

THE RESOURCE EXCHANGE
EARLY INTERVENTION
COLORADO



When It's Hard to Wait for a Turn - *To help your child develop the virtue of being able to wait, modeling patience yourself is key.* By Polly Greenberg

It's true beyond a doubt that young children are not good at waiting for a turn or for anything else. When they have to wait (to arrive at a destination or for a drink, an event, or, very often, a turn), their behavior (whining, nagging) can annoy us to no end. But did you ever think of this: It annoys children to no end that their grownups can't wait, either. We're ready to take them to school, so we interrupt what they're doing, hustle them with a peculiar urgency, and become tiresome scolds. Most of us cannot wait five minutes for a child to finish what she's doing (and in a child's world, diddling around is "doing"). When we're ready to pop the kids in

the tub, or get them out, we tend to be impatient with their interminable pattering. Parents and teachers are not good at waiting. Our focus is too often fixed on the schedule, and we often fall short when it comes to respecting a young child's occupations and pace.

So, the first thing to do to teach your child to be more patient is to be more patient yourself. Think about how she observes you demonstrating patience in, say, a traffic jam. Or long lines. What about when you want a turn with something, perhaps the phone or the computer? When you have to wait,

do you comment that it's hard to wait but you often have to do it? A little remark about the need for you yourself to be patient and wait is useful: it reduces children's impression that we constantly boss them around while being above rules and criticism ourselves.

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Visit our organization, groups and events on the web & **facebook**

TRE:

www.tre.org

Teller County Playgroups:

<http://tellertots.weebly.com>

Park County Parents:

<http://parkparents.org>



July '12

Modeling patience includes giving time-specific alerts (two minutes for 2-year-olds, five minutes for 5-year-olds). "In four minutes, it will be time to put your shoes on (or come for your bedtime story)," you might tell Molly. Stay busy: no doubt you have a great many things to do, but also stay cheerful and be a person of your word. Do what you said needed to be done in four minutes. Preschoolers cannot distinguish the difference between "a minute" and "20 minutes." These concepts are too abstract. But a fringe benefit of a frequently implemented policy involving a particular number of minutes of "prep" time is that young children gradually learn how long "x" number of minutes feels, part of an early childhood math curriculum. They also develop a subconscious sense of the need to allow themselves time to finish one thing and prepare for the next. It's funny that, in spite of the way we rush children, we often make them wait for us to be ready after we've rushed them! If we have a hurry-up-and-wait style, our children are not likely to take us seriously when we say it's time to do this or that.

At school, taking turns usually refers to taking turns with objects or opportunities, and this can be the case at home, too. But at home, taking turns most often concerns taking turns with the parents' attention. We don't have as many "arms" as an octopus does, and cannot simultaneously fix Frankie's tangled toy, read Ginny's story, pour Joyce's juice, and rescue Ralphie from where he's stuck under the sofa.

Make — and Maintain — a Plan

The ability to plan is an invaluable skill when living and working with young children, and nowhere is this more evident than when it comes to helping children wait for a turn.

1. Plan something for the "waiter" to do while waiting, such as: pick up toys, brush teeth, and listen to a favorite story while a brother splashes in the bath; wash the pot while waiting to stir the chocolate pudding; stir the pudding while waiting to lick the spoon; or run an errand with Dad while waiting for a friend who is coming over for a playdate.

2. Plan a distraction. Help your child get into playing with a different toy of equal appeal while waiting for the momentarily coveted toy.

As in most aspects of childrearing, we are impatient with behaviors that — if we're honest — we have, too. Changing ourselves is the best way to encourage change in our young children.

The Path to Patience: Age-Appropriate Expectations

2s: Twos can learn to wait a minute or so while you fill the bottle, tie Sharon's shoelace, watch Carrie have the first turn to pat the cat, or let Matt finish examining that marvelous new whirly toy. But don't expect much tolerance for waiting from a two! Fingerplays and nursery rhymes offer delightful distractions to twos who must wait at the doctor's office or in line at the market. And don't leave home without a book!

