



Parents as Teachers



Meet your Presenters

Erica Castro



Erica has been a Parent Educator for almost 1 year; She is also a mother of two children (12 and 9 years). It brings her joy to see parents smile when they are reassured that they are doing marvelous in helping their child meet milestones.

“Every day is a new opportunity to get to know your children and gives you a chance to spend as much quality time with them before your family is required to get back to work or school.”

Araceli Parbol



Araceli has been a Parent Educator for almost 10 years. She is also a mother of three children (15, 10, & 4 years).

Araceli loves to see her families achieve their goals, milestones and most importantly grow together as a united family.

“It is never too late and there is never an age limit to sit down with your child to play, to read, to spend time together. Time passes so quickly, so during this pandemic, make sure you spend time with your children and family. Make up that time you didn’t have before. Children are precious, curious and explorers; go ahead and explore with them.”



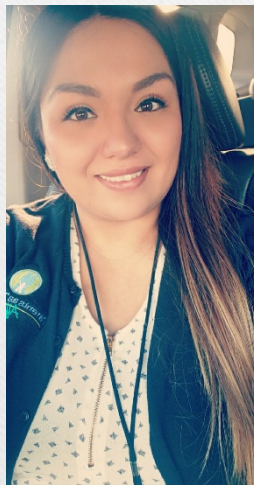
Meet your Presenters (continued)



Margarita Gutierrez

Margarita has worked with Parents as Teachers for the past 5 years (as Parent Educator and now Data Specialist). She was also a parent in the program for two years; she is the mother of a 8 year-old. Her favorite part of Parents as Teachers are the group connections because all the families are able to come together and network.

“Take it day by day. These are unexpected times to be home, especially for children. Take a moment to catch your breath and know that we are all doing the best we can.”



Carina Sanchez

Carina Sanchez has been working as a parent educator for three years and was a parent in the program for one year; she is the mother of a 4 year-old child.

Parents as Teachers has taught her about child development and how to set routines with appropriate expectations for her child's age.

“I encourage parents that when you feel stressed, to find coping strategies that work best for you.”



What is the Parents as Teachers program?



Our affiliate is part of the Yakima Valley Farm Workers Clinic.
Our program serves up to 130 families each year in south Yakima county in
Washington state. Please see www.yvfwc.com for more information about YVFWC.



Am I really my child's first teacher?

You may be thinking, “I am a parent, not a teacher”.
The great news is, whether you've had training or not,
you are your child's first teacher.





The Coronavirus Pandemic (COVID-19)

In a blink of an eye our daily routines were impacted due to COVID-19. Even through the chaos of the Pandemic, many simple everyday routines can provide opportunities to teach your children ranging from newborn to school-aged how to stay positive, healthy and how to practice values through constant change.





COVID-19: What were your first thoughts or experiences?

- Fear or Anxiety
- Do I have the virus?
- Am I safe?
- Will we still make ends meet?
- How do I help my child cope with COVID-19 emotionally?
- Finding balance between work , home school teaching and being a parent/spouse



What would you like to teach your children during this pandemic?

- How to properly wash their hands
- Adjusting to change
- Basic life skills
- Meeting milestones
- Learning how to read
- Getting your child ready for preschool or elementary school



A year from now, how would you like your child to remember the pandemic?

As a time of fear, instability, and chaos?

Or a time where you were able to spend quality time together as a family doing the things that matter most?



The Value of Play

- Play is the primary task of childhood. Young children play for the pleasure and satisfaction of the activity itself-but researchers and parents know that play is the primary process through which children learn and develop.
- Play starts early.
- Babies' play consists mostly of repeating new sensory experiences, which causes their brain cell connections to multiply and become more efficient.
- When parents interact in nurturing and loving ways with their infant, the intimacy and sense of safety that the baby feels help build secure attachment.



Learning Through Play

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Play Is Learning

Your child loves to play. From the time she was born, she has been discovering what her body can do. Every time she plays, your child's brain is making new connections that help her development.

To your child, there's only one reason to play: to have fun. Her play may look messy, silly, noisy, or repetitive. But you know that she is doing some serious learning! Play is how she tests the possibilities and explores her world.

There is no "right" way to play. Any types of play will give your child a chance to develop new skills.



