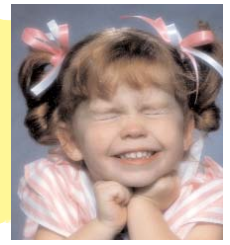




# TEACH ♥ MORE LOVE ♥ MORE



Every single moment you spend with your child counts. So sing and read to your children, hug them, give them routines, respond to their signals, take them to a doctor regularly and choose your child care wisely. That's how children grow, learn, love and succeed.

## Making Music a Priority in Your Life

*All children enjoy singing, moving, and playing instruments. Such fun activities condition a child's mind for the abstract thinking so crucial for later success in school. Musical activities also provide important experiences that help develop physical coordination, timing, memory, visual, oral and language skills. You can help your child enjoy music and build brain power. While a child is engaged in singing a tune or pounding a drum, the child's mind is making brain connections related to beat, tempo, rhythm, timbre and feeling -- all based on complex and abstract concepts.*

*You can enjoy music*

*anytime. You don't need to play an instrument or sing in tune to help your child benefit from music.*



*Experiment with your child; make up songs about the things you are doing; tap your feet or clap your hands to sounds you hear in your neighborhood; use music to talk about, interpret or act*

*out feelings; play the radio and dance with your child. Make music a regular part of your day.*

*Expose your child to all kinds of music; this will help your child appreciate diversity. Listen to folk, classical, rap, country, Latin, tribal drumming and children's music with your child.*

*Here are some ways you can promote music with your child's musical interest:*

**If you have a child who you suspect may have a developmental delay or disability, please consult your child's health care provider or contact:**

- Ages 0 to 3: Early Intervention Program  
North: (305) 243-5600  
South: (786) 268-2611
- Ages 3 to 5: FDLRS/  
Miami-Dade Public Schools (305)274-3501

Continued on page 3...

## Teachable Moments

How parents in our community are exposing their children to music...

"We encourage music. One way is by playing music on the radio. Zoe enjoys singing and dancing while I am driving in the car. She seems to really enjoy music even though she does not like soft music." -- Sherey Pamphile, mother of 5-year-old Zoe Ashely McClain.

"When I pick up my child in the afternoon, the first thing he wants is to turn on the radio. He loves to listen to Spanish music, especially when we are cleaning the house. I like to play music and dance with Emmanuel." -- Maritza Arias, mother of 2-year-old Emmanuel Fuentes.

"Every night my child listens to her favorite children's songs on her cassette player. We also listen to music in the car together. She listens to music in English and Creole at home and in the car." --Marie Lavarez, mother of 5-year-old Lydie Alvarez.

**OUR MISSION:** *To ensure that all children in Miami-Dade County have the community's attention, commitment and resources--and, hence, the chance to develop intellectually, emotionally, socially and physically so that they are ready and eager to learn by the time they reach first grade.*



3250 SW Third Ave.  
Miami, Fla. 33129

PRSR STD  
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Si ou ta renmen resevwa ti  
jounal sa a an kreyòl, rele  
(305) 631-8111.

## Positive Discipline

Is your child ready for toileting?

Toileting can be challenging for both you and your child. Tune into the readiness signs that let you know it is a good time to start the toilet-training process. These signs give you cues to know when you and your child are physically and emotionally able to begin the process.

A child's readiness signs include when your child...

- Communicates with words or gestures that a diaper is soiled.
- Communicates with words or gestures while in process of pooping or peeing.
- Communicates with words or gestures prior to soiling the diaper.
- Shows interest when others use the toilet.
- Imitates others; for example, brushing hair.
- Occasionally sits on the toilet.
- Able to pull pants up and down on own.
- Wants to wear underpants.
- Wants to do things on own.

Self-toileting is a complex process. Since so much is involved, being aware of these readiness signs and waiting until they appear will guarantee a less stressful toileting experience for you and your child.

A parent's readiness signs include when you...

- Have time and patience.
- Recognize toileting as a complex process with many steps to learn.
- Anticipate accidents and a fascination with toilets and bathrooms.

