



Ashley's Angel Gram

MARCH 2010

Keeping Kids Busy & Active

When the weather is nasty, going outside to play may be difficult, if not impossible. It is easy to sit down in front of the television, put in a movie, or go to the computer, but children need to be active and have chances to use up their energy even when they are house-bound due to weather.

Being active is good for their health. It will keep them busy and behaving better.

Put on some music and have a dance party. Young children love to move and dance around. Older children can help choose their favorite songs. Give your young child a scarf, a ribbon, or some paper streamers to wave in time to the music. If you need more room, push back the furniture and other things for a larger dance area.

Have your child dress up as character from a favorite story and act out the story. Invite a friend or two of your child's over to play. Then more characters can be added to the story. Provide some props and dress-up clothes. Children can have hours of fun planning and performing a show. Plan a "work-out" time when you and your child can do some simple exercises together. Be sure to keep them appropriate for your child's age. These can be done to music to make them more fun.

If your child has friends over, have them play a favorite circle game, such as *Duck, Duck, Goose*, where the children sit in a circle and one child is selected to go around the circle and lightly touch each child on the shoulder saying "Duck. Duck, Goose." When the child says "goose," the child he touches gets up and chases him around the circle. If the first child makes it to the second child's place, he sits down in it. Then the second child becomes the "goose" for the next turn. This game enables children to chase each other in a controlled space.

Have your child crumple some old newspapers into balls. Then get out a laundry basket or even a medium-size cardboard box. Your child can throw the paper balls into the basket for some fun time practicing throwing skills and using up energy.

Here are some expressions to use to help build your child's self-esteem.

Wow!
Good job!
Clever!
That's right!
Great!
Wonderful!
Way to go!
Super duper!
Outstanding!
Look at you go!

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DAYLIGHT SAVINGS TIME

Sunday March 14th.

Be sure to adjust your clocks and alarms before you go to bed. Many people take this time as a reminder to change the batteries in their smoke detector and other alarms.

FAILURE CAN BE GOOD...

Sometimes we protect our children from failure because we do not want them to get hurt or be disappointed.

Failure can be a good teacher. As long as an activity is safe, allow your child to try new ideas. So what if that boat your child creates sinks? Have her try again to build one that floats.

The process of finding out if something works or not is a good lesson for a child. So, challenge your child to try new things.

Suggested Reading