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How play helps your child's development

Social	<ul style="list-style-type: none"> > When you play with your child, it builds attachment between you. > Playing with others teaches your child cooperation, sharing, empathy, and helping.
Emotional	<ul style="list-style-type: none"> > Expressing herself through play boosts your child's feeling of self-worth. > When your child pretends, it helps her understand and learn to control her feelings.
Physical	<ul style="list-style-type: none"> > Exploring with her body helps your child strengthen her large and small muscles. > As she repeats actions, your child gains hand-eye coordination and other skills that prepare her for later learning.
Cognitive	<ul style="list-style-type: none"> > Pretend play helps your child make sense of her everyday experiences. > Playing enhances your child's persistence, attention span, memory, and ability to focus – all skills that are important for success in school.
Language	<ul style="list-style-type: none"> > The more practice she has at making sounds – even silly ones! – the better your child's tongue and mouth can coordinate to say words. > When she cooperates with you or with another playmate, your child uses words to tell you her ideas.

Play is good for your child's brain no matter what. But it can be even better if you join in! Remember to let her lead the way – when you take over, she feels that her ideas don't have value.

Learning Through Play (continued)

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What you can do

Be patient while your child plays. She will probably repeat things over and over. That is how her brain makes new connections.

It may feel strange to let your child lead you in play. And it may be hard at first to participate in the things she enjoys, like doing silly dances, making lots of noise, getting messy, and sitting on the floor. You may need to practice playfulness!

There may be times when she doesn't want you to play with her. Play beside her. That way you are close by, and you can talk about what she is doing. "Wow, you built a really tall tower. I wonder what will happen to it. Are you going to knock it down?"

Let her try to solve problems during play. Praise her attempts. This makes her confident in her ability to tackle challenges. If she needs help, step in before she gets frustrated.

To your child, everything in your home is a potential toy. That's why it is important for you to make sure she plays with safe, age-appropriate toys and household objects. Choose toys that can be used in many ways, like blocks, balls, dolls, and books.

Your child will not like it when you tell her to stop playing and transition to

another activity! Give her warnings at 5 minutes and again at 1 minute.

Play can happen at any time. You can play while you cook or shop or give your child a bath. In fact, it's better if you let her decide when she feels like playing – scheduling playtime doesn't always work with babies and toddlers!



REFLECTION

Take time to watch your child.

How does your child show her readiness to play?

What are your child's favorite types of play?

Think about a time when you took over your child's play and a time when you guided her. What differences did you notice? How did your child respond?

Types of play

Do you recognize any of these from observing your child?















1. **Practice play:** Enjoying an activity enough to repeat it, like pouring sand through her fingers.
2. **Constructive play:** Building with blocks to create a structure of some kind.
3. **Functional play:** Using an object to do a job, like cleaning the floor with a toy vacuum.
4. **Rough and tumble play:** Laughing and being physically active. (This play should not be aggressive or hurt other children.)
5. **Dramatic play:** Pretending to do something (like drink juice from an empty cup) or be someone.
6. **Games with rules:** Young children are just starting to understand cooperation and sharing. They like games where everyone can play, like ring around the rosie or duck, duck, goose.



Routines during the Pandemic

- Routines are repeated, predictable behaviors that provide the foundation for daily tasks of children.
- Consistency is important because children feel secure when they know what to expect.
- Routines consists of meal times, daily activities, and nap times.

OUR DAILY ROUTINE

AM	PM
 Bathroom: <ul style="list-style-type: none">• Potty• Wash hands & face• Brush teeth• Comb hair• Sunscreen	 Pick up toys & tidy room
 Make bed	 Pack backpack
 Get dressed	 Put on Pjs
 Put dirty Pjs in hamper	 Put dirty clothes in hamper
 Eat breakfast	 Bathroom: <ul style="list-style-type: none">• Tub time• Potty• Wash hands & face• Brush teeth
 Take vitamins	 Read for 15 minutes
 Goodbye hugs	 Lights out

Kid to Kid THE BEST OF KIDS' RESALE

Examples of Routines

6 to 9 Month Daily Routine
presented by... incredibleinfant.com

7 am	nurse/bottle "breakfast" solids
9 am	morning nap
10:30 am	nurse/bottle "lunch" solids
12:30 pm	afternoon nap
2:00 pm	nurse/bottle if naps were short, or if he seems tired...
3:30 pm	third nap (45 min - 1 hr)
5:00 pm	nurse/bottle "dinner" solids
6:30 pm	nurse/bottle bedtime routine
7:00 pm	asleep

Parents can establish routines based on their child's age.

TODDLER DAILY SCHEDULE
FOR STAY AT HOME MOMS

7:30-9 AM Wake up, diaper change, brush teeth, milk, & breakfast.	1-4 PM Nap time
9-11:30 AM Free play, this is when we usually run any errands we may have, diaper change, and she'll usually have a snack during this time.	4-7 PM Wake up, snack, play. Dinner at 5:15, play until bedtime routine.
12 PM Lunch, diaper change, and relax on the couch.	7-8 PM BEDTIME ROUTINE Bath and bath play, brush teeth, lotion, and PJs. Story-time, snug song, then lights out.