Self-toileting is a process that takes time. Never discipline your child for accidents -- they are a part of the learning process. Respond graciously and respectfully so your child will feel cared-for while leaving the security of diapers.

## Bridging Home and School

Do you notice these things in your child's care environment?

- Multiple opportunities to explore with music, songs and instruments.
- A variety of music genres played for the children. (You might share the music your family enjoys with your child's provider.)
- Songs and music throughout your child's day.
- Play opportunities that incorporate musical facets, including beat, tempo, feelings, sounds and movement.
- Questions or suggestions that stimulate a child's exploration with music.
- Group music and/or movement times that happen regularly.
- Music materials that are relevant to your child's life.



## Ask the Expert

Dr. Deanna J. Radeloff of Barry University and director of the graduate Pre-K/Primary Program

*I don't have money to spend on musical instruments, CDs or even cassette tapes. What can I do for my child?*

You can use so many things already in the home. For instance: Two wooden spoons can be used to make rhythms. Or try making homemade maracas: Take empty cans with lids and put various objects in them such as dried peas, beans, rice or buttons. Homemade tambourines give your child a chance to tap and shake. Punch holes around the edges of sturdy paper plates or aluminum pie pans and attach jingle bells with pipe cleaners or string. For a more festive look, tape on ribbons or crepe paper to the tambourines. Strumming and plucking instruments can be made by using clean plastic foam trays or empty shoe boxes that have rubber bands of various thicknesses wrapped around them. Use fingers to pluck and small jar lids to strum. To explore the concept of "pitch," fill glass jars with varying amounts of water and give your child a spoon to lightly tap on each jar to hear the different sounds. Expose your child to melody and song by singing or humming your favorite songs from your culture. Make it fun by including the child's name and familiar objects. With older children you can "clap and rap." Just clap simple patterns such as clap - pause, clap - pause, and have your child repeat the pattern. Vary the number of claps, the length of time between claps, and the volume of the claps. Let children come up with their own patterns for you to follow. Check with your local library for musical cassettes and tapes.

1. Sing and chant to your child.
2. Imitate the sounds your baby makes.
3. Expose your child to a wide variety of sounds.
4. Expose your child to live and recorded music.
5. Rock, pat, touch and move with your child to beat and rhythm.
6. Provide safe toys that your child can make sounds and music with.
7. Talk about the feelings that music elicits.
8. Be supportive of the music your child makes.

Information from [www.menc.org](http://www.menc.org)

## Following Your Child's Musical Development



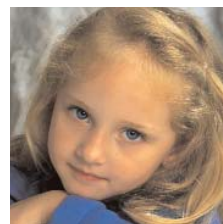
**0-1 years**  
Your baby will respond to musical sounds by looking, cooing, smiling.



**1-2 years**  
Children will repeat songs and hand movements- songs frequently sung become known.



**2-3 years**  
Children often make up songs as a part of play.



**3-4 years**  
Children will be able to sing and perform favorite songs.



**4-5 years**  
Initiate independent and collaborative play with music materials.

## Healthy Living

Having regular and consistent family fun time helps families to function in a most healthy way. Family fun activities mean families do things together. That is so important. Here are some family fun ideas:

1. Picnic at a local park.
2. Seashell hunt at the beach.
3. Family crafts such as popsicle stick art.
4. Making and decorating cookies.
5. Hearing local music at a street fair.
6. A day of fishing.
7. Visit a pet store.
8. Tour a museum.

The earlier you start this tradition with your child, the stronger the bond among family members. Encouraging family fun builds values and bonds that will last throughout a life.

## Peaceful Homes Respecting Alone Time

Everyone needs time to be alone. For many, time alone is time to rejuvenate. For others, time alone is time to reflect. And for still others, time alone is simply a time to rest.

This does not have to mean time spent in complete solitude or silence. It might be time focused on a hobby. It might be dreaming time. But it is time that is undisturbed.

It is important for a child's development of persistence and follow-through to be given uninterrupted times of play and thought.

It is important for your sense of sanity and self- understanding that you have uninterrupted times of play and thought. Having your own alone time is equally as important as giving your child that time.

