



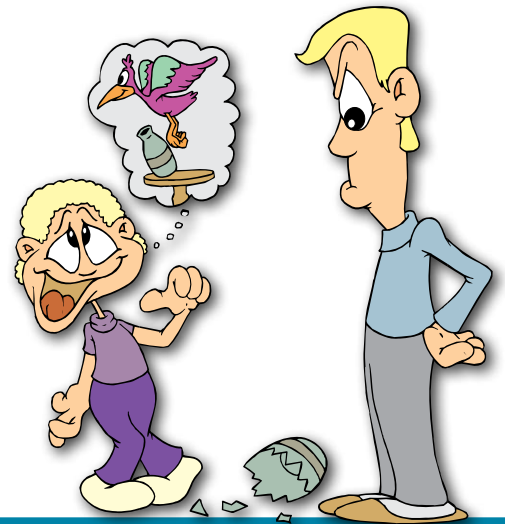
Building Strong Families

Preparing Your Child

A good way to teach your child how to handle different situations in life is to practice “what if.....” situations. Children can learn from their mistakes by practicing pretend situations that are not dangerous for them or others before they need to handle the real thing. Children can do many things themselves once they learn how to do them.

Here are some examples of pretend situations:

- Times that you are busy and can't answer the telephone. Teach your child how to answer it and have her practice what you want her to say.
- Your children are playing and break something. What should they do? Teach them the right way to handle that.
- Your child wants to help you water the garden and the hose is not attached to the faucet. What needs to be done first?
- When your child wants to make his own snack, show him what he is allowed to have and what he can use to make it. Have him practice when you are right there to supervise.



How We Say Things

Stop and think before you speak. Be aware of your tone of voice when talking to your child. It can make a difference in how your child responds to you.

When you sound demanding, angry, or mean, it may scare your child. If you speak sarcastically, your child probably won't understand what you really mean because young children do not understand sarcasm. If you say things in an overly sweet way, you may not be taken seriously. For good communication, what you say and how you say it should match. Try to speak in a normal tone of voice.

Words Can Hurt

Words are powerful. They can make someone feel good about themselves. Words also can be hurtful. If your child hears negative words about himself too often, he may begin to believe them. This can lower his self-esteem.

Some negative words or statements to avoid:

Boy, that was dumb!
Can't you do anything right?
Why can't you behave like your sister?
You're always a slowpoke.

A better way to say it:

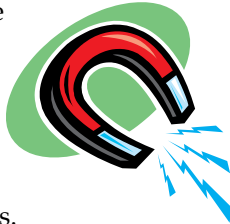
You can do it!
Keep on trying.
You are special.
I know you can go faster.

The Top Five Hidden Home Hazards

The U.S. Consumer Product Safety Commission (CPSC) has listed five of the top hidden hazards around the home to prevent injuries and keep families safe.

#1 Magnets

Very small and powerful magnets are found in toys, building sets, and jewelry. They are dangerous if young children swallow them. If two or more magnets, or a magnet and another metal object are swallowed separately, they can attract to one another through intestinal walls and get trapped in place. This can cause internal injuries which are hard to diagnose. Watch carefully for loose magnets and magnetic pieces. Keep them away from younger children (under age six). If you have a recalled product with magnets, call the company for instructions.



#2 Recalled Products

The CPSC recalls about 400 items each year. Stores move quickly to remove these from their shelves, but once a product gets into a home, it is up to you, the consumer, to be on the lookout for recalled items. Recalled products include toys, clothing, children's jewelry, tools, appliances, electronics, and electrical products. To keep informed, join CPSC's "Drive to One Million" campaign to get dangerous products out of the home. Sign up for free email notifications at <http://www.cpsc.gov/cpsclist.aspx> www.cpsc.gov/cpsclist.aspx. An email from CPSC is not spam and could save a life!

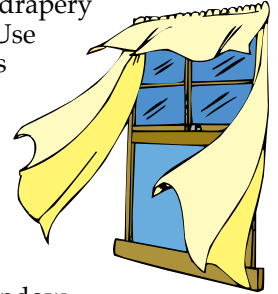
#3 Tip-overs

Furniture, televisions, and stoves can tip over and crush young children. Deaths and injuries happen when children climb onto, fall against, or pull themselves up on television stands, shelves, book-

cases, dressers, desks, and chests. TVs placed on top of furniture can tip over. Make sure that furniture is stable on its own. For added security, anchor it to the floor or attach it to the wall. Free-standing ranges and stoves should be installed with anti-tip brackets.

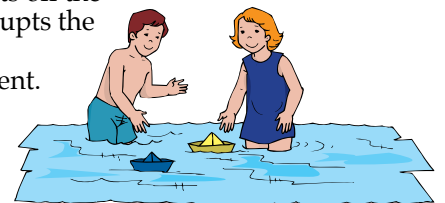
#4 Windows and Coverings

Children can strangle on window drapery and blind cords that form a loop. Use cordless blinds or cut looped cords and install a safety tassel at the end of each pull cord. Never place a child's crib or playpen within reach of a window blind. Windows are also dangerous. Children love to play around windows, but can be injured or die if they fall out of windows. Window screens are designed to keep bugs out, but not kids in. Safeguard your windows by repairing pull cords ending in loops and installing window guards or stops.



#5 Pool and Spa Drains

The suction from a pool or spa drain can be powerful enough to hold adults, as well as children, under water. Missing or broken drain covers are a major reason many drain entrapment accidents occur. Pool and spa owners should install a Safety Vacuum Release System that detects when a drain is blocked. It automatically shuts off the pool pump or interrupts the water circulation to prevent an entrapment.



More from Better Kid Care

The Better Kid Care Web Site at www.betterkidcare.psu.edu has more information for parents. Look for other *Family Time-Work Time* issues, *Parents Count*, child care and activity tip sheets, snack ideas, choosing child care tips, school readiness information, and the monthly Better Kid Care E-Newsletter. To sign up for the E-Newsletter, send a request to BetterKidCareNews-subscribe-request@lists.psu.edu.

Family Time/Work Time: September 2007

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