

Activities You Can Do At Home

- Help design a “Good Helper at Home Chart” for your child. Put things on the list that your child can accomplish such as:
 - Picking up their toys and putting them in their room
 - Brushing their teeth at night and in the morning
 - Taking clean clothes to their rooms
 - After the dishes are washed, put up the forks and spoons
 - Help unload bags from the grocery store

As these jobs are completed, put a star on the chart next to the item.

Every time a star is placed on the chart have a celebration and share with you child what a good job they did.

- Butterfly Feet –Have your child stand barefoot on a piece of paper with their feet together. Trace around each child’s feet. Have your child add an antenna to his butterfly and decorate it. Make one for everyone in the family and talk about how each is unique.
- Draw a copy of a light bulb. Help your child fill in the light bulb with words or pictures showing things they do well. Have everyone in your family make a light bulb picture and tell each other about their picture.
- The Me-Mobile. Help your children draw or cut out pictures of their favorite toys, food, animals and activities. Ask them to draw a picture of themselves on a piece of paper. Make mobiles with the pictures and drawings using coat hangers and yarn.



Keeping Kids Safe



Unit 1: Self Esteem

Dear Parent:

For the next couple of weeks, the children will be hearing stories about how each of them are unique: That their birthdays are special; that they are growing with the ability to do things for themselves and others; that they have a right to assert themselves; and that they are important, fantastic, and loved.

The children will be taking part in games, role-playing, art and music activities, and puppet plays designed to deepen their understanding of these concepts and to relate these concepts to themselves. The purpose of the stories and activities is to help children grow in self-esteem. A self-confident child is able to assert himself/herself better in a potentially abusive situation.

Self-esteem cannot be taught to a child in the same way the ABC's are taught, but it is the result of many positive experiences with the important people in the child's life. To reinforce these experiences, please see the activities (on the back of this page) that you can do with your child at home.

Enjoy helping your child feel important!

Sincerely,
Your Head Start Teaching Staff

Activities You Can Do At Home

- Draw a picture of your house and help your child write the names of everyone that lives in the house. Help them draw the faces with hair and eye colors that match in the windows or in front of the house.
- Tell your child stories about yourself or other family members when they were children.
- Select different members of your family and give your child short descriptions of them and let them guess who that person is. Then let them select someone and give you descriptions while you guess.
- Collect different items of clothing from various members of your family, including grandparents and aunts and uncles. Help your child dress up like that family member and tell you what they like the most about them.
- Use a doll to play with your child as they act out being a mommy or a daddy or grandparent or other person that might be caring for them. Use positive reinforcement when your child attempts to do a good job “parenting” the doll. Examples of play include:
 - Putting the doll to bed
 - Feeding the doll
 - Dressing the doll
 - Reading to the doll
 - Playing with the doll



Keeping Kids Safe



Unit 2: Family and Friends

Dear Parent:

For the next couple of weeks, the children will be hearing stories about different kinds of families, and how families love and care for each other. We also will be talking about friends. The children will learn that they have a support system of family and friends that they can count on.

The children will learn that they can have many types of friends—friends their own age and grown-up friends. They will learn ways of being friends to others by helping, caring for and showing affection.

An important part of Personal Safety for children is to develop a support system of family and friends who they can talk with about problems, including an abusive situation.

Please see the activities (on the back of this page) that you can do with your child to encourage healthy friendships and relationships with family members.

Sincerely,
Your Head Start Teaching Staff

Activities You Can Do At Home

- Gather old magazines or newspapers and help your child make “happy” posters from pictures children cut from magazines.
- Gather pictures of your family and look at them with your child. Look for pictures that show people that are happy, sad, glad or mad. Talk with your children about the pictures and what these feelings are.
- Talk about times when your child felt scared. Ask them who they will tell when they are scared.
- Save a small can like a soup can or a can that frozen orange juice was in. Make sure there are no sharp edges on the can and the top of the can is removed. Color and decorate paper to put around the can. You can also use contact paper, construction paper, or gift-wrapping paper to cover the can. Make circles and write on them when your child learns something new. Put the circle in the can. Call it the “Can Do” Can. As the can fills up, take the circles out and read them to your child asking them to show you again what they have learned to do.
- Play a game with your child in which you answer questions about what you might feel or do in a situation. You also take turns playing the game and give a positive answer to the situation you have.
Situations might be:
 - Somebody took the toy you were using
 - Somebody pushed you down the slide
 - You wanted a turn with the wagon
 - You were glad to see a friend
 - Your grandma came to child care early to pick you up and go on a picnic to the park. At the park you can swing in the swings.



Keeping Kids Safe



Unit 3: Feelings

Dear Parent:

For the next couple of weeks, the children will be talking about feelings and the importance of expressing feelings in the right way. The feelings we will cover are happy, sad, mad, glad, scared, surprised and excited. The children will learn to recognize and tell what those feelings are and they will learn that other people and things that happen influence the feelings they have. They will learn that all feelings are acceptable and OK.

We also will work with the children to develop skills to solve some problems with others. The children will learn that they are growing up, and we will talk about standing up for ourselves.

