

PRESCHOOL PRESS



A Publication of the Anchorage School District STEP Center and
the Early Childhood and Elementary Special Education Department

Sept./Oct. 2007
Volume 5, Issue 1

In This Issue . . .

you will find articles for
parents of preschool children
on the following topics:

Parent Conferences

[How to ensure your child's
conference will be a success](#)

Family Activities

- [Halloween Safety Tips](#)
- [Make your own orange
playdough at home](#)

Training Opportunity

[Alaska Parent Guide:
Education for Exceptional
Children](#)

Helping Kids Succeed

- [At school](#)
- [Through sleeping well](#)

Preschool Express

[A newsletter for children
attending ASSDHH](#)

Activity Calendar

[Upcoming events for
families with preschool
children.](#)

About Preschool Press

This publication is designed
for preschool families in the
Anchorage School District.
Email and hardcopy
subscriptions are available. If
you wish to subscribe
contact:
Johnson_Karren@asdk12.org
or call 742-3870.
Past copies of the *Preschool
Press* can be found on
<http://www.asdk12.org/depts/step/>

Parent Conferences

Parent Conferences are November 7th to the 8th. Here are some tips
for having a successful conference. These were taken from the ASD Web
site:

<http://www.asdk12.org/parents/conferences.asp>.

Before the conference

- * Decide what you want to ask the teacher and write the questions down.
- * Consider making a list for your child's teacher of things that will help create a better understanding of your child; for example, family conflicts, feelings about school, hobbies, special health problems.
- * Ask your child some questions: what's her favorite thing to do at school what's her least favorite? What do you want me to tell your teacher?
- * Be on time. Write down the time of your appointment and arrive promptly. If you can't make the conference as scheduled, call and notify the teacher.

During the conference

- * If you have a specific point to discuss or have a complaint, listen to the teacher's point before criticizing.
- * The teacher may have some questions too -- not trying to pry into your personal life, but only to obtain information that will help her or him to work better with your child.
- * Before you leave develop an action plan. If need be, set up a way to check on your child's progress. You and the teacher can decide how best to stay in touch. Finally, follow through with the plan.
- * Leave promptly to allow other parents to have as much time as you had with the teacher. If you feel the need to continue, schedule another conference with the teacher.

Need more information to help you get ready? Check out:

- www.nea.org/parents/ptconf.html
- <http://school.familyeducation.com/parents-and-school/parent-teacher-conferences/38585.html>
- <http://school.familyeducation.com/parents-and-school/parent-teacher-conferences/38586.html>



Family Activities



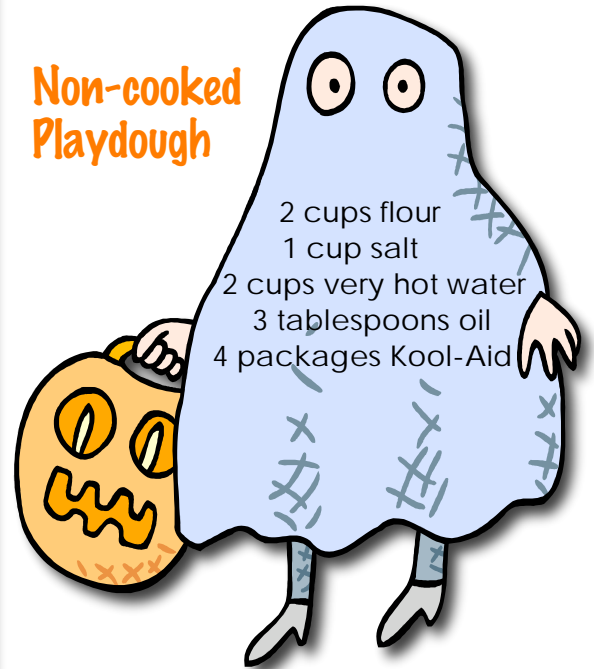
Halloween Safety Tips for Trick-or-Treaters

While out with your children this Halloween season you may want to keep in mind these tips from:

www.sosnet.com/safety/halloween.tip.html

- Carry a flashlight
- Walk, don't run
- Stay on sidewalks
- Obey traffic signals
- Stay in familiar neighborhoods
- Don't cut across yards or driveways
- Wear a watch you can read in the dark
- Make sure costumes don't drag on the ground
- Shoes should fit (even if they don't go with your costume)
- Avoid wearing masks while walking from house to house
- Carry only flexible knives, swords or other props
- (If no sidewalk) walk on the left side of the road facing traffic
- Wear clothing with reflective markings or tape
- Approach only houses that are lit
- Stay away from and don't pet animals you don't know

Non-cooked Playdough



2 cups flour
1 cup salt
2 cups very hot water
3 tablespoons oil
4 packages Kool-Aid

- Mix flour, salt and Kool-Aid
- Add oil and water
- Stir until well mixed
- Add more flour or water to gain desired consistency

Knead and enjoy!

