

The Parent Press

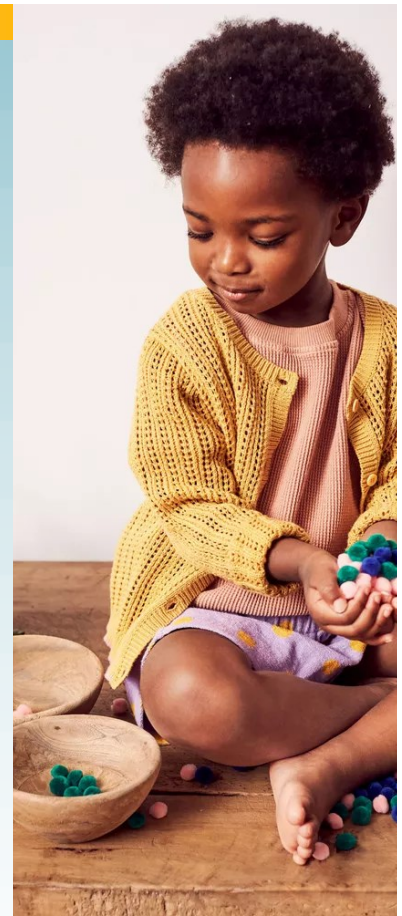
Programs for Parents, Inc. monthly newsletter features family focused articles and resources on parenting, health, policy, and community information.

The Surprising Secret to Raising a Well-Behaved Child

When you make your expectations clear from the time your children are toddlers, they internalize those expectations and begin to expect the same thing from themselves," says Sharon K. Hall, PhD, author of *Raising Kids in the 21st Century*.

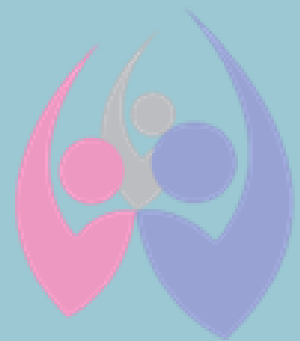
In other words, since kids are naturally inclined to want to please their parents, they'll eventually try to behave in the way that you've taught them even without your direct involvement. In fact, experts say that kids as young as 18 months are empathetic and responsive to their parents' expectations.

Even better news: Teaching self-discipline to a young child isn't as daunting as it sounds. "If you focus on the essentials starting at around age 2, your child will catch on faster, resist less, and ultimately behave better," says Robert Brooks, PhD, coauthor of *Raising a Self-Disciplined Child*. Enclosed please see four guidelines that will help you raise a kid who can keep their own behavior in check. [The Surprising Secret to Raising a Well-Behaved Kid \(parents.com\)](https://www.parents.com)



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Set Firm Rules and Expect Respect

Tell them why. You don't have to give your children elaborate explanations for why you expect certain behaviors from them. But if your child understands that there are simple reasons for your rules, they'll realize they aren't arbitrary and will be more likely to comply. Tell them, for example, "You need to go to bed at eight o'clock because your body needs a lot of sleep to stay strong and healthy." Or "You have to put away your toys so we'll know where to find them next time you want to play."

Offer lots of praise. Make sure you reinforce rule-following by celebrating your child's successes," says Larry J. Koenig, PhD, author of *Smart Discipline*. Say, "It's great that you remembered the rule to make your bed. I'm so proud when of you when you behave!" or, "You were so polite to say 'please' when you asked me for that crayon. Good job!"

Follow the rules yourself. When kids see you behaving well, they'll want to do the same.

"Children who understand that there are well-defined boundaries learn how to self-regulate and to respect limits."

Help Kids Practice Patience

Make them wait. Don't always drop everything as soon as your child asks for something.

Tell them what they're feeling. Toddlers aren't able to express their frustration at having to wait for things, but you can help by labeling their emotions and offering praise when they demonstrate patience.

Engage in activities that promote patience. Encourage your child to do things that don't offer immediate results, like block building and puzzle solving, or planting a flower seed and watching it grow over time.

Build Problem-Solving Skills

One of the major reasons children have temper tantrums or behave badly is because they feel frustrated and powerless. "When you give children the tools they need to figure things out on their own, they will behave better because they'll be better equipped to take care of themselves and won't come screaming to you or act out every time they encounter a challenge," says Dr. Brooks.

