

April-May
2012



A STEP AHEAD
IN PIERCE COUNTY

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ASAP EVENTS & UPDATES

Our annual Fundraiser!

T(ea) is for TOTS



Come help us celebrate our 10th anniversary with gourmet teas and coffees, appetizers, silent auction and live music.

Saturday April 28th, 2-4 PM

Titlow Lodge

8425 6th Avenue, Tacoma

Tickets \$20

Tickets are available on our website

www.asapc.org or

Call (253) 471-2727 for information

Early Childhood Conference

The *Infant and Early Childhood Conference* is a yearly conference that offers workshops and presentations on a variety of topics related to raising and working with young children. Many of these topics relate to children with special needs.

Topics you may be interested in include: early literacy and communication activities for children with special needs, autism, new resources, and hearing loss.

This year's conference is being held **May 2-4, 2012** at the **Greater Tacoma Convention and Trade Center** in downtown Tacoma. Check out the website ieccwa.org and click on the link for "registration brochure" Parent scholarships are still available!



Social/Emotional Development in Young Children

Young children learn emotional skills by identifying and labeling their feelings. It is important for them to express and manage their feelings. Eventually they will learn delayed gratification and controlling their impulses. Some educators are now referring to the acquiring of these skills as "emotional intelligence."

When these skills are taught at an early age, children learn to be more responsible, more helpful and considerate of others. They are better at conflict resolution and understanding others. They are more popular and outgoing which gives them an edge in any group situation.



These behavioral skills can be **nonverbal** such as communication through eye contact, facial expressions, tone of voice, or gestures. They can also be **verbal** such as making clear requests, listening to others, helping others, and participating in a group cooperatively.

Peggy Perron, M. Ed.,
Teacher at ASAP

Sensory Basket

Parents here's a great idea for your little bunnies. How about getting a sturdy cardboard box and making it into a sensory basket! You can reinforce it with duct tape and clear contact paper and decorate however you'd like. You can fill it with balls and Easter treats like beanie babies, squeak toys and light up chicks and balls. You can even fill up their old socks and turn them into bean bags by filling them with rice or beans and sewing the ends shut. If you have larger socks fill them with beans and knot the end. If you fill it with balls be sure to offer another box or basket nearby to toss the balls into. Then play away,! It's good for hours of fun!



Cooking with Children



There are many benefits when cooking with children! Cooking

- encourages creativity
- teaches how things change
- builds self confidence
- develops fine motor skills
- teaches children about other cultures

Afraid of using the appliances? Here are some great ideas to try with your child!

◇ Bugs on a log

Cut celery into small pieces. Spread with cream cheese or peanut butter. Put raisins or chocolate chips on top! Done!

◇ Dirt Cake

Crush 1/2 Package of Oreo cookies and pour into pan. Mix: Prepare instant vanilla pudding as directed on package and allow to set. Mix in softened cream cheese until smooth. Add Cool Whip & mix. Pour over Oreo crumbs and then arrange gummy worms in and on top of the pudding. Sprinkle remaining Oreo crumbs on top of the pudding mixture completely covering the pudding to resemble dirt. FUN!

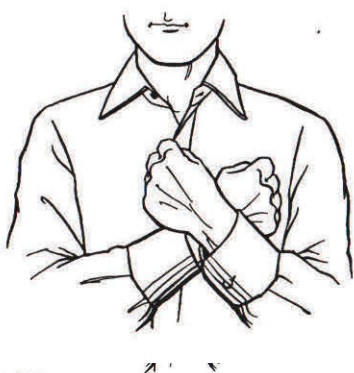


ParentHelp123.org

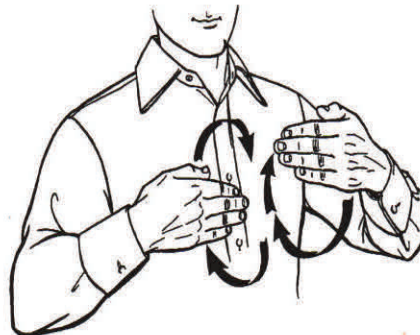
ParentHelp123.org helps families to apply for state-sponsored health insurance and food stamps, and to find services in their community. ParentHelp123.org is managed by *WithinReach*.

Emotion Signs

Let's learn some signs and try them out with your child



LOVE
Cross either the closed or flat hands over the heart with palms facing in.



HAPPY,
Move both flat hands in forward circular movements with palms touching the chest alternately or simultaneously. One hand is often used by itself.

