

Talk and Listen

This month in THE GREAT BODY SHOP, your child will be learning about communicating. The topic is divided into four lessons:

Lesson 1: How Do We Talk? How Do We Listen?

Lesson 2: We Talk and Listen

Lesson 3: People Talk in Many Ways

Lesson 4: Tell How You Feel

Lesson 1: How Do We Talk? How Do We Listen?

Children will learn that the tongue, teeth, and lips help them form words. They will learn what vibrations are, and that we hear when vibrations enter the ear. The brain interprets sounds and allows us to think of the words we want to say.

Lesson 2: "We Talk and Listen"

Children will learn that it is by communicating that we learn, share our feelings, and make friends. You can reinforce this message at home by encouraging your child to express his/her feelings.

When Parents Fight

Children need to learn that arguing can be a normal way of resolving conflict. It teaches them that everyone thinks differently. It also helps them learn that people can disagree and yet still care for each other. However, fighting among parents can often upset a child and make him or her feel insecure. Children often blame themselves for their parents' arguing. To avoid that:

Don't hide the fact that you and your partner sometimes argue. Tell your child that disagreeing is normal. It doesn't mean you no longer care about each other.

- Don't involve your children in the fight. Never argue about your child in front of any of your children.
- Don't argue about "adult" issues (divorce, in-laws, money) in front of the children.
- If your argument becomes so heated that you're not resolving anything, drop it and promise to finish it at a later time. You need "time out."
- If you are getting a divorce, explain that two people sometimes find that they need to live apart. Tell your children over and over again that this is not their fault, and that you both will still be their parents.

Lesson 3: People Talk in Many Ways

The class will learn about different ways of communicating. Some people speak in a different language; some use sign language. Babies can't speak, so they cry, laugh, and point to communicate. At home, discuss ways we let others know how we feel without talking. For example, we hug, kiss, cry, give a "thumbs up" signal, smile, etc.

Lesson 4: Tell How You Feel

Children will learn that it is smart to tell a trusted adult when they are sad, mad, scared, etc. They will learn to identify people who can help them if they have a problem.

Tough Jim by Miriam Cohen and Ronald Himler. When the first grade plans an exciting costume party, the third grade bully comes into the class to harass everyone and tries to ruin the fun. Jim saves the day when he accidentally takes on the bully and proves that he is truly "The Strongest Man in the World."

Telephone Tips

In school, your child will learn how to answer the phone. Below are some tips to make using the phone easier for your child.



- Keep a pencil and paper by the phone for older children. Younger children should ask the caller to call back later. Don't expect children to remember messages.
- If "911" is in service in your area, write it clearly near your phone. Teach your child that this number is for emergencies only.
- Make sure children can use various phone devices.
- Teach your child phrases such as "she can't come to the phone now."
- Teach children never to play with the phone.
- Be sure your child knows his or her first and last name, along with address and phone number.