



**PARENT TRUST**  
FOR WASHINGTON CHILDREN



**Strong Families Begin At Home**

# Child & Teen Services Newsletter

Spring 2013

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**FAMILY HELP LINE**  
1-800-932-HOPE

Parent Trust's statewide, toll-free phone number provides callers with a greater understanding and awareness of child development, guidance and resources.

If you have any comments, or suggestions for future articles, please contact:

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## CONNECT: PRAISE

*Parents' praise predicts attitudes toward challenge five years later.*

A new study, recently published in the journal *Child Development*, finds that different types of praise produce different outcomes in children.

Process praise—praising effort—leads children to be more persistent and perform better on challenging tasks. Personal praise—praising an individual—leads children to be less persistent and perform worse on the same tasks.

Process praise focuses on effort, strategies and actions, whereas person praise has a fixed quality to it, directed

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## CREATE: EGG CARTON ART

Springtime is egg-time.

If you celebrate Easter, you know all about dyeing eggs. If you celebrate Passover, you know all about eating lots of eggs at the Seder. But what about all those poor, neglected egg cartons? Surely there must

be something crafty you can do with those instead of just tossing them away.

Egg carton bunnies to the rescue! Actually, there are tons of art projects you can do with egg cartons. Caterpillars, spiders, chicks, turtles, flowers...etc.

I know all about this because my 4-year old niece, on her

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### **PRAISE, CON'T.**

towards who a child is instead of what they did. An example of process praise would be, "you really concentrated and worked hard on that." An example of person praise would be, "you are so smart."

Researchers in this longitudinal study videotaped more than 50 1-to-3 year olds and their parents during everyday interactions at home (the families represented a variety of races, ethnicities and income levels). Each family

was taped three times, when children were 1,2, and 3. This is how researchers identified types of praise (process, personal, or other).

Researchers followed up with the children five years later. They looked at whether the children preferred challenging vs. easy tasks, could figure out how to overcome setbacks, and believed that intelligence and personality traits can be developed as opposed to just being fixed.

Children whose parents used more process praise reported more positive approaches to challenges five years later, could think of more strategies to overcome setbacks, and believed that their traits could improve with effort.

The study also found that although boys and girls received the same amount of praise, boys got quite a bit more process praise than girls. Five years later, the boys were more likely than girls to have positive attitudes about academic challenges.

### **Take home message:**

Praise your children's actions, strategies and efforts. Process praise gives children a "can-do" attitude, and guides them to see that effort and action are important for success. For example:

*"You really worked hard building that block tower."*

*"You ran that race so fast!"*

*"You tried different ideas until you found the one that worked!"*

### **More information:**

<http://www.parentingscience.com/praise-and-intelligence.html>

<http://inservice.ascd.org/most-clicked/what-is-process-praise-why-should-you-use-it/>  
(this article refers to earlier research on this subject-with older children. The new study shows that process praise is good for younger children too.)



### EGG CARTON ART, CON'T.

own, went through her mommy's craft book and marked all the pages of projects she wanted to do. Since they live in a rural area and get their eggs from a farm, I was elected to save my egg cartons for project days.

Here are some standard supplies for this craft type: cardboard egg cartons, pipe cleaners, small pompoms, cotton balls, construction paper, scissors, markers/paint, glue.

Below are some pictures to get you started; for more inspiration do a Google image search!



### EAT: OK, DRINK... WATER

Drinking water is important for numerous reasons; one of them is that it is a healthy non-caloric beverage choice for children. With our current rates of child obesity, any dent we can make in caloric intake is important.

A recent study looked at water intake by children in childcare centers.

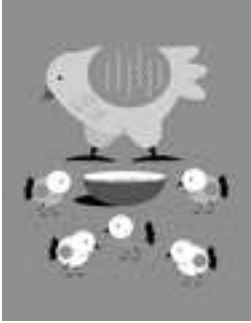
This is the first study to documents availability and accessibility of water in childcare.

The researchers reviewed national, state and childcare center water regulations and observed water availability and teacher behaviors during lunch and physical activity in 40 childcare centers in Connecticut. The study found that many centers were in violation of water promoting policies from the 2010 Child Nutrition Reauthorization Act.

Although water was available in most classrooms, children had to request it in more than half of the classrooms, and water was available in only one-third of physical activity periods.

**Why do researchers think this is important?** *Continued next page →*





### DRINK WATER, CON'T.

“The lack of water availability during a meal diminishes its importance as a viable beverage choice for young children and highlights a missed opportunity for centers to normalize consumption of non-caloric beverage,” says Kathryn E. Henderson, PhD, Rudd Center. Previous research shows that the availability of water, culture of the child care center, and how the staff promotes

and models water consumption can significantly impact developing health habits.

### What can you do?

**Ask** your childcare center teachers what their classroom policy is on water availability during meals and playtime. If you use a nanny, ask your nanny what they do at these times.

