

CONNECTIONS

Volume XXIV Issue 9 A Publication of the Hull Public Schools

April 2024

Learning to Share

Adapted from an Article by the same name from zerotothree.org

Learning to share with grace is a long process. Here's how to turn moments of struggle into rich opportunities to help children learn critical skills. In Zero to Three's National Parent Survey, 43% of parents surveyed thought that children should be able to master sharing by age 2. In fact, these skills develop between 3.5 to 4 years old. Knowing what to expect can help parents manage their expectations and their frustration when they see children having difficulty with turn-taking.

There are many ways to support young children in learning to share. Here are a few suggestions to try.

Some approaches may work better than others, depending on the situation and your child.

Ensure safety. When young children feel threatened (like when a friend tries to snatch their toy!), they often respond in an aggressive way. That means grabbing, hitting, and throwing things. When this behavior occurs, move in close and stop the aggression, reminding children to use their words. Use a timer or clock. In some cases, letting a child decide when their turn



will be over just isn't practical. At those times, a timer or clock can be a helpful rule-keeper and visual aid. The great thing about the timer is that it's not the adult telling the children when to share, it's the "bell".

Guide children to come up with solutions. Help them brainstorm ways to work it out, but also ask their opinions. Don't underestimate children's abilities to come up with

great ideas and strategies. For example, you can say, "We have 4 balls to hit; should we choose colors or take turns hitting all 4?" The more we empower

children to be kind, compassionate, problem-solvers, the more likely they will be just that.

Offer social information and a vote of confidence. In the heat of the moment, children under 3 won't be able to hear corrective feedback about their behavior. Once everyone is calm, a short statement about expectations will help children learn new behaviors. You could say, "Next time you want something, you can say, 'Can I have a turn?' Keep practicing!"



April 6-12 is The Week of the Young Child

In collaboration with the Massachusetts Act Early Campaign, we will be offering ASQ Screenings to all group attendees. If you don't attend group, reach out to Joan to arrange for a developmental screening.

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The Hull Family Network is funded by the Dept. of Early Education & Care.

Coordinated Family and Community Engagement Grant

Viewing the Eclipse Safely from AAP & NCAS



The next solar eclipse will be visible across North America on Monday, April 8, 2024. Solar eclipses occur when the moon passes between the sun and the Earth, blocking sunlight and casting a shadow on our planet. There will be a 115-mile-wide path stretching from Texas to Maine with a total eclipse, while the rest of the continental United States will experience a partial eclipse.

Like many families, you may be excited to see a solar eclipse with your children. Here are some tips to help you experience this rare event safely.

Remember that it is never safe to look directly at the sun, even during a solar eclipse. There are a few ways to view a solar eclipse without risking permanent vision problems from damage to the delicate tissues of the eye, including the retina and the cornea.

A solar eclipse should only be viewed with eclipse glasses or binoculars that have a solar filter meeting the ISO 12312-2 international standard. For younger children, consider making the eclipse glasses more secure by crafting a wider shield from paper plates. Be sure that you and your children are wearing the solar filter before looking towards the sun. Then, continue to wear it until you look away from the sun. NASA has directions for making the shield & will livestream the solar eclipse, so that a cloudy sky will not foil your plans <https://svs.gsfc.nasa.gov/14520/>.

Earth Day Books

Anyone who has lived in Hull for awhile can talk about the rising high tides and storm tides on the local streets. The need for all people to think globally and act locally can be seen regularly in Hull. Starting with small steps, many children can learn how to help the environment.

Earth Day is celebrated on April 22 each year, and in *Happy Earth Day!* by Deborah Hopkinson, this Little Golden Book about the history and importance of Earth Day will inspire children to appreciate our planet each and every day! It includes directions for family-friendly projects, such as composting, growing baby carrots on a windowsill, making a bug hotel, and more.

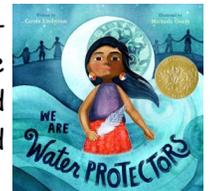
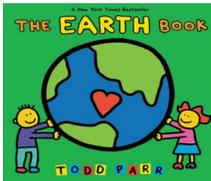
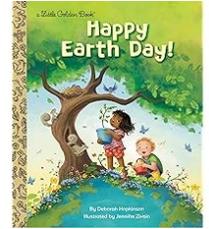
In *The Earth Book*, Todd Parr uses his signature blend of playfulness and sensitivity, as he explores the important, timely subject of environmental protection and conservation in this eco-friendly picture book. He has smart ideas on how we can all work together to make the Earth feel good from planting a tree, using both sides of the paper, to saving energy and reusing old things in new ways.

Inspired by the many Indigenous-led movements across North America, *We Are Water Protectors* issues an urgent rallying cry to safeguard the Earth's water from harm and corruption—a bold and lyrical picture book written by Carole Lindstrom and vibrantly illustrated by Michaela Goade.

