



# District I Parenting News

## Extension Nutrition Program

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### Children Misbehaving In Restaurants



Much has been said about "children misbehaving in restaurants". In the past when communities were not as transient, seasoned friends and family members guided new parents towards correct child rearing. Nowadays, many of us do not have the luxury of living close to friends let alone family. Therefore when it comes to civility, parents and children are left to fend for themselves.

Parents hope that their children will learn proper behavior on their own as they grow older. Yet, children cannot be expected to behave properly if they've not been taught to do so at home.

Since there is not a manual for parenting, I urge you to please share these pointers with your friends. Children's self-esteem is elevated when they know how to behave in a given situation. It is the unknown that makes children (and adults, for that matter) uncomfortable.

1. If the child is a toddler, a parent should be prepared prior to going out.



This means bringing crackers, a filled sipper cup and a small (quiet) toy for the child to play with while on a high chair. Don't expect a toddler to have the same amount of patience as an adult when waiting for food to be prepared.

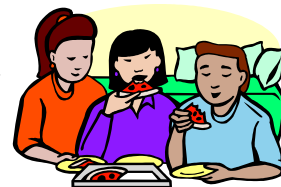


2. If the child is in the early

elementary years, crayons and a piece of paper will keep him occupied. Don't forget crackers. A hungry child is an unruly child. Parents should review proper manners for the location prior to parking the car.



3. As the child gets older her patience expands. This is a learned social skill. However, an appetizer will fend off the "When is the food going to get here?" question. Once the food is served, have them "showcase" their table manners. Again, other than a quick prompt or two, the proprieties of dining are learned at home. Aside from the basics, this means no: playing with the flatware, catapulting food, crawling under the table, blowing "bubbles" in a beverage, standing on the chairs or laying on the booths!



4. Don't get too distraught when a pre-teen (or teen) makes fun of proper behavior around his peers. He is simply flexing his "independence muscle". The point is for this age group to know what to do and at which time to do so. That means that when a teen is with you or any other adult, they are to behave respectfully.

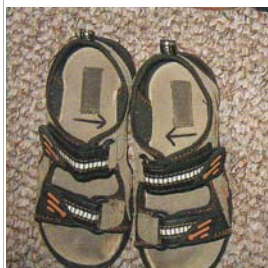
For more information on manners and etiquette, visit

[www.TheEtiquetteSchool.com](http://www.TheEtiquetteSchool.com) <<http://www.theetiquetteschool.com/>>

## Activities

### Right Foot Verses Left Foot?

Having a hard time getting your child to put his/her shoes on the right feet?



Try drawing arrows in the insole area of the shoes with a permanent marker and teach them to point the arrows at each other.



### "Bounce Board"

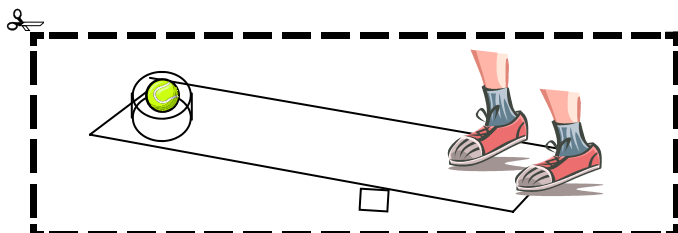
Try this Easy-to-make "bounce board". It's just plain fun and it's an excellent way to encourage eye-hand coordination.



Cut a 1 inch by 8-inch wooden board 4 feet long. Use 3 screws to attach a length of 2 inch by 2-inch wood across the bottom of board, about one third of the way from one end. Of the board

Using a hammer and nail, punch a hole through a large, clean tune can,. Then screw the can to opposite end of plank.

To use the bounce board, put a foam ball in the can. Have your child jump on the opposite end and try to catch the ball as it flies into the air.



### Test The Power of "Super Seedlings"

Tiny sprouts may seem delicate, but they're really might mites in disguise. Explore the power of these super seedlings by having a sprout race.

Fill several pots or cups with potting soil and poke an inch deep hole in the center of each. Drop a fast growing seed into each hole (green beans work well), cover them with soil and place them in direct sunlight. Give the plants 4 or 5 squirts of water from a spray bottle every day. When a sprout peeks up from the soil (our beans took about a week), place a penny directly over it and push 4 toothpicks around the penny to guide it upward as shown.

The first plant to push the penny over the toothpicks is the mightiest of them all.

