

Directions for Importing Newsletter Clippings

BASIC NEEDS

Parent Toolkit for Grades K-1 and Grades 2-4

37 newsletter clips are included in this document:

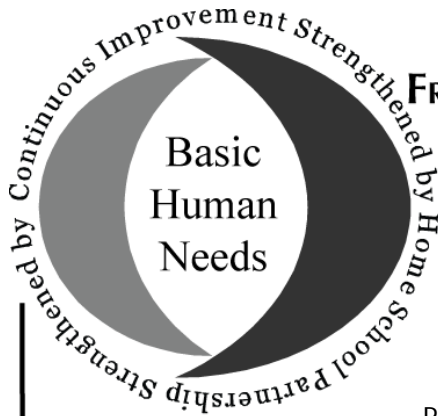
- **K-1 clippings appear on pages 1 – 7**
- **Grades 2-4 clippings appear on pages 8 – 17.**

Each clipping has two parts: a PNG graphic for use in MS Office programs AND a text box containing the content.

Copy and paste each part separately from this document into your newsletter document. The layout for the PNG picture should be “behind text” and the layout for the text box should be “in front of text”. Both can be resized as needed.

Note: Due to length, the Internet Safety section for Grades 2-4 has been divided into multiple clippings, both large and small.

CLIP 1 K-1: Children Need to Feel Loved



FROM THE PARENT TOOLKIT GRADES K-1

Children want a close relationship with others, to feel important and able to do what needs to be done, have freedom to make choices, have basic needs satisfied and have fun each and every day.

Parents and teachers can work together to provide an environment that meets a child's basic needs. There are so many things we can do at home and at school to give our children a solid foundation. Here are some ways to do that...

Children need to feel loved and have a sense of belonging.

At home,

- Talk at dinner with no outside distractions (TV off!).
- Share some one-on-one time as often as possible.
- Give lots of hugs and kisses and compliments, even for the little things (nice try, I'm so proud of you).
- Have family meetings to let them know their opinion counts even if they are little!

Mini Clips K-1: Children Need to Feel Loved



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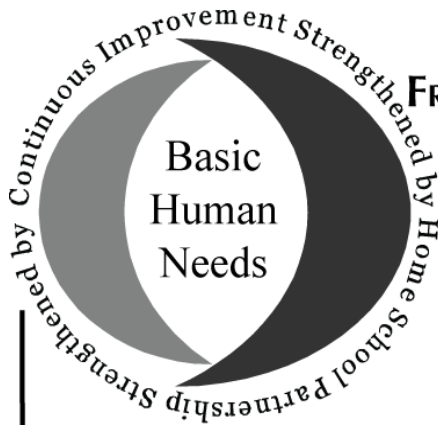


FROM THE PARENT TOOLKIT GRADES K-1

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- Give lots of hugs and kisses and compliments, even for the little things (nice try, I'm so proud of you).
- Have family meetings to let them know their opinion counts even if they are little!

CLIP 2 K-1: Children Need to Feel Competent



FROM THE PARENT TOOLKIT GRADES K-1

Children want a close relationship with others, to feel important and able to do what needs to be done, have freedom to make choices, have basic needs satisfied and have fun each and every day.

Parents and teachers can work together to provide an environment that meets a child's basic needs. There are so many things we can do at home and at school to give our children a solid foundation. Here are some ways to do that...

Children need to feel competent...I can do this!

At home,

- Assign jobs (set the table, make your bed, pick up your clothes).
- Have your child pack his/her backpack for the next day the night before. If buying lunch, make his/her choice the night before.
- Display their artwork.
- Take time to talk about the day's events whenever it fits your schedule (could be before bed or in the morning).

