ✓ Art sand (sold at craft supply store)
- ✓ Bare tree branch
- ✓ Colored craft foam
- ✓ Scissors
- ✓ Permanent marker
- ✓ Large ornament hangers or straightened paper clips

### Instructions:

1. Fill a flowerpot with sand and set in a shapely bare tree branch.
2. Next, cut a pile of leaf shapes from colored craft foam.
3. Take turns with your family writing down things you are thankful for. You can write them all at once or write one every day until Thanksgiving.
4. To decorate your tree, push a large ornament hanger or straightened paper clip through the stem of each leaf and hang it in place.
5. On Thanksgiving day, take turns reading your leaves!



## CALENDAR OF EVENTS

### Community Playgroups

Playgroups help you and your child to connect to others in your neighborhood. We currently have playgroups in the following city's: Springville, Eagle Mountain, Provo, and Orem. If you are interested in starting your own playgroup, we have a curriculum of activities and lessons you can use. For more information, please contact us at (801) 691-5320.

### Free Parenting Workshops!

Parenting workshops are held every month at the Utah County Health Department. This month's theme is "The Importance of Play". Complimentary book and activities are provided. Contact us for more info at (801) 691-5320.