



Pottstown Early Action for Kindergarten Readiness

Mission: Every child in Pottstown will enter Kindergarten ready to learn and achieve

PEAK Family Connections

PEAK Family Connections: Providing families with resources, support, and opportunities to encourage interactive learning at home and in our community.

PEAK COMMUNITY NEWS



Fall 2010

Love & Logic Early Childhood Parenting Made Fun!

Family Services of Montgomery County will be hosting a **FREE** 6-week parent-training program at Grace Lutheran Church.

Parents will learn:

- How to smooth out mornings and bed time
- How to raise children so they become safe, smart, confident, responsible kids
- How to avoid anger, threats, and lectures
- How to stop children from arguing and whining
- And so much more!

This program will be held on consecutive Wednesdays (starting October 13th) from 10-11:30am. It is **FREE** and childcare is included. For more information—or to register—please contact **Whitney Leone** at (610)326-1610 (x233).

Pottstown Family Center Playgroups

The Pottstown Family Center will be hosting a **FREE** 6-week parent-child playgroup focusing on nutrition. In this program, parents will learn:

- How to stretch your food dollars
- How to plan and prepare tasty healthy meals
- How to make healthy decisions for your family

Playgroups will be held on consecutive Mondays (starting October 4th) from 1:00-2:30pm at the Rolling Hills Community Room (2120 Buchert Road).

To register, please contact **Jenna Saylor** at (610)326-1610 (x241).

CONTACT US!

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EMPOWERED PARENTS

Taking excellent care of yourself makes you better at taking care of others without feeling resentful. As they say, you can't give away what you don't have! Parenting can often be exhausting and overwhelming. Consider the following list of ways to nurture yourself when feeling stressed:

- Stand up and stretch
- Call a friend
- Make a To Do list
- Learn to say "no"
- Write down your frustration
- List two things you do well
- Take three full, deep breaths
- Take a walk



- Go outside
- Ask yourself, "will this matter in three weeks?"
- Laugh
- Think about something happy
- Divide the task, do one part at a time
- Hug your children

YOU ARE WORTH IT!



HEALTH and WELLNESS

How to Combat...PICKY EATERS

Children crave control—and sometimes as toddlers, they do this by refusing certain foods. Keep in mind that this is your child's way of establishing independence. Even though your child may not be eating as well-balanced a diet as you would like, **as long as your child is growing normally and has energy**, there is probably little to worry about. Keep the following in mind when dealing with picky eaters:

- Most children do not eat a balanced diet each and every day—focus instead on a well-rounded **week** and offer key foods on a consistent basis
- Although your child will probably be hesitant to try new foods, you should still continue offering them—most children need to be offered a food **10+** times before eating it without argument
- Do not use food as a bribe or award for desired behaviors—and avoid punishing your child with food (ex. taking food away)

- Limit eating and drinking to the kitchen table—try not to allow children to mindlessly eat in front of the TV
- Limit snacking—two nutritious snacks a day is recommended—any more and your child probably won't be hungry for the next meal
- Do not prepare a special meal for your child—if your child chooses not to eat what the family is eating, they should be informed that they will then have to wait until the next meal (keep in mind that a child will not starve after missing a single meal!)

(Adapted from
www.keepkidshealthy.com)



Please contact PEAK if you have any questions or concerns or if you would like information about a specific topic published in this newsletter. You may also e-mail Whitney Leone at wleone@fsmontco.org.

FAMILY CORNER

Food is one of the greatest joys of life! Eating together as a family is another way to make children feel secure and loved. Children who help prepare meals and set the table also learn important life skills. Try this recipe for your next family dinner—see if your kids can guess the healthy surprise ingredient!

SLOPPY JOES (6 servings)

Ingredients:

- 1 pound lean ground turkey or beef
- 1/4 cup chopped onion
- 1 can kidney beans, drained and **mashed** (with fork)
- 1 can Sloppy Joe sauce
- 1/2 tsp. garlic powder
- 1/2 tsp. pepper
- 6 hamburger buns, toasted



Directions:

Spray skillet with cooking spray. Brown meat over medium heat. Add onion, sauté. Add mashed beans, sauce, garlic powder & pepper—simmer for 2 minutes. Serve on hamburger buns and enjoy!

Understanding Misbehavior

It is important for parents to remember that there is always a reason for misbehavior. The next time your child is behavior, try to remember that:

- There is always a reason for misbehavior. Parents can deal with it better if they understand the cause.
- Children often misbehave because they are tired and run down—consider changing your schedule in order to develop a better routine.
- If parents expect children to behave like adults—they will be disappointed! Children who feel loved will want to act the way their parents expect them to act.
- If misbehavior results from lack of confidence, try to use more encouraging and positive words and fewer put-downs.

(Adapted from Montgomery County Cooperative Extension)