Mini Clips K-1: Children Need to Feel Competent



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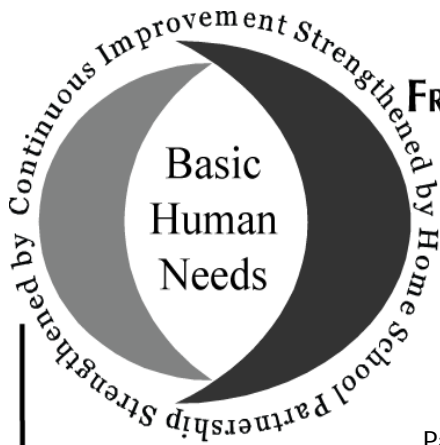


FROM THE PARENT TOOLKIT GRADES K-1

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- Display their artwork.
- Take time to talk about the day's events whenever it fits your schedule (could be before bed or in the morning).

CLIP 3 K-1: Children Need Freedom to Make Choices



FROM THE PARENT TOOLKIT GRADES K-1

Children want a close relationship with others, to feel important and able to do what needs to be done, have freedom to make choices, have basic needs satisfied and have fun each and every day.

Parents and teachers can work together to provide an environment that meets a child's basic needs. There are so many things we can do at home and at school to give our children a solid foundation. Here are some ways to do that...

Children need the freedom to make choices that are developmentally appropriate... I am responsible for myself!

At home,

- Give choices within limits – two choices the parent can live with, for example clothing (the red dress or the blue dress), food choices or games.
- Provide freedom within structure. Freedom does not mean “no rules” – rules keep your child safe. Be clear about rules and a little flexible. Be proactive and teach boundaries.
- Provide clear expectations and consequences (not following through on the consequences sends the wrong message to your child).

Mini Clips K-1: Children Need to Feel Competent



FROM THE PARENT TOOLKIT GRADES K-1

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Give choices within limits – two choices the parent can live with, for example clothing (the red dress or the blue dress), food choices or games.




FROM THE PARENT TOOLKIT GRADES K-1

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Mini Clips K-1: Children Need to Feel Competent



FROM THE PARENT TOOLKIT GRADES K-1

Children need the freedom to make choices that are developmentally appropriate...I am responsible for myself!

Provide clear expectations and consequences (not following through on the consequences sends the wrong message to your child).

CLIP 4 K-1: Children Need to Have Fun



FROM THE PARENT TOOLKIT GRADES K-1

Children want a close relationship with others, to feel important and able to do what needs to be done, have freedom to make choices, have basic needs satisfied and have fun each and every day.

Parents and teachers can work together to provide an environment that meets a child's basic needs. There are so many things we can do at home and at school to give our children a solid foundation. Here are some ways to do that...

Children need to have fun! This can include the fun of making new discoveries or of learning something new and interesting.

At home,

- Play games such as *Chutes 'n Ladders* or *Candyland*. Emphasize "having fun together" rather than winning.
- Take a trip to a museum or other educational places.
- Read together as a family.
- Play car games such as *I Spy* or "*I am thinking...*"

Mini Clips K-1: Children Need to Have Fun



FROM THE PARENT TOOLKIT GRADES K-1

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Play games such as *Chutes 'n Ladders* or *Candyland*. Emphasize "having fun together" rather than winning.

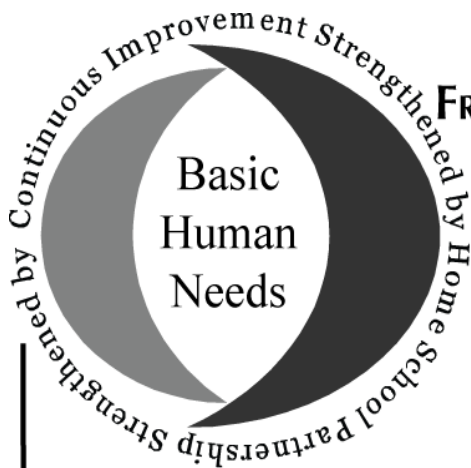


FROM THE PARENT TOOLKIT GRADES K-1

Children need to have fun! This can include the fun of making new discoveries or of learning something new and interesting.