Let kids make decisions. Give children the opportunity to make choices as soon as they're old enough to understand. Ask, "Do you want to wear your Elmo pajamas or your nightgown?" "Which flavor drink do you want to take to school: a Capri Sun fruit punch pouch or an orange juice pouch? When children get to participate with a choice they are less likely to rebel in the result of the choice.

Encourage a "try, try again" attitude. "Sure, it's a lot quicker for you to do everything for them, but it's important to let preschoolers practice and succeed without your intervention—whether it's tying their shoes, putting away toys, or sorting socks in the laundry. This helps to build skills and self-confidence.

Make them think things out. Stretch your child's cognitive skills by challenging them to find answers for themselves. For example, when your child asks a question about how to do something, respond with a question of your own: "What do you think you should do?" Such a response will eventually give them confidence in their own ability to figure things out.



“Teach Empathy to Children and Create Understanding.”

Put an Emphasis on Empathy

How many times have you had to referee a blowup because your preschooler took a friend's toy or refused to share with their sister? "Children are born believing that the world revolves around them," says Steven E. Curtis, PhD, author of *Understanding Your Child's Puzzling Behavior*. "So, the sooner you help them understand that everybody has feelings and emotions, the less likely they'll be to behave in ways that annoy or hurt other people."

Celebrate your child's acts of kindness. "In general, it's best to find natural opportunities to teach empathy," says Lisa Aaron, MD. Any time your child shows regard for someone else, you should reinforce their inclination with a simple narrative. For example, if you see your preschooler covering their doll with a blanket, say, "It was so kind of you to make sure that your dolly is warm and cozy. She must have been very cold."

Help them read body language. Being able to interpret gestures and facial expressions is one of the basic ways that we develop empathy. Give your toddler pointers: "See how Aunt Margaret looked when you shared your cookie with her. Did you notice that she was smiling? You made her feel so good." Your child may not fully understand at first, but when they do, they'll be clued into other people's reactions—and be better able to notice how their own behavior can affect others. [The Surprising Secret to Raising a Well-Behaved Kid \(parents.com\)](#)

Key Takeaway

Your children aren't going to learn to discipline themselves overnight. No doubt there will be times when they misbehave, no matter how hard you've tried to prevent it. "They are kids, after all," But if you continue to reinforce rules, respect, and problem-solving skills with empathy and patience, sooner or later these lessons will sink in. As they do, your well-behaved child will need less and less intervention from **you**. [The Surprising Secret to Raising a Well-Behaved Kid \(parents.com\)](#)

Creating Healthy Eating Habits for Kids

April is Global Child Nutrition Month, which is designed to bring awareness to childhood malnutrition. Though children may appear to be at a healthy weight, they could still have a poor diet. This can lead to things like stunted growth or wasting (being too thin for their frame) and could place them at a higher risk of developing health issues such as heart attacks, strokes and cancer later in life.

Here are a few healthy eating habits you can start implementing at home today with your kids to assure optimal growth:

Start with a mighty breakfast that includes protein, healthy fat and complex carbohydrates in their meal. Examples of this would include a scrambled egg sandwich with mashed avocado on whole wheat toast or Greek yogurt with mixed berries.

Prioritize family mealtimes. Studies show that families that eat together during mealtimes without video distractions are more likely to encourage kids to explore a variety of fruits and vegetables.

Involve your kids in the kitchen by assigning age appropriate task for your child to help when you are preparing a meal. Your kids will be more likely to want to try what they help you make, thus helping them overcome picky eating habits.

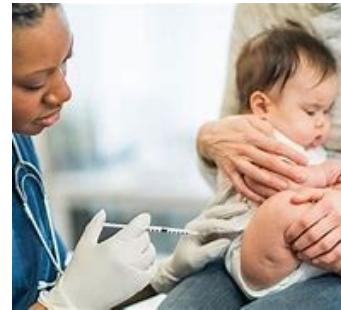
Switch to whole wheat instead of white bread, or low-fat milk instead of whole fat, make a fruit and veggie popsicles instead of opting for ice cream. These changes may seem small but they are significant!

CDC study shows effectiveness of RSV immunization for infants

Early data from the New Vaccine Surveillance Network show nirsevimab is 90% effective in preventing infants from being hospitalized with RSV.