To reinforce these concepts at home, please see the list of activities on the back of this letter. **Children who can recognize feelings that make them uneasy, can problem-solve, and can find adult help are better prepared to react to a potentially dangerous situation.**

Sincerely,
Your Head Start Teaching Staff

Activities You Can Do At Home

- Play Simon Says with your child. Explain to them how to play the game and take turns with them saying and following the commands of Simon.
- Play “Can You Guess”. Select a clearly visible object in the room. Tell your child you are thinking about something and give them a clue such as the color, size or shape. Ask the children to guess the item. Repeat clues until they are able to guess correctly. After they have played the game a few times,ask them to select an item and give you clues until you guess it. You can play this game inside and outside.
- Play a Choice Game with your child by giving them choices they can make for themselves. Begin to work with them about clothing choices by offering them two choices that would be acceptable to you. Then allow them to wear the choice they made. You can do the same thing with choices about what they want to drink or eat or play with. Always make sure that either choice is okay with you.
- Read stories to your children. Reading to your child allows them to hear the words and improves their listening and communication skills. Books are wonderful ways to help children be better prepared for school. As children learn to enjoy books let them practice reading to you. Since most young children can’t read, listen to the story they tell you and praise them for doing a good job in telling you a story.
- Play “Red Light, Green Light”. When you say “green light” your child will run, but when you say “red light” your child must stop. Play the game until your child is able to cross a large area and get to you. Then change places and let your child say “red light” or “green light” and you either run or stop depending on what they say.



Keeping Kids Safe

TENNESSEE DEPARTMENT OF
HUMAN SERVICES



Unit 4: Problem Solving

Dear Parent:

For the next couple of weeks, the children will be talking about listening, cooperation, and making choices. Children will learn positive problem solving skills. They will be participating in music, art, and games that will teach positive problem solving that they can use in many different ways in their life.

Children who are able to cooperate with others while using positive problem solving skills are more likely to be able to keep themselves safe in a potentially abusive situation. To reinforce these concepts at home, please see the activities on the back of this letter that you can do with your children this week.

Sincerely,
Your Head Start Teaching Staff

Activities You Can Do At Home

- Have the children name the body parts that they know. If they are uncertain about what a certain body part is, tell them. Now would be a good opportunity to talk to your children about the names you call private parts. Children that understand what the correct names for their private parts are have a better ability to communicate about any danger or problems they have with touching or other personal safety issues.
- Have your child pretend to be a robot, moving designated joints when you tell them to.
- Provide a container with water and some soap and a washcloth and a towel. Give your child a washable doll and help them learn how to give the doll a bath. Talk about why it is important to wash our bodies.
- Name different kinds of touches and ask your child to tell you if they are good or bad kinds of touches. If they say something is a bad touch, ask them whom they would tell. Praise them for saying they would tell you or another adult.



Keeping Kids Safe



Unit 5: Personal Safety

Dear Parent:

For the next couple of weeks, the children will be talking about our bodies. We will be learning the names for body parts, to feel good about our bodies, and we will learn ways to take care of our bodies.

In teaching the body parts, our four year olds will learn about the private body parts (areas of the body covered by bathing suits). Our three-year olds will learn about private body parts next year when they are four.

Teaching body parts, including the genitals, helps children become aware of the entire body and give them adequate vocabulary for describing potentially abusive situations (we encourage you to use the correct names when referring to the genitals: for girls, vagina and anus; for boys, penis and anus). By teaching children that their bodies are special and belong to them, we give them control over their bodies and help them develop respect for themselves and others.

Children 4 and older will learn to recognize unsafe situations that could occur involving people—people they know and people that they might be unfamiliar with.

The children will learn to be aware of safe and unsafe touches given by grown-ups or older children. Safe touches are hugs, pats from people they know and care about and touches made to the body, including private body parts, that are for health or cleanliness reasons—changing diapers, cleaning a child at bath time, cleaning a child who has had a bathroom accident, or a physical examination made by a doctor.

The children will learn ways of asserting themselves in abusive situations. They will practice telling someone they trust about the situation.

Please see the activities on the back to reinforce the concepts we will be learning at Head Start.

Sincerely,
Your Head Start Staff

Activities You Can Do At Home

- Reinforce the Safety Rules your children learned at childcare. These rules are:
 - Walk on the Sidewalk
 - Hold an adult's hand or walk beside them when crossing a street
 - When you cross a street, Stop, Look and Listen. Cross only when the street is clear.
- Reinforce the Riding Toy Rules your child learned at childcare. These rules are:
 - One person at a time on riding toys
 - Be careful and do not run into people when you are on your toy
 - Pull a wagon, don't push it
 - Ride at a safe speed so you can stop quickly.
- Reinforce the Stop, Drop and Roll Safety rule. Explain that this will probably never happen, but if their clothes were to catch on fire they should stop, drop to the ground and roll. Ask them what this will do and have them practice the rule.
- Reinforce the Safe Swimming Rules. These are:
 - Be sure an adult is there when you go swimming
 - Always walk at the pool, never run
 - Never push anyone



Keeping Kids Safe



Unit 6: Safety Around Me

Dear Parent:

For the next couple of weeks, we will be learning about potentially dangerous situations and some ways to be safe. The first section of safety rules includes street, riding toy, car, fire and water safety. We encourage you to formulate family rules for safety to be used at home—answering the telephone, answering the door, what your child should do if he/she gets lost, how to deal with strangers. These are just a few of the issues you may want to address.

Please see the list of activities on the back that you may do at home with your child this week to reinforce what they learned during the week. These sessions are meant to help empower children because they will know what to do in unsafe situations, helping them feel more confident in all situations.

Enjoy your special time with your child!

Sincerely,

Your Head Start Teaching Staff