Twelfth Edition hub inc. MARION & POLK EARLY LEARNING HUB **April 2018**

Promoting Secure Attachment- Research & Tips

The bond between parent and child grows stronger with consistent demonstrations of love and support. Researchers agree that when a child knows her basic needs will be consistently met in a warm and sensitive way, a secure attachment will grow. So what does 'consistent' love and support look like in today's world where there are many competing demands for our time and energy? Depending on your situation it could be as simple as responding to your child's cries by picking her up and comforting her. If you do this consistently, you are telling your child that you will be there for her when she needs you. Here are other ideas for ways to send your child that message of love and support:

- **Listen!** If you have a child who is older, he may use words to tell you what he needs. Listen and respond consistently to these needs. When a child knows what to expect, it helps form that secure attachment.
- **Create your own no phone (or tablet) zone**. Carve out time away from technology to focus on having positive interactions with your child.
- **Establish a routine, but be flexible**- Parenting can be confusing. We know that children benefit from consistency and routines, so knowing what to expect from you can help form a secure attachment.
- **Reflect on your relationships.** What do you value most in your relationship with others? What do you appreciate most about your friendships? Think about what you and others do that helps you feel connected (e.g., listening to one another, sharing). What can you do to model these positive relationships for your child more often?
- **Attend a local parenting education** class to learn more about parent-child interactions and attachment! Find a parenting class in Marion County on our Parenting Hub website or in Polk County on the Mid-Valley Parenting website.

For more articles like this one see

Oregon Parenting Together

April is Child Abuse Prevention Month

In April 1983, the United States announced its first *National Child Abuse Prevention Month*. For this month, let's make it a goal to bring families, and communities together to promote the overall well-being of children.

1. Be a nurturing parent. *The best gift you can give your child is YOU.*

2. Be available. *Develop the kind of relationships that allows your children to come to you for help and support for themselves or their friends.*

3. Get involved. *Get to know your child's friends and the homes where your children play.*

4. Help yourself. *If the big and little problems of your everyday life pile up to the point you feel overwhelmed or out of control- take time out. Don't take it out on your child.*

5. Monitor your child's activities. *Keep the computer in a family area where you can keep an eye on its use.*

6. Help a friend, neighbor, or relative.*Being a parent isn't easy. Offer a helping hand to take care so the parent(s) can rest or spend time together.*

7. Help to develop parenting resources.*Learn about prevention programs in your school and throughout your community.*

8. Volunteer at a local child abuse prevention program. *For information about volunteer opportunities call 2-1-1.*

9. Be informed. *Talk to your child about the wanted and unwanted hugs or touches.*

10. Report suspected abuse or neglect.*Trust your intuition: If you believe a child has been or may be harmed, call the Child Abuse Hotline at 503-378-6704.*

Source: Marion County Child Abuse Prevention.

READY! for Kindergarten

Ready! for Kindergarten provides take-home materials (toys) and tools, to empower parents and caregivers to help young children develop strong brain connections and kindergarten readiness.

Do you have a newborn or a child up to the age of 1 on September 1?

Then join us, the Marion & Polk Early Learning Hub and the Salem Clinic Medical Foundation at the Salem Public Library for a fun-filled workshop for you and your baby to gain new abilities related to the wonderful changes that happen so fast at this age. This is the first of three workshops for you to learn how playing with your baby increases their skills. **Free dinner, take home toys, and childcare.**

Session 1: Thursday, April 19th 6:00-8:00pm
Session 2: Thursday, May 31st 6:00-8:00pm
Session 3: Thursday, June 7th 6:00-8:00pm

Register soon as class space is limited to 20 spots for English and 20 spots for Spanish!

Click here to register for the English Session
Click here to register for the Spanish Session

To find more Ready! workshops visit our calendar!

Blog of the Month

You can see it coming before it even happens. The tantrum and tears will be flowing soon. You've seen a few eye rubs, their attitude has changed from happy and playful to grumpy and frustrated. Your little one is tired and doesn't want to admit it. They want so desperately to stay up a little longer, run around the kitchen a few more times, or read one more book.

-- Read More --

Kindergarten Registration is OPEN NOW!

As students enter into the last section of their school year, some of our youngest are preparing to embark on their educational careers. Kindergarten registration for many school districts throughout Oregon open this month. By enrolling your child early, your school is able to prepare the best possible education for your child. Many schools offer a kinder jumpstart program to assist with transition into kindergarten.

Upcoming Parenting Classes

Abriendo Puertas/Opening Doors
(English & Spanish)
Auburn Elementary
4612 Auburn Rd NE
Salem, Oregon
Every Tues., April 3-June 5
5:30-8:00pm
Call (503) 399-3128 to register

Mind in the Making
(English & Spanish)
Oregon Child Development Coalition
4611 Lancaster Drive NE
Salem, Oregon
Every Thurs., April 3-May 31
5:30-8:00pm
Call (503) 383-5632 to register

Make Parenting a Pleasure *(English)*
Lyle Elementary School
185 SW Levens St
Dallas, Oregon
Every Tues., April 3-June 5
4:00-5:30pm
To register visit the event here

For additional classes in Polk County visit Mid-Valley Parenting

For additional classes in Marion County visit our calendar!

Do you want fun easy activities that help your child learn? Download the FREE Vroom smartphone app for activities and learn the science behind early brain development. Available in English and Spanish.

Search for the Daily Vroom app in the iTunes, Google Play or Amazon Fire stores.

OR

Sign up for weekly brain building text message by texting CHILD to 48258.

Brain building moments

Vroom Tip

Encourage your child to think about her feelings and describe them using the weather. Does she feel sunny, cloudy, or rainy? Ask her to explain why. Share how you're feeling with her. Talk together about what to do if one of you is not feeling "sunny."

More Vroom Tips