

Christi

Date:

Dear Parent:

This week 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 more able to assert himself/herself 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 attached activities that you can do with your child at home this week.

Enjoy helping your child feel important!

Sincerely,

Ms. Debbie

Date:

Dear Parent:

This week 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 attached activities that you can do with your child this week to encourage healthy friendships and relationships with family members.

Sincerely,

Ms. Debbie

Date:

Dear Parent:

This week 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 attached list of activities. 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,

ms. Debbie

Date:

Dear Parent:

This week 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 attached activities that you can do with your children this week.

Sincerely,

Ms. Debbie

Date:

Dear Parent:

This week 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 and five year olds learned about the private body parts—for girls, vagina and anus for boys, penis and anus. Our three-year olds will learn about private body parts next year when they are four.

We encourage you to use the correct names when referring to the genitals. Teaching body parts, including the genitals, helps children become aware of the entire body and give them adequate vocabulary for describing potentially abusive situations. 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 practice telling someone they trust about the situation.

Please see the attached activities to reinforce the concepts we will be learning at childcare.

Enjoy your special time with your child!

Sincerely,

*M.S. Debbie*

Date:

Dear Parent:

This week we will be learning about potentially dangerous situations and some ways to be safe. The first section of safety rules included street, riding toy, car, fire and water safety. Please ask your child's teacher to share what they learned about 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 attached list of activities 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,

Ms. Debbie