A new "green" series of 6 books, Little Green Books, will educate children on what they can do to be more eco-friendly. From telling the story of Earth Day to *The Adventures of a Plastic Bottle* to *The Adventures of an Aluminum Can* and more, the books in this series will cover subjects such as improving the environment, learning about endangered animals, recycling, and much more.

In *What a Waste* by Jess French, this informative book on recycling for children, you will find everything you need to know about our environment; the good, the bad and the incredibly innovative, from pollution and litter, to renewable energy and plastic recycling.

Here is a cute Sesame Street short video on recycling: *Power of We Club: The Recycling Robot* | Full Episode ([youtube.com](https://www.youtube.com/watch?v=...)) This educational book will teach young budding ecologists about how our actions affect planet Earth and the big impact we can make by the little things we do.



Hull Family Network

Note from the HFN Coordinator:

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One of the positive aspects of attending playgroups is the friendship and opportunity to connect to other parents who have children the same age as your own. With social media these days, many parents connect to different blogs or groups from any wide range of "experts" who may or may not have education in child development and parenting. I continue to be amazed by what toys, baby equipment, and more, that are sold as educational or Montessori with no real basis such as letters on a simple baby's cause and effect toy, or Montessori, if it is made with wood. When you begin to research information about parenting and child development, I recommend you look at the source of the information, who is the expert, and what are their credentials. If you need ideas, check out the Zero to Three website, American Academy of Pediatrics, or the CDC's Milestones Matter.



Grandparents as Caregivers

Adapted from Zero to Three

In 2015, 22% of children were cared for regularly by a grandparent and 72% were occasionally cared for by a grandparent. Grandparents help ease the financial burden when formal child care is unaffordable. Plus they offer added benefits- love, convenience, and security. Grandparents are a cornerstone of child care for young children, caring for about the same number of kids as are enrolled in formal child care programs.

Some grandparents described their child care arrangements as a successful partnership between themselves and their adult children, but conflicts arose here and there with mealtime rules and discipline strategies as key differences.

When more than one generation is involved in child care, communication can be a challenge. Parents may worry that grandparents don't respect their role as the rule-setter for their families. Grandparents may feel as though a lifetime of care giving experience is unacknowledged and may have trouble resisting the impulse to point out "a better way" of doing things.

If you're part of a family that's sharing child care, keep in mind that parents and grandparents all share the same mission—a happy, healthy child. It's important to take some quiet moments to discuss the best strategies to reach that goal. Share appreciation for each other's help and experience. Talk about differences in parenting philosophies and how they might be addressed. Zero to Three has quite a few resources in the Baby Steps section of their website www.zerotothree.org.



April Vacation Week

Drop-in & Play

April vacation week can be sunny and in the 80s, the perfect beach and playground weather, or wet and cold.

Based on the week's weather forecast on Tuesday, April 16th, I will announce on Facebook if and when I will host a Drop-in and Play time. If cold and wet, I'll be here 2 days.



It's Not Too Late!

Fuel Assistance is still available.

Although the winter was pretty mild, the cost of everything continues to rise. You can apply for fuel assistance through April 30th by contacting

Wellspring at

(781) 925-3211

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Hull Family Network

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Check our website for additional events and information at

<https://www.hullpublicschools.org/district/hull-family-network>

This newsletter is provided by the Hull Family Network, now serving families with children up to age 8 years.



Sponsored by the Coordinated Family and Community Engagement (CFCE) grant from the Massachusetts Department of Early Education and Care and Care

What is the Hull Family Network?

The Hull Family Network supports all parents and caregivers who have children prenatal through age eight. Our goal is to help parents create and maintain a healthy family environment as well as to promote family well-being through parent education and community support.

Funded by the MA Department of Early Education and Care through a grant to the Hull Public Schools, the Hull Family Network provides playgroups, parent education workshops, parent support groups, family activities, as well as information on parenting and community resources. By providing family recreational activities and playgroups, we hope to help parents build connections that will extend beyond the HFN Center and be a support to them. By providing parent education workshops, support groups, and having an extensive parenting lending library, we hope to help parents enhance their child-rearing skills.

Our programs are free to all residents in the town of Hull who are pregnant or have children through the age of eight. Most of our programs are offered at our center which is located at 18 Harborview Road, inside the Jacobs School. We are open Monday, Wednesday, Thursday & Friday and are always happy to meet a new family.

Alternative to Painting with Brushes



This past week, in group, we have painted using cars and it has flustered some children. I've had quite a few requests for brushes from the older children.

This month I'm showing off some other common items to paint with. The top flowers are made with the bottom of a plastic drink bottle. The chick and bottom flowers are done using a fork.



This one is done by placing a piece of paper in a container, then you add a few drops of paint, drop in some marbles or small balls and roll away. Other items you can try are the bottom of a toilet paper towel roll, if it is squished in the middle you can say it's a butterfly.

