



Learning Links

Helping parents, caregivers, and early childhood professionals make the link between media and learning

VIEW

Dragon Tales

Wednesday, March 17

“I Believe In Me/Bye, Bye Baby Birdie”

“I Believe In Me”

Challenge: Overcoming fear of performing in front of others

Tryouts are being held for The School in the Sky production of “Queen Dagonia.” Cassie wants to sign up, but her desire to perform is overshadowed by her timid nature. How can she possibly audition and perform in front of people?

“Bye, Bye Baby Birdie”

Challenge: Learning to cope with separation

While playing in a meadow, the gang discovers a family of rhyming birds, and Emmy and a baby bird take a shine to each other. Emmy names the bird Cutie Pie, and they have so much fun together that she doesn’t notice when the bird’s family flies away. How would Emmy feel if *she* couldn’t be with her family?

DISCUSS

While viewing the program, ask your child some questions:

1. Why do you think Cassie was afraid to try out for the school play?
2. What kinds of things are you afraid to try?
3. What do you think it was like for the bird to be left all alone?
4. Should Emmy keep the bird or help Cutie Pie find his family?

Cassie



Throw this newsletter and a couple of crayons in your purse to help keep your child busy at your next doctor’s visit or shopping trip. Use the time to chat with your child about the things he/she has seen on Dragon Tales.

For more coloring pages and games, as well as advice for parents and teachers, visit: www.pbskids.org

It's the Little Things: Advice From The Whole Child

Children thrive in a predictable environment, where mealtimes, nap times, separating from a parent, and toileting are dealt with consistently. Try to create a nurturing, flexible, and positive environment where your children's needs are met through their daily routines. Daily routines provide wonderful opportunities for your child to learn more about herself, the world, and other people. Daily routines offer children a sense of stability and a feeling of caring from their parents.

Separation Anxiety

There comes a point in almost every baby's life when she feels very strongly about being left by her parent. Often referred to as "separation anxiety," your child might sob frantically and seem inconsolable when separating from you. Be sure to assure her with calm words and affection that you will return. Establish appropriate routines and responses that help your child overcome her fears. Security objects such as blankets or stuffed animals can help her feel comfortable.

Attachment

The way you handle daily routines is especially important for babies. Through such tasks as feeding and diapering, you communicate to your child that he can trust you and that you can be relied on to nourish and provide for him. This special bond of trust is called attachment. Be sensitive to your baby's cues and talk to him, even though he may not be speaking yet. Establish routines that are based on your baby's needs and try not to rush through daily tasks.

Meal time and Snack time

Children prefer plain, familiar food they can eat with their fingers. It's important that snacks vary from day to day and that snacks, drinks, and desserts are nutritious. Children eat at their own

pace. Some children eat more than others do. Eating should be a shared and cooperative experience with foods served family style. Mealtimes are opportunities for your children to be independent by making choices about foods.

Toileting

Through your handling of diaper changes, toilet-training, and self-toileting, your child will learn about her body, social customs, gender differences, and personal hygiene. It's important to convey a positive attitude to your child, being careful not to shame or humiliate her. Be sure to emphasize handwashing as a consistent part of the toilet routine.

Nap time and Bedtime

Nap time and bedtime can either convey warmth and security, or stress and turmoil to your child. Your child decides whether or not he sleeps, but you can create a relaxed environment. Sometimes it's hard for children to relax. You can help your child by setting a daily routine that is quiet, calm, and consistent. Try to create a restful mood by reading quietly, playing soothing music, and rubbing your child's back.

Parent Question: "What should I do if my child won't eat?"

For children, as for adults, appetite can vary. If your child won't eat at a particular meal, consider the possibility that she simply isn't hungry and allow her to skip the meal without a struggle. Treat your child's refusal to eat in a casual manner, but do not offer special snacks or treats either during the skipped meal or soon thereafter.

Some children are more enthusiastic about mealtime than others. Many families find it helpful to establish a daily routine of meals and healthy snacks and stick to it as closely as possible. Others take a more casual approach. In general, it's best to avoid offering treats as a reward for special accomplishments or withholding them as a consequence for unwanted behavior.

Of course, if your child refuses to eat for a prolonged period of time, or if she limits herself to a very few types of food, you should consult your health-care professional.