New data released in [CDC's MMWR](#) show that nirsevimab, a long-acting monoclonal antibody product, was highly effective in protecting infants from hospitalizations associated with respiratory syncytial virus (RSV). RSV is the leading cause of hospitalization among infants in the United States, and this finding supports CDC's recommendation to protect infants in

their first RSV season by giving the infant nirsevimab if the mother did not receive the maternal RSV vaccine during pregnancy.



[Centers for Disease Control and Prevention](#)

RSV Immunization for Infants

The study looked at 699 infants from October 2023 through February 2024 using early data from CDC's [New Vaccine Surveillance Network \(NVSN\)](#), a population-based surveillance platform that monitors pediatric respiratory viruses to assess immunization effectiveness. Results show that nirsevimab was 90% effective at preventing RSV-associated hospitalization in infants during their first RSV season. These results reflect a shorter surveillance period due to the introduction of this new product [in August 2023](#). Nirsevimab effectiveness may be lower over a full RSV season (October through March in most of the United States). With increasing availability of nirsevimab in future RSV seasons, CDC will assess its effectiveness over an entire season.

RSV prevention products remain our single most important tool to protect infants from RSV. Healthcare providers should recommend either:

- Infant immunization with nirsevimab for all infants who are younger than 8 months, born during or entering their first RSV season, if their mother did not receive the maternal RSV vaccine; or
- Maternal RSV vaccination – giving the RSV vaccine (Abrysvo) to pregnant people during weeks 32 through 36 of pregnancy if that period falls between September and January in most of the United States.

CDC continues to monitor the safety and effectiveness of nirsevimab and maternal RSV vaccines. [CDC study shows effectiveness of RSV immunization for infants](#)

The Week of The Young Child Breakfast

Just two weeks left until the Week of the Young Child Breakfast!

Don't miss out on this inspiring event Celebrating Trailblazing Men and their incredible impact on early childhood education.

Purchase your tickets now to secure your spot!



Only 1 week left! Grab your tickets now for our Week of the Young Child Breakfast celebration. Don't miss out!

Tuesday, April 9, 2024

9:00am

The Newark Museum of Art



THE NEWARK MUSEUM OF ART

April Family Saturdays

Saturday, April 20, 2024
11am-5pm

Saturday, April 27, 2024
11am-5pm

Free With General Admission Tickets

49 Washington Street
Newark, NJ 07102
973.596.6550
Contact Us

"There is no power for change greater than a community discovering what it cares about."

Cherry Blossom Festival & Earth Day Celebration

ESSEX COUNTY

Cherry Blossom Festival

IN BRANCH BROOK PARK • APRIL 6-14, 2024

You're invited to...

Essex County Branch Brook Park to enjoy the most diverse collection of Cherry Blossom trees, even larger than the national display in Washington, DC. We invite you and your family to come out and experience this natural wonder.

Joseph N. DiVincenzo, Jr. Essex County Executive and the Board of County Commissioners

Festival Events

Saturday, April 6 - 7am-1pm Cherry Blossom Challenge Bike Race Oval, Northern Division	Sunday, April 7 - 10am Cherry Blossom 10K Run Cherry Blossom Welcome Center Fields
Saturday, April 13 - 10am 1-Mile Fun Run/Walk Prudential Concert Grove, Southern Division	Sunday, April 14 - 11am-5pm Bloomfest! Oval, Northern Division
Saturday, April 13 - 11am-3pm Essex County Family Day Prudential Concert Grove, Southern Division	



Earth Day

"Earth Day gives us a special time to appreciate our world and reminds us of the importance of keeping our air and water clean. I invite you to join us for a great day of crafts, learning, canoeing and fun. Working together we can help keep Essex County green."
Joseph N. DiVincenzo, Jr.

Joseph N. DiVincenzo, Jr., Essex County Executive
The Board of County Commissioners
And the Department of Parks, Recreation and Cultural Affairs

Invite you to the

FREE ALL DAY! RAIN OR SHINE!

