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Getting School Ready!
Family Tip

***"I need to know
what
kindergarten will
be like"***

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September 2009

Baby Promises by Erin Okuno

What are your promises?

I lay in bed this morning fighting for a few extra moments of sleep. I had been up at 1:00 AM to feed our baby and again at 4:00 AM when his cries convinced my husband to say "just put him in bed with us, I have to be up in an hour anyway." I looked at Ivan -- all swaddled, laying sideways, feet in my face, sleeping serenely -- and I made a silent promise to him. I silently told him that I would always love him.



Since Ivan was born I've made numerous promises to him. Some of them spoken: "I promise to pick you up after I use the bathroom." And some of them unspoken: "If you stop crying I promise to let you watch TV when you're older."

I decided I should start writing these down so I wouldn't forget them and inadvertently break them.

Here is my short but growing list of promises:

I promise to always love you.

I promise to keep you safe.

I promise to offer you vegetables even if you hate them at first. Perhaps you can even get me to like them more.

I promise not to freak out all of the time, just some of the time.

I promise to read to you and keep books and magazines

around. Why? Just because.

I promise to laugh with you.

I also promise not to laugh at you. Opps, I think I already broke that promise. You may not know this but I was laughing at you when you got stuck trying to roll over. You didn't like being stuck, but I thought it was really funny.

I promise not to dress you too ridiculously; I'll stop putting green bows on your head just because I can. (No I wasn't wishing I had a girl. I just thought it would be cute.)



[Read More...](#)

This article is from Erin Okuno, a new mother and the Program Manager with Foundation for Early Learning.

Stranger Safety

How do I talk to my child about personal safety?

Talking to your child about personal safety and about being aware of strangers is one of the most important conversations you can have. It is never too early to have this talk.

Listed below are some tips on how you can get this discussion started with your little one.

Early and often!

It's never too early to talk about safety. Children as young as 18 months can learn to point at the "safe mom with kids" in the grocery store.



Never frighten them!

When teaching your child about anything, especially personal safety, it is critical to teach your kids in a calm and non-scary manner.

[Read more about Stranger Safety...](#)

This article is from Kim Estesa with P.E.A.C.E of Mind-Parent Education And Child Empowerment. To learn more about child

safety, visit <http://pomwa.org>.

Free Parenting Event: Oct 22, 2009

Help your child succeed in school

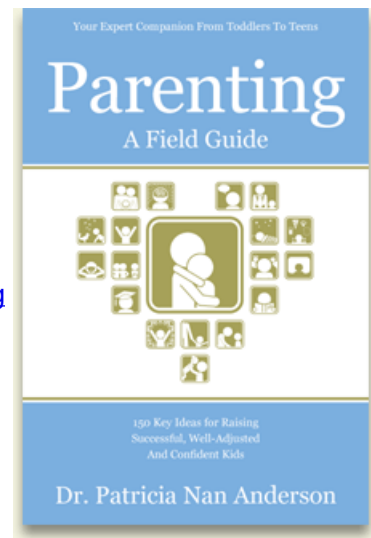
Hear from and talk with child development expert Dr. Patricia Nan Anderson, author of [Parenting: A Field Guide](#). Get tips, advice and ideas to help make your child's earliest years in school a great success!



**Thursday, October 22, 2009
6:30 to 7:30 PM
Mount Vernon City Library
315 Snoqualmie Street**

This event is part of Foundation for Early Learning's [Locke Early Learning Author Series](#) and is co-hosted by Mount Vernon City Library and the [Early Learning Public Library Partnership](#).

To learn more about this event, please visit www.earlylearning.org



NEW! Video Tips

Discover simple tips to prepare for kindergarten

How can a child prepare for kindergarten? That's a great question we asked early learning professionals and they gave some great suggestions.

- [Talk about school](#)
- [Spend time together](#)
- [Practice letters and numbers](#)
- [Connect with your community](#)



Watch them all on the [Early Learning](#)

[Community](#).

Brain Buster: Steps per minute

What do you think?

How many steps does the average toddler take per minute?

You can vote on which answer you think is the correct one, and find the answer by visiting the [Early Learning Community](#).

[Click here to find the answer!](#)

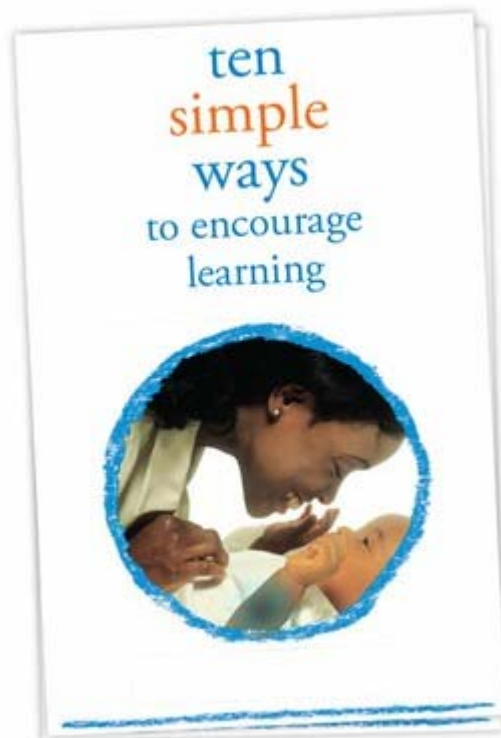
 [Brain Buster Poll](#)

Ten Simple Ways to Encourage Learning

Did you know that by five-years old, the brain is 90% developed?

The way a child is nurtured during the first five years shapes her behavior for the rest of her life. When a baby is born, her brain is not fully developed. It grows in weight and complexity to become 90% developed by the time she is five. So those first years are vitally important. Baby's relationships with parents and care givers; the sights, sounds, smells, and feelings she

experiences; how secure she feels - all these have a profound impact on the way her brain develops.



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