Shaving Cream Play

Squirt shaving cream on a big inexpensive vinyl table cloth and watch your children smush and squish it around the table. You can also add dollops of finger paints to add color, or add cars, farm animals, and other objects to label during play! Encourage your child to "finger paint" with this mixture. It is great fun to see the shaving cream change color and go through varying shades. Add two primary colors and let the child discover color mixing! If you are worried about your child eating it...try whip cream!

Early Childhood Brain Development and Television

A great deal of research has been done on the effects of television on the development of young children. Research done by local pediatrician Dimitri Christakis, MD indicates that TV can have unexpected consequences on brain development.

- ◇ A child's brain triples in size in the first 2 years of life. The majority of brain development is influenced by early experiences in the first 3 years.
- ◇ Data shows that the average toddler is watching 4 1/2 hours of television per day, accounting for 40% of their waking hours.
- ◇ Current children's programming involves a lot of scene changes, lights, and movement. This conditions the brain to expect high levels of stimulation throughout life, leading to difficulty paying attention later on.

- ◇ Each hour of TV watched before age 3 has been found to increase attention problems by 10%. These difficulties can be pronounced during the school years.
- ◇ Other effects found were increased hyperactivity and risk-taking behaviors.
- ◇ Cognitive stimulation such as singing songs, reading books, and cooperative play decreases attention difficulties by 30% per hour of stimulation.

For more information watch Dr. Christakis' presentation posted on our Facebook page.



The Wishing Well Foundation

What are they?

- ◇ Free clothing bank in Pierce County serving children 0-18 years of age that are placed in foster care.

What do they have?

- ◇ A wide selection of new and gently used clothing.
- ◇ Books, baby basics, and toys

The Wishing Well Foundation can also assist caregivers with locating other equipment and resources for their placements.

Interested in using this service or donating to the clothing bank? Please contact (call or text) the Director: Erika Thompson at (206) 406-2398. Or email her @ thewishingwellwa@hotmail.com

**While we try to teach our children
about life, our children teach us
what life is all about.**

~Angela Schwindt

“You have to do your own growing no matter how tall your grandfather was.”

~Abraham Lincoln



Children and Gun Safety

In light of recent tragic events, here's a reminder to all families regarding gun safety. Parents who accept responsibility to learn, practice, and teach gun safety rules will ensure their child's safety to a much greater extent than those who do not. As with any safety lesson, explaining rules and answering your child's questions help to remove the mystery and curiosity surrounding guns. Remember though, even if no one in your family owns a gun, chances are that someone you know, or your child knows, does. Teach your child to follow these instructions when they see or find a gun: **STOP! DON'T TOUCH! LEAVE THE AREA. TELL AN ADULT.** Remind your child guns are not toys and they should not be played with. Help protect your child by being responsible with your gun.

The Child You Save May Be Your Own

Parents Who Own a Gun:

- ✓ Unload it and lock it up.
- ✓ Lock and store ammunition separately.
- ✓ Hide keys where children can't find them.

All Parents:

- ✓ Ask if guns are safely stored at places your children visit or play.
- ✓ Talk with your children about guns.
- ✓ Teach young children not to touch guns, and to tell an adult if they find one.

Common Sense
ABOUT KIDS AND GUNS
www.kidsandguns.org 877/955-KIDS

A STEP AHEAD IN PIERCE COUNTY

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WEB: www.asapc.org

NONPROFIT ORGANIZATION

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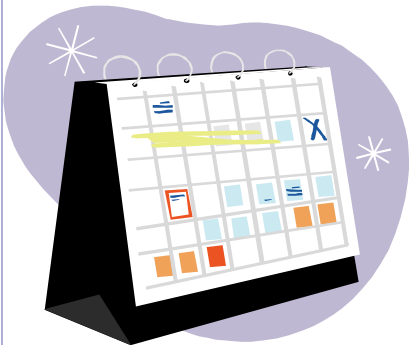
PUYALLUP, WA

PERMIT # 16

Return Service Requested

Mail To:

DATES TO REMEMBER:



Tues, April 3—Puyallup YMCA (Easter Egg Hunt) 10:00-11:30

Friday, April 20—Puyallup Spring Fair—10:30-12:00

Saturday, April 28—T(ea) is for TOTS Fundraiser—2-4 PM

Thurs, May 12—Puyallup YMCA Tot Gym—10:00-11:30

@ Mel Korum) YMCA

Mon, May 28—Memorial Day Holiday—**ASAP CLOSED**

Call (253) 471-2727 for further information

**We worry about what a child will become
tomorrow, yet we forget that he is someone today.
~Stacia Tauscher**