- Take a trip to a museum or other educational places.
- Read together as a family.
- Play car games such as *I Spy* or "*I am thinking...*".

CLIP 5 K-1: Children Need Warmth



FROM THE PARENT TOOLKIT GRADES K-1

Children want a close relationship with others, to feel important and able to do what needs to be done, have freedom to make choices, have basic needs satisfied and have fun each and every day.


Parents and teachers can work together to provide an environment that meets a child's basic needs. There are so many things we can do at home and at school to give our children a solid foundation. Here are some ways to do that...

Children need warmth, sleep, and good nutrition.

At home,

- Teach good health habits, provide time for exercise and outside playtime, have a good breakfast before school and send healthy snacks (fruits and veggies) with their lunch.
- Establish a routine bedtime (7:30-8:30PM) and structure bedtime (brush your teeth, read a story, in bed, lights out, sleep).
- Discuss and role-play home emergency procedures such as where to meet if there is a fire and how to call 911.
- Talk about safety and strangers and give examples such as what they should do if lost in a store. Practice safety procedures.


Mini Clips K-1: Children Need Warmth



FROM THE PARENT TOOLKIT GRADES K-1

Children need warmth, sleep, and good nutrition.


Teach good health habits, provide time for exercise and outside playtime, have a good breakfast before school and send healthy snacks (fruits and veggies) with their lunch.



FROM THE PARENT TOOLKIT GRADES K-1

Children need warmth, sleep, and good nutrition.

Establish a routine bedtime (7:30-8:30PM) and structure bedtime (brush your teeth, read a story, in bed, lights out, sleep).



FROM THE PARENT TOOLKIT GRADES K-1

Children need warmth, sleep, and good nutrition.

Discuss and role-play home emergency procedures such as where to meet if there is a fire and how to call 911.



FROM THE PARENT TOOLKIT GRADES K-1

Children need warmth, sleep, and good nutrition.

Talk about safety and strangers and give examples such as what they should do if lost in a store. Practice safety procedures.

CLIP 1 2-4: Children Need to Feel Loved



FROM THE PARENT TOOLKIT GRADES 2-4

Children want a close relationship with others, to feel important and able to do what needs to be done, have freedom to make choices, have basic needs satisfied and have fun each and every day.

Parents and teachers can work together to provide an environment that meets a child's basic needs. There are so many things we can do at home and at school to give our children a solid foundation. Here are some ways to do that...

Children need to feel loved and have a sense of belonging.

At home,

- Have family activities such as game night, family portraits.

At school,

- Provide opportunities for varying personalities to work together.

Mini Clip 2-4: Children Need to Feel Loved



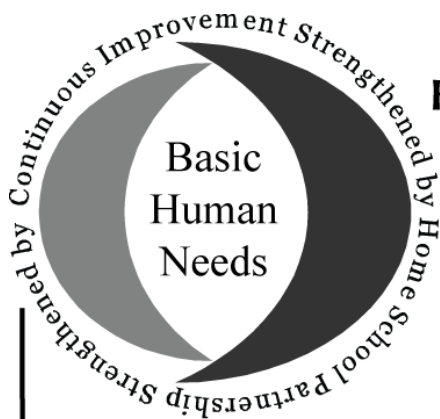
FROM THE PARENT TOOLKIT GRADES 2-4

Children need to feel loved and have a sense of belonging.

At home, have family activities such as game night, family portraits.

At school, provide opportunities for varying personalities to work together.

CLIP 2 2-4: Children Need to Feel Competent



FROM THE PARENT TOOLKIT GRADES 2-4

Children want a close relationship with others, to feel important and able to do what needs to be done, have freedom to make choices, have basic needs satisfied and have fun each and every day.

Parents and teachers can work together to provide an environment that meets a child's basic needs. There are so many things we can do at home and at school to give our children a solid foundation. Here are some ways to do that...

