



NC SEEDLING

Making Family Times Fun



Study to
Explore
Early
Development

North Carolina
SEED

UNC-CH, Department
of Epidemiology

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www.NCSEED.org

NOTES

- SEED has enrolled nearly 2600 families
- About 1500 families have finished the study. THANKS for your help!!

Holidays and family gatherings go hand in hand, but the general excitement and the large numbers of people and strange faces can overwhelm preschoolers. Here are some suggestions for helping your child become familiar with family members before they visit for a holiday and for making large family events easier on a young child.

Preparing for the "Big Event":

If you are hosting a family gathering, be sure to get your child involved. Share your ideas for foods and activities, especially for younger family members. On the day of the party, enlist your child as your "assistant" by giving him or

her special projects, like setting the kids' table and placing name cards. Every Picture Tells a Story: Even the youngest child loves to look at pictures of people he or she knows. Go through the family album and name each person. As you are looking at the photos, ask your child questions like, "Who is wearing a funny hat?" "I see Daddy. Do you?" "Where is he?" or "I see Grandma and Grandpa. Where do they live?" Be sure to talk about relatives your child may not see as often or has never met before, to prepare for their visit. When the gathering comes, instead of being overwhelmed by unfamiliar faces, your child will be able to greet the people that he or

she recognizes. Feeling Good on Party Day: Ensure your child will be in good spirits for the party by setting bed-time a little earlier the night before and cutting down on foods that can affect your child's behavior. Dress him or her in clothing that is appropriate for the occasion, but that he or she will be comfortable in. Big family gatherings can be as stressful as they can be delightful. Preparing your child will help you both to have a better time.



Toy Tips for Parents

From TRUCE (Teachers Resisting Unhealthy Children's Entertainment) www.truceteachers.org. Toys have enhanced play value when they :

- *Can be used in many ways
- *Allow children to be in charge of the play
- *Appeal to children at more than one age or level of development

- *Are not linked to video games, TV, or movies
- *Can be used with other toys for new and more complex play
- *Will stand the test of time and continue to be part of play as children develop new interests and skills
- *Promote respectful, non-stereotyped, nonviolent

- interactions among children.
- *Help children develop skills important for further learning and a sense of mastery
- *Can be used by children to play alone as well as with others
- *Can be enjoyed by both girls and boys