3s and 4s: Threes and fours need to be distracted with an interesting alternative to what they're waiting to do: "Ride your tricycle to the fire hydrant and back while Sophie has her turn holding the puppy, and then it'll be your turn." Stand by and be sure that Sophie soon yields the puppy to Harry so they will both see that they can count on you to be fair. As children learn to count and sing, encourage them to do so to help pass the time.

5s & 6s: Fives and sixes enjoy managing turn taking and waiting for turns themselves if an adult sets up a system. In kindergarten, teachers sometimes use a concrete turn-taking system, such as asking each child who wants a turn to hang his name tag on a numbered hook (hook 1 for the first turn, 2 the second turn and so on) or write his name on a list. You can try variations of this idea at home, especially with siblings. ■

Polly Greenberg has been a child-development specialist for almost 50 years. She has 17 grandchildren.

Upcoming Events

GOLD RUSH DAYS July 20, 21 & 22



FRIDAY NITE CHILI DINNER
Gold Panning
Watermelon Feed
Antique Tractor Show & Pull
Historic Shopping District
Friday Night Street Dance
A tradition since 1895
VICTOR, CITY OF GOLD MINES
www.victorcolorado.com

Mining Games
Gold Mine Tours
Museums
Beer Garden
Historic Home Saturday
Victorian Olio

Gravity Races
Sunday Parade Entertainment
Pancake Breakfast Sat & Sun
Vintage Baseball Game Sunday
Kids Games
CC&V Reunion Dance Sat Night



2012 Schedule of Events

Friday, July 27th

7-9 p.m. FREE concert at the Fairplay Beach with "Chuck Hughes Band", Sponsored by the Town of Fairplay

Saturday, July 28th

8:30 a.m. Weigh-in for Llama Race, Front Street
 10:00 a.m. Kiddies Dog Race in Alma
 11:00 a.m. Llama Race, beginning on Front Street
 Llama Rama Race to follow
 1:00 p.m. Llama Lunacy on Front Street
 5:00 p.m. Old Fashioned BBQ, Barn Dance & Silent Auction, Legion Hut at 6th & Clark Street, Dance begins at 6:30pm.
 7:30 p.m. The Burro Days Dance, live Rockabilly/swing music by the "Pin Up Boys", Fairplay-Valiton Hotel, fundraiser for Burro Days scholarships

Sunday, July 29th

7-10 a.m. Pancake Breakfast, American Legion, 6th & Clark St. benefits South Park Activities Association (formerly, Booster Club)
 8:00 a.m. Weigh-in for Pack Burro Race, Front Street
 9:00 a.m. Cowboy Church, Entertainment Gazebo
 10:30 a.m. Pack Burro Race Starts on Front Street
 11:30 a.m. Parade, 4th Street to Front Street to 6th Street

All Day Saturday and Sunday
Courthouse Lawn, Main & 5th Street
 Arts & Crafts Fair, 9:30 a.m.-4 p.m.
 Entertainment at the Gazebo
 Fair Amusements for kids of all ages
 Gunfights by the Reynolds Gang, Petting Zoo,
 Panning for Gold, Wide varieties of food and beverage

For Information: 719-836-1921
 Email: info@burrodays.com or www.burrodays.com
Burro Days benefits the Fairplay Schools!

CONIFER COMMUNITY PARK AT BEAVER RANCH
MARKETDAYZ
OUTDOOR ARTISAN AND ORGANIC FOOD MARKET

Conifer Community Park at Beaver Ranch
 11369 S. Foxton Road, Conifer, CO 80433
 Park Office: 303-838-3705
 A 450-acre open space park just ¼ mile off of US Highway 285

Arts • Antiques • Crafts • Gifts • Organic Food
10 a.m. – 4 p.m. 2nd Saturday