Children need to feel competent...I can do this!

At home,

- Establish family routines and organization.

At school,

- Teach student strategies that they can use to work through problems.

Mini Clip 2-4: Children Need to Feel Competent



FROM THE PARENT TOOLKIT GRADES 2-4

Children need to feel competent...I can do this!

At home, establish family routines and organization.

At school, teach students strategies that they can use to work through problems.

CLIP 3 2-4: Children Need Freedom to Make Choices



FROM THE PARENT TOOLKIT GRADES 2-4

Children want a close relationship with others, to feel important and able to do what needs to be done, have freedom to make choices, have basic needs satisfied and have fun each and every day.

Parents and teachers can work together to provide an environment that meets a child's basic needs. There are so many things we can do at home and at school to give our children a solid foundation. Here are some ways to do that...

Children need the freedom to make choices that are developmentally appropriate... I am responsible for myself!


At home,

- Play games where you predict the result of choices.

At school,

- Have students predict what happens as the result of choices.

Mini Clip 2-4: Children Need Freedom to Make Choices




FROM THE PARENT TOOLKIT GRADES 2-4

Children need the freedom to make choices that are developmentally appropriate... I am responsible for myself!

At home, play games where you predict the result of choices.

At school, have students predict what happens as the result of choices.

CLIP 4 2-4: Children Need to Have Fun



FROM THE PARENT TOOLKIT GRADES 2-4

Children want a close relationship with others, to feel important and able to do what needs to be done, have freedom to make choices, have basic needs satisfied and have fun each and every day.

Parents and teachers can work together to provide an environment that meets a child's basic needs. There are so many things we can do at home and at school to give our children a solid foundation. Here are some ways to do that...

Children need to have fun! This can include the fun of making new discoveries or of learning something new and interesting.


At home,

- Have a family game night. Focus on having a good time and laughing – *not just winning.*

At school,

- Sing, dance and move around.

Mini Clip 2-4: Children Need to Have Fun




FROM THE PARENT TOOLKIT GRADES 2-4

Children need to have fun! This can include the fun of making new discoveries or of learning something new and interesting.

At home, have a family game night. Focus on having a good time and laughing – not just winning.

At school, sing, dance and move around!

CLIP 5 2-4: Children Need Warmth



FROM THE PARENT TOOLKIT GRADES 2-4

Children want a close relationship with others, to feel important and able to do what needs to be done, have freedom to make choices, have basic needs satisfied and have fun each and every day.

Parents and teachers can work together to provide an environment that meets a child's basic needs. There are so many things we can do at home and at school to give our children a solid foundation. Here are some ways to do that...

Children need warmth, sleep, and good nutrition.

At home,

- Provide healthy activities and good nutrition and help your child understand why you are making the choices you do.

At school,

- Handle free/reduced lunch discreetly.

Mini Clip 2-4: Children Need Warmth



FROM THE PARENT TOOLKIT GRADES 2-4

**Children need
warmth, sleep, and
good nutrition.**

At home, provide healthy activities and good nutrition and help your child understand why you are making the choices you do.

At school, handle free/reduced lunch discreetly.

CLIP 6 2-4: Internet Safety, Part One



FROM THE PARENT TOOLKIT GRADES 2-4

INTERNET SAFETY

Part One

Children in the 2nd to 4th grade age range are beginning to look outside their families for social interaction and for information. It is a good idea for them to begin exploring the use of the computer, but important for you as parents to restrict computer use and stay involved.