**Educate** your childcare provider on the importance of water consumption.

**Review** your own beverage consumption habits and those of your families.

Here are some additional resources:

<http://www.webmd.com/diet/features/6-reasons-to-drink-water>

[http://kidshealth.org/kid/stay\\_healthy/food/water.html](http://kidshealth.org/kid/stay_healthy/food/water.html)

### LEARN: EARLY VS. LATE WALKING

Early vs. late walking makes no difference to a child’s development in intelligence or coordination, according to a study looking at over 200 children.

We know that there is a continuum of development among children with different developmental categories. Those “normal development”

continuums can be very wide. This study looked specifically at walking and sitting up. Sitting up has a continuum of about 6.5 months! Children begin to walk anywhere between 8.5 and 20 months—even wider a span of “normal.”

The study looked at the 222 children born healthy. Researchers examined the children seven times during the first two years of their life and then conducted motor and intelligence tests with them every two-to-three years after they reached school

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**EARLY VS. LATE WALKING, CON'T.**

age.

By the time children who walked later reached school age, they were just as well coordinated and intelligent as those who were up on their feet earlier. This was also true for the early/late sitting up milestone.



Parents who are around other families with similarly aged children as their own have a strong tendency to compare developmental rates among playgroup cohorts. This can be both a cause of pride and worry. Since walking is a major change for families, it is one area that the early vs. late concerns can blossom into significant worry. This new study shows that there is no correlation between the age at which a child reaches the walking milestone, and their performance in intelligence and motor tests between the ages of seven and eighteen. However, if your child isn't walking unaided by 20 months, further investigation is indicated.

**Free Developmental Screenings**

Parent Trust offers **free developmental screenings** at our Seattle location for any child 2 months-5 ½ years old. We look at not just large motor development, but communication, fine motor, cognitive and personal social development. For more information: [www.parenttrust.org/asq](http://www.parenttrust.org/asq)

**MOVE: INDOOR PHYSICAL ACTIVITY**

As Pacific North Westerners, we know how challenging it can be to get outside to exercise when the rain is pouring down. So, how can we keep active while experiencing April showers that bring those beautiful May flowers? Here are a few tips:

**Dance party:** works on cardio. Turn on your kids' favorite tunes

and have a 10-minute dance party to get everyone's heart pumping and to forget about those pesky rain clouds.

**Keep the balloon in the air:** cardio, teamwork. Blow up a couple balloons. Clear the room of lamps, breakables. Toss balloons in the air; everyone works together to keep them from touching the ground!

**Twister:** works on balance and body awareness. If you don't want to buy the game, you can easily make your own. Just use colored *continued on next page* →



### INDOOR PHYSICAL ACTIVITY, CON'T.

construction paper cut out into shapes, or use masking tape on the carpet. Instead of making a spinner (which can be tricky to do home-made), just make cards that each player can choose from. If the card says "left foot blue" then you match that with your movement on the big board.

**"Circuit Training":** works on cardio, strength, balance, and flexibility. Just like you move around stations inside at the gym, you and your family can create an indoor circuit training system. You can even set timers so each person is at a station doing the activity for one minute.

When the timer rings you switch to the next station. Station examples:

- Sit-ups.
- Jumping jacks.
- Wall push-ups
- Running in place.
- Balance beam (masking tape line on ground).
- Squats.
- Lunges.
- Up and down stairs.
- Touch your toes or a simple yoga pose

**Brave the weather** and go on an intentional rain walk, particularly in a nearby park. You can point out how much brighter the foliage is to your children and have a mini-science session where you explain that everything becomes greener in the rain because chlorophyll becomes more prominent in an attempt to soak up the limited light during dark rainstorms.

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### READ: PARENT TRUST BOOK REVIEW

#### Miss Rumphius

by Barbara Cooney

Ages: 5 and up

Miss Rumphius is a picture book about a little girl named Alice who hopes to achieve three things when she grows up: 1) travel to far

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### **PARENT TRUST BOOK REVIEW, CON'T.**

away places, 2) retire by the seas, 3) and do something to make the world more beautiful.

This story follows Alice's life as she works as a librarian, enjoys tropical plants at the local conservatory, and eventually realizes her dream to travel the world. This compelling story depicts beautiful scenery from around the world, stories of community and friendship, and ends with Alice retiring by the sea.

While earlier in life Alice wasn't sure how she could make the world more beautiful, in her retirement, Alice discovers her green thumb can assist her to make her community more beautiful by planting lupines all around town. The story concludes with Alice, now fondly referred to by local children as the Lupine Lady, sharing her adventures with the local children and encouraging them to see the world and also ensure that they find a way to make the world more beautiful.

Not only is this story chock-full of beautiful illustrations, stories of community, adventure, and friendship, but it also encourages children to recognize their strengths and discover their own way to make the world a better place.

In 2007 Miss Rumphius was voted one of the Teachers Top 100 books for children as well as one of the Top 100 Picture Books in 2012.

Enjoy this story with your children and start a conversation about adventure and vocation to improve your community and your world.

★★★★★

Looking for more book reviews? Check out the Parent Trust Reads section of our website: [www.parenttrust.org/books-and-reading](http://www.parenttrust.org/books-and-reading)

If you have any comments, or suggestions for future articles, please contact:  
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