## Library Corner

### Nurturing Your Child with Music: How Sound Awareness Creates Happy, Smart and Confident Children

by John M. Ortiz



The emphasis of this book is on music as both healing agent and spur to creativity aimed at family interactions; it offers a number of creative methods for initiating and maintaining relaxed and productive home environments. For mothers-to-be, the book offers ways to create positive musical vibrations to communicate with their babies. For toddlers, the book serves as a manual for everything from learning ABCs to establishing secure identities. Music can stimulate young children or help them relax and go to sleep. It also aids pre-adolescents in dealing with the emotional ups and downs of those years.



## Teach More/Love More TV Show

WLRN will air this month an hour-long Teach More/Love More television show highlighting the challenges and opportunities of early childhood development, care and education with a special focus on Miami-Dade County.

TV viewers will see this world of "readiness" through several five South Florida families from different cultures, different backgrounds and different family structures. Nationally known baby doctor T. Berry Brazelton furnishes on-camera expertise; so does Dr. Roni Leiderman of Nova Southeastern University's Family Center.

Program airing times:

- English language version: Thursday, April 11, at 8 p.m.; Saturday, April 13, at 2 p.m., and Thursday, April 25, at 10 p.m.
- Creole language version: Saturday, April 13, at 7 p.m.
- Spanish language version: Sunday, April 14, at 5 p.m.

Tune in to WLRN-TV to see some very human stories and learn the latest wisdom on raising children to succeed in life and in school.



Published through support from: The Early Childhood Initiative Foundation (305-646-7229) and United Way of Miami-Dade, Success By 6 at (305-860-3000)

These two organizations work closely with the Miami-Dade School Readiness Coalition, responsible for oversight of the county's pre-K early intervention and subsidized child-care programs as well as several other efforts. The coalition president and CEO is Chuck Hood (305-646-7223).

**Newsletter editor: Michelle Fries (305-646-7227)**  
**Student Assistant: Brittany Walbert**  
**Newsletter layout: Denise Torres**

**Newsletter Editorial Committee: Modesto Abety, Vickie Urley, LaTousha Daniels, Dr. Deise Granado-Villar, Baptholomew Joseph, Dr. Silvia La Villa, Dr. Roni Leiderman, Karen Leiderman, Muriel Wong Lundgren, Marta Pizarro, Dr. Jeannina Radeloff, Susan Reyna, Ana Sejeck, Caroline Sterns, Polly Zwerling**

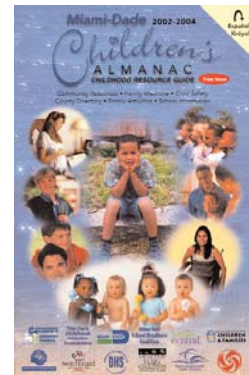
## Miami-Dade Children's Almanac

Visit your local library to pick up a copy of the Miami-Dade Children's Almanac.

The almanac provides valuable information for parents vis-a-vis community resources, family medicine, child safety, family activities, school and county departments.

Through a partnership with 11 organizations, 150,000 copies have been printed. All area libraries have them for your convenience. The Almanac also will go to all parents with a baby born in Miami-Dade's 14 birthing hospitals and birthing centers.

The almanac includes information in English, Spanish and Creole.



### Get Involved

Volunteer with the Teach More/Love More 24-hour hotline:

Help parents, teachers and others who have questions about children, child care or related issues get the information they need. Make a difference in our community.

Call Karen Leiderman (305-646-7228)

### Be a part of the newsletter...

Send in: Photos, questions or helpful tips.

Photos will be included in each issue. Questions will be answered by local experts. Helpful tips from parents will be included in the *Teachable Moments* section.

Mail to: Michelle Fries, The Early Childhood Initiative Foundation, 3250 SW Third Ave., Miami, Fla. 33129.

Send this to: Michelle Fries: The Early Childhood Initiative Foundation  
 3250 SW Third Ave.  
 Miami, Fla. 33129 --OR-- Call 305-631-8111

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

I prefer (circle one): Spanish English Creole

## Music Suggestions