Here are some ideas to consider:

- **Put the computer your child will use in a common area** where you will be able to supervise what is happening. Never put it away from the family in the child's room.
- **Establish family rules** by age for computer and Internet use. Make sure your child understands why you are establishing these rules. Web sites such as <http://kids.getnetwise.org> or www.staysafe.org or www.netsmartz.org can give you suggestions for rules to establish. <http://www.safekids.com/kidsrules.htm> is a site that has rules ready to print out.
- **Educate yourself** about Internet safety -- www.isafe.org provides a newsletter for parents to help you stay up to date.
- **Consider using a filtering program**, a child-friendly browser, or restrict sites your child can go to. Most internet browsers have the ability for you to block access to certain sites. You may list specific sites that you feel are inappropriate for your child to reduce the likelihood of them being exposed to inappropriate content or engaging in social networking (blogs, instant messaging, chat rooms, etc.).

CLIP 7 2-4: Internet Safety, Part Two



FROM THE PARENT TOOLKIT GRADES 2-4

INTERNET SAFETY

Part Two

Children in the 2nd to 4th grade age range are beginning to look outside their families for social interaction and for information. It is a good idea for them to begin exploring the use of the computer, but important for you as parents to restrict computer use and stay involved.

Here are some ideas to consider:

- **Talk to your children about the dangers of social networking sites and technology.** Anyone they haven't met in person is a stranger, and the rules of talking to strangers should apply to anyone who tries to contact your child via blogs, email, instant messaging, chat rooms, or similar technologies. If your child wishes to communicate with a stranger, ask to speak with them yourself via telephone prior to communication and monitor any and all discussions between your child and the individual.
- **Bookmark child-safe search engines.** Google, Yahoo, and MSN all have "Safe Search" sites to restrict search results to appropriate content.
- **Restrict the amount of time** your child spends on the computer or using computer-type games. Physical activity supports healthy brain development – get them out to play as well as spending time reading and with electronic media.

Mini Clips 2-4: Internet Safety



FROM THE PARENT TOOLKIT GRADES 2-4

INTERNET SAFETY

PARENT TIP #1

Put the computer your child will use in a common area where you will be able to supervise what is happening. Never put it away from the family in the child's room.



FROM THE PARENT TOOLKIT GRADES 2-4

INTERNET SAFETY

PARENT TIP #2

Establish family rules by age for computer and Internet use. Make sure your child understands why you are establishing these rules. Web sites such as <http://kids.getnetwise.org> or www.staysafe.org or www.netsmartz.org can give you suggestions for rules to establish. <http://www.safekids.com/kidsrules.htm> is a site that has rules ready to print out.



FROM THE PARENT TOOLKIT GRADES 2-4

INTERNET SAFETY

PARENT TIP #3

Educate yourself about Internet safety -- www.isafe.org provides a newsletter for parents to help you stay up to date.



FROM THE PARENT TOOLKIT GRADES 2-4

INTERNET SAFETY

PARENT TIP #4

Consider using a filtering program, a child-friendly browser, or restrict sites your child can go to. Most internet browsers have the ability for you to block access to certain sites. You may list specific sites that you feel are inappropriate for your child to reduce the likelihood of them being exposed to inappropriate content or engaging in social networking (blogs, instant messaging, chat rooms, etc.).



FROM THE PARENT TOOLKIT GRADES 2-4

INTERNET SAFETY

PARENT TIP #5

Talk to your children about the dangers of social networking sites and technology.

Anyone they haven't met in person is a stranger, and the rules of talking to strangers should apply to anyone who tries to contact your child via blogs, email, instant messaging, chat rooms, or similar technologies. If your child wishes to communicate with a stranger, ask to speak with them yourself via telephone prior to communication and monitor any and all discussions between your child and the individual.



FROM THE PARENT TOOLKIT GRADES 2-4

INTERNET SAFETY

PARENT TIP #6

Bookmark child-safe search engines. Google, Yahoo, and MSN all have "Safe Search" sites to restrict search results to appropriate content.



FROM THE PARENT TOOLKIT GRADES 2-4

INTERNET SAFETY

PARENT TIP #7

Restrict the amount of time your child spends on the computer or using computer-type games. Physical activity supports healthy brain development – get them out to play as well as spending time reading and with electronic media.