Preschoolers should always be accompanied by an adult while participating in Halloween activities.





The Importance of Sleep

Elaine Sullivan, OTR/L
9-23-05



Did you know...?

- Infants 1-week old need 16.5 hours sleep
- Infants 3-months old need 15 hours sleep
- Children 2-years old need 12 hours sleep
- Children 9-years old need 9-10 hours sleep
- Teenagers 17-years old need 8.25 hours sleep
- Adults need 7-8 hours sleep.

Without adequate sleep, children are more likely to have decreased energy, depressed mood, more sickness, decreased short-term memory and decreased ability to handle stress.

To change sleep patterns, try the following:

1. Establish an early consistent bedtime routine.
2. Begin preparing for bedtime 30-minutes before sleep.
3. Take a 15-minute warm bath with Epsom salts (magnesium and calcium in Epsom salts relax the nervous system).
4. Use dim lights in the bathroom for calming and relaxation. Try a nightlight or flashlight.
5. Provide a deep towel massage when drying. Maintain contact with the skin to decrease alerting the nervous system.
6. Wear comfortable nightclothes.

7. Cover with heavy blanket for comfort.
8. Absolutely NO T.V. or computer before bed.
9. Engage in physical play 4-5 hours before sleep, not at bedtime.
10. Do calming activities before starting the bedtime routine.

Lots to think about! Give yourself 2-weeks to change the behavior. There may be resistance at first. Hang in there and be consistent.

Helping Kids Succeed Alaskan Style

Caring School Climate

School provides caring, encouraging environment

Parents and extended family can...

- ✚ Let teachers know you value and support them. Their care and concern for students will increase as a result of feeling valued.
- ✚ Keep in touch with teachers and administrators. If concerns arise, talk with them to work on it.
- ✚ Check in with your children frequently about their feelings about school.



From:

Alaska Ice:
Initiative for
Community Engagement
Helping Kids Succeed -
Alaskan Style
<http://www.alaskaice.org/>



Parent Support

Training Opportunity

Alaska Parent Guide:
Education for Exceptional Children

This free online training is available through the State of Alaska Department of Education and Early Development. Topics cover parent and student rights, signs indicating possible qualification for referral, the evaluation process, and more.

For more information, contact:
the E-Learning Dept. at (907)465-8717
or email: elarning@eed.state.ak.us

Preschool Express Newsletter

There is another newsletter available for preschool parents. It is for the parents of children who attend the Alaska State School for the Deaf and Hard of Hearing. It is called "Preschool Express".

For more information on it please contact:
Anna Mayra at 742-1317
(mayra_anna@asdk12.org).



Activity Calendar

1st and 3rd Tuesdays from 1:30 – 2:30 pm.: **Double Cuddles Group**. This is for parents of multiples ages birth to 18 months. They talk about topics related to raising more than one baby at a time. No pre-registration or fees are required. Located at Providence Medical Center, Maternity Center Ed Room.

Wednesdays from 5:30 to 6:30 pm: **Becoming a Love and Logic Parent**. The class is for parents of children of all ages. Located at the Health, Education and Wellness Center, Neon Bldg, 2nd floor, 4201 Tutor Center Dr.

Every 2nd Wednesday, Monthly from 6:30 to 8:30 pm: **Autism Support Group**. Anchor Park United Methodist Church, 2300 Oak Drive.

2nd and 4th Thursdays from 10:00 am to Noon: **MOPS International (Mothers of Preschoolers)**. For all mothers of infants and children through age 5 (including moms to be) to come for education and support). Located at the Cornerstone Church of God, Women's Ministries. Contact Beth Hadsall at 753-3232 for more information.

2nd and 4th Fridays from 6-8:30 pm.: **AYFN Support Group for Parents and Youth**. Discuss issues of children's behavioral health with other parents. Located at the Gateway Learning Center, 801 Karluck. To get more information contact Sandy at 770-4979.

Nov. 10th from 10:30 to 1:30: **Mommy and Me: Signing Together (Sign Language Workshop)**. Located at the Kincaid Park Outdoor Center. The cost is \$50.00 per participant. Contact Annie at 343-6566 or keirnesal@muni.org for more information.