

PARENT NEWSLETTER *Lesson #3*

RULES KEEP US SAFE! WHEN WE USE THEM, WE ARE ALL STARS!



PARENT CONNECTION

In today's hectic climate we often overlook the value of the fact that children like to unload by sharing the day's events with their parent/caregiver, even about things that may seem silly. We teach children that TELL is a crucial part of staying safe. Reinforce this concept by taking a few minutes to actively listen to your child describe his/her day, whether it be about how school went, the trip that he/she took, or the play date at a friend's house.

Communication habits start early. It's hard to pay attention when you're doing too many tasks at once, but if you aren't really listening,

1. You miss an opportunity to learn about and teach your child.
2. Your child learns that you don't really listen, so there's no point in talking.

Listen to the little things and your child will trust you with the big things. The message you are conveying when you take the time to really listen is one of love and understanding. "I love you and therefore want to know what is going on in your life. I am interested in who you are as a person and the way you are feeling."

Today's safety lesson focused on the importance of having a Buddy wherever we may go. Our Safety Rule is: "TWO IS BETTER THAN ONE."

We discussed the importance of a child staying close to his/her Buddy at all times and what a child should do if separated from his/her Buddy. A Buddy not only ensures that we make safer choices, but will be there to provide help if we are hurt. Examples of a Buddy are:

- Mom/Dad
- Friend/Classmate
- Teacher
- Babysitter
- Relative
- Any adult in charge of a child for a given period of time, such as a play date, where the other child's mother is supervising.

Stress to your child the importance of the TELL if he/she ever gets separated from his/her Buddy. Encourage your child that, if it should happen, he/she should remember to look for a Safe Stranger, such as a mother with children, a cashier or an employee of the store wearing a name tag/store uniform, or a security guard.

When your child returns home from any activity out with his/her Buddy, ask your child about the experience:

- Where did you go? What did you do?
- Did you have a nice time?
- Who was there other than your Buddy?
- Were you comfortable? Is there anything that took place that you would like to discuss?