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What is stress and what causes it?

What is stress?

- Eustress
- Distress
- Toxic stress

Common stress causes:

- COVID-19
- Birth of a baby
- Finances
- Changes at work
- Death or loss of a friend or family member
- Changes in routine at home



Effects on parents and children

Parents: when stress moves into distress some of the symptoms may include:


- Headache
- Stomachache
- Muscle aches
- Not sleep well
- Irritability, anxiety, or tension

Children

- They also feel stressed
- May develop concerning behaviors
- They pick up on parents coping strategies when they are stressed
- Higher risk for child abuse or neglect

Coping with Stress

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Coping With Stress



All of us live with a little bit of stress. It's a normal part of the day-to-day job of parenting. As a parent, you learn to multitask. But there are always times when even the best parents feel overwhelmed and stressed. Here are 10 ways to cope.

Our bodies produce powerful chemicals when we are stressed. Those chemicals help us react quickly in times of danger but can cause long-term health problems if the stress doesn't go away.

Stress can come from many different sources. Each person has a different tolerance level for what feels normal and what feels stressful. What is important is to know how to calm yourself when you start to feel overwhelmed.

1. Identify and address the problem. (If you don't already have it, ask your parent educator for more information about the six-step problem solving method.) For example, if dinnertime is always stressful because your child is tired, cranky, and hungry by the time the family is ready to eat, maybe serving his vegetables as an early appetizer would give him a boost to get through to the meal. He may not eat his veggies with dinner, but you can feel good that he had them earlier!

- 2. Avoid "Why me?"** and take a more active look at a problem. Ask yourself, "What is it about the situation that is upsetting? Is it a person? A place? A thing?" You may not be able to avoid the problem, but controlling your reaction to the irritation may help relieve stress.
- 3. Let some things go.** While we really want it to be sunny and warm for the playdate at the park, we have no control over the weather. Focus on what you can control. You may find you feel less stress.
- 4. Contribute to the world.** Everyone has something they can give back; it may be a smile, volunteering to read to children at a local child care center, or helping to sort clothes for a relief agency. When you give the community something of yourself, you put aside your trouble for a short time.

- 5. Listen to your body.** The chemicals our bodies release during stress are there to make sure we can move fast if we need to flee from danger or fight a ferocious foe. In today's world a leaky dishwasher or pile of overdue bills doesn't need that energy, but we get it just the same.
- 6. Relax!** We have two nervous systems: the voluntary muscles like those in our arms and legs, and the involuntary nervous system that controls things like our breathing and heartbeat. While most parts of the involuntary nervous system can't be controlled, we can control our breathing. When we slow down our breathing, we fool our body into thinking it is relaxing.
- 7. Eat well.** A healthy body is more resistant to stress. Drink lots of water and avoid sugary and carbonated beverages that rob the body of nutrition.

Coping with Stress (continued)

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8. **Sleep well.** Being tired makes symptoms of stress seem bigger. It can also make it harder to make decisions and cope with day-to-day activities. The average adult needs about eight hours of sleep a night to be at peak performance, and young children need even more.
9. **Take an instant vacation.** Find a hobby or activity that can distract you, even if just for a short time. It could be an activity that involves the whole family, or maybe something you do just for yourself.

10. **Release emotional tension.** You can do this in whatever ways feel right to you.
 - > Scribble wildly on a piece of paper or color in a coloring book.
 - > Talk to a trusted friend or professional.
 - > Pray or talk with a spiritual advisor.
 - > Cry. It doesn't solve problems, but it does release the tension that prevents us from being able to look at them clearly.
 - > Laugh! Laughter works just like crying to release built-up tension, and it is more fun. Ask your 3-year-old to tell you the latest knock-knock joke – you will both end up with belly laughs and feeling better!

How does your body feel when you are stressed?

If you are nervous or tense, your body is telling you to flee. Go with it! Movement can take many forms – put in a CD and dance with your child or put on your shoes and walk around the block. You may want to plan a time each day to exercise.

Remember, exercise should be fun and not something that adds more stress.

If you are feeling anxious or afraid, your body is preparing to fight back against a foe. Look for a way to release the tension. Use the muscles in your upper body – throw a ball, swim, hit a tennis ball, or play ping-pong. If your child is still small enough, you could even lie on your back and lift him like a weightlifter would lift weights – fun for you and your child!



Parent Resources

- Parents as Teachers www.parentsasteachers.org
- Perinatal Support Washington www.perinatalsupport.org
1-888-404-7763 (peer support line)
- Washington Coalition Against Domestic Violence
1-800-799-SAFE (National hotline); www.wscadv.org
- Unite for Literacy www.uniteforliteracy.com