ESSEX COUNTY EARTH DAY CELEBRATION
At the Essex County Environmental Center

- Live Music
- Eco-vendors and ECEC Crafts
- *Timed Nature Walks
- Rutgers Master Gardeners of Essex County
- Essex County 4-H Fair
- Essex County Beekeepers
- Montclair Art Museum Eco-Art
- Rock Climbing Wall
- Food and Refreshments
- Essex County Turtle Back Zoo
- Canoeing (weather and river level dependent)
- Farm Arts Collective
- Eco-storytelling Dramatic Skit
- New Jersey Woodturners
- Mad Science Kids Corner

Saturday, April 20, 2024
11am - 3pm

*Join an ECEC naturalist for a free seasonal discovery nature hike at 12, 1 or 2pm. Each 30-minute tour begins at the Frog Pond and loops around our wooded wetland forest to explore nature with our five senses! Must call 973-228-8776 to pre-register for this offering.

FREE EVENT: SOME ITEMS WILL BE FOR SALE!

Essex County Environmental Center
621 B Eagle Rock Avenue, Roseland, NJ 07068
www.essexcountyparks.org
973.228.8776
~Putting Essex County First~

Week of the Young Child
April 8th-11th
10:00am - 2:30pm

Books, Balls, & Blocks!

Essex County families are invited to take part in a **FREE** and **CONFIDENTIAL** developmental screening for your child!

Programs for Parents
570 Broad Street
9th floor
Newark, NJ 07102

For Ages 0-5 years
To Register call or email
Susana Melo Family Engagement Specialist
smelo@programsforparents.org
Call 973-297-1114 x4176

Receive **FREE** Educational books and toys!

Programs for Parents
Essex County families are invited to take part in a **FREE** and **CONFIDENTIAL** developmental screening for your child!

Books, Balls, & Blocks!

Weequahic Family Success Center
434 Chancellor Ave.
Newark, NJ 07112

For Ages 0-5 years
To Register use QR code, call or email
Susana Melo Family Engagement Specialist
smelo@programsforparents.org
Call 973-297-1114 x4176

Receive **FREE** Educational books and toys!

THE ESSEX PREGNANCY AND PARENTING CONNECTION
Programs for Parents
Essex County families are invited to take part in a **FREE** and **CONFIDENTIAL** developmental screening for your child!

Dolley High Early Childhood Specialist
908-207-8134
bhhigh@essexhhsd.net

Susana Melo Family Engagement Specialist
smelo@programsforparents.org
Call 973-297-1114 x4176

Programs for Parents, Inc.

Programs for Parents is a non-profit organization that works to ensure that children get the best possible start in life. It does so by supporting children, families, and child care providers in Essex County through advocacy and action, providing education and referrals, sharing best practices and helping families access available financial resources.

Programs for Parents, Inc.

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The Parent Press is a monthly newsletter published for childcare providers and parents.



Governor Murphy, Acting Commissioner Dehmer Announce \$11 Million in Funding to Bring High-Quality Preschool to 16 School Districts

TRENTON – Governor Phil Murphy was joined by Acting Commissioner of Education Kevin Dehmer at Millridge School in Secaucus to highlight the impact access to preschool is having on New Jersey families as part of his administration’s record investment to expand access to preschool statewide. The visit coincides with the announcement of another round of Fiscal Year 2024 (FY2024) Preschool Education Aid (PEA) that will allow an additional 16 school districts across the State to establish or expand high-quality preschool programs.

“The funding is projected to provide 827 additional seats for children to access high-quality preschool education. This second round of funding for FY2024 builds on the \$25 million investment in preschool funding announced last October that provided for an additional 1,715 preschool seats in 26 school districts. High-quality preschools are full-day programs that have a certificated teacher and aide, limited class size, curriculum aligned to the New Jersey Preschool Teaching and Learning Standards, and are inclusive of special needs children.

This announcement builds on the Murphy Administration’s campaign to put New Jersey on the path to universal preschool, providing every three- and four-year-old child in New Jersey with access to free, full-day preschool. Additionally, the Governor’s FY2025 budget proposes an additional \$124 million for preschool education, including \$20 million to expand high-quality, full-day preschool programs into new school districts. Since taking office, Governor Murphy has increased preschool funding by over \$427 million and added more than 14,600 preschool seats in New Jersey school districts. [Office of the Governor | Governor Murphy, Acting Commissioner Dehmer Announce \\$11 Million in Funding to Bring High-Quality Preschool to 16 School Districts \(nj.gov\)](#)



STATE OF NEW JERSEY
GOVERNOR PHIL MURPHY

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