

# Parents' Corner

## Terrible Twos, Tryin' Threes: Tantrums 101

It is normal for children to have tantrums regularly between ages 1 and 3 years old because that's how they communicate feelings of frustration. Toddlers are just starting to learn language skills but can't express feelings yet, which causes meltdowns. As parents, it's our job to help our children self-regulate. The holidays are especially tough for children and adults alike. Here are a few tips to help prevent tantrums:

**Positive Attention-** Children need lots of attention and guidance to navigate the world. Praise positive behavior to help children understand beneficial behaviors. It is important to help children succeed in developing new skills to build self-esteem and feeling of accomplishment.

**Offer Choices-** Like adults, children like having options and control over themselves. Give children choices during the day such as, "Would you like apples or carrots for a snack? Instead of "What would you like for a snack?" By giving the option, you avoid responses that aren't feasible and reduces the risk of a meltdown.

**Reduce Temptation-** Keep off-limits objects out of sight and out of reach. This makes struggles less likely. Obviously, this isn't always possible, especially outside of the home where the environment can't be controlled. Know your child's limits. If you know your toddler is tired, it's not the best time to go grocery shopping or try to squeeze in one more errand.

**Teach Regulation-** Distract your child. Take advantage of your little one's short attention span by offering something else in place of what they can't have. Start a new activity to replace the frustrating or forbidden one. Or simply change the environment. Take your toddler outside or inside or move to a different room.

Remember these tips and most importantly **stay calm!** Expressing your own frustration will negatively impact the situation and will not help your child learn to calm down. All parents deal with tantrums, you are not alone.

## Did you know?

The Partnership gave out more than **4,600** books last year at programs, community events, etc. and the approximately **14,000** books delivered in our county through Dolly Parton's Imagination Library. Through the month of September, like our Facebook page and post a picture with a book from the Partnership for a chance to win a bag of goodies including a \$25 Peaches n' Cream gift certificate.

For more tips, activity ideas and event information, check out the Anson County Partnership for Children at [www.ansonchildren.org](http://www.ansonchildren.org) and like our Facebook page!

## SAFE Halloween K:IDS Safety Tips ANSON COUNTY

Everyone loves a good scare on Halloween, but not when it comes to child safety. On average, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year. Here are a few tips to keep in mind when preparing for the festivals:

1. Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
2. Since masks can sometimes obstruct a child's vision, try non-toxic face paint and makeup whenever possible.
3. Have kids use glow sticks or flashlights to help them see and be seen by drivers.
4. When selecting a costume make sure it is the right size to prevent trips and falls.

Science  
Activities  
Halloween  
Safety Tips

What's Inside



Anson County  
Partnership  
for Children

a partner in the  
smart start network™

# The Connector

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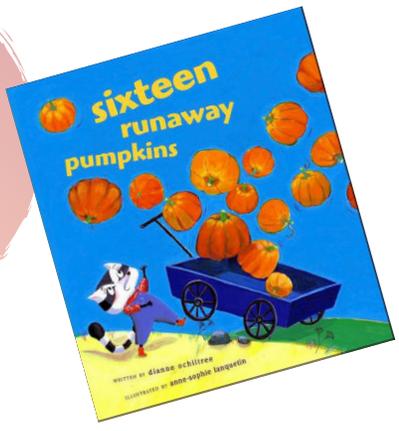
# ECRC HIGHLIGHTS

Have you ever thought about using the light table to look at leaves? Laying leaves on a light table give children a clearer vision of the details of each vein and the beauty of their color. Add magnifying glasses and journals to the center for the little scientists in your classroom to dive deeper into their exploration of the magnificent fall colors and life captured inside each leaf. As the children study the leaves, they can draw their discoveries in their journals. This type of investigation will peek children's interest, keep them focused and give them the opportunity to communicate what they are learning through drawings and conversation.

Don't have a light table? No problem. We have a light cube for check out in the ECRC or you can easily make your own at low cost. To make your own light table all you need is a clear plastic tote with a clear lid. The size depends on how big you want your light table to be. Put battery operated touch lights inside and put the lid on. Voila! Your own light table.

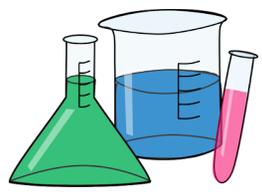


Read the book and ask open-ended questions. After reading the book place it in your library area for children to look at and read to them individually.



**Math**  
Use wagon math mats and pumpkin cutouts to teach counting, subtraction, patterns and positioning.  
NC FOUNDATION GOALS: CD-10, CD-11, CD-12

Add STEAM Activities by checking out these items from the ECRC:



**Science**  
Pumpkin life-cycle with matching mat.  
NC Foundation goals: CD-15, APL-5, APL-8

## 5 Little Pumpkins

(Sung to the tune of 10 little Indians)

One little pumpkin smiling, smiling  
One little pumpkin smiling, smiling  
One little pumpkin smiling, smiling  
One little pumpkin is smiling

Repeat verses with Two little pumpkins frowning  
Three little pumpkins shouting  
Four little pumpkins laughing  
Five little pumpkins yawning

# Upcoming Trainings

- Saturday, September 7th**  
Basic School-Aged Care (CEU) from 9 am- 2pm
  - Tuesday, September 10th**  
Prevention and Control of Infectious Diseases in Child Care
  - Tuesday, September 17th**  
Linking NC FELD and Development to Curriculum Planning for Infants/Toddlers (CEU) Pt 1
  - Thursday, September 19th**  
Linking NC FELD and Development to Curriculum Planning for Infants/Toddlers (CEU) Pt 2
  - Tuesday, September 24th**  
Emergency Preparedness and Response (EPR)
  - Tuesday, October 8th**  
Beyond Band-Aids
  - Tuesday, October 22**  
Fire Safety at Wadesboro Fire Dept.
  - Tuesday, November 5th**  
Why Science in the Early Childhood Classroom? (CEU) Pt1
  - Thursday, November 7th**  
Why Science in the Early Childhood Classroom? (CEU) Pt2
  - Tuesday, December 10th**  
Cardiopulmonary Resuscitation (CPR)
  - Tuesday, December 17th**  
First Aid
- All training's are held at the Partnership from 6:00-8:00 pm unless otherwise noted.  
Classes are open to all but limited space is available.  
Call our office at 704-694-4036 to make a reservation.  
Contact hour classes are \$5 for ECRC members, and \$15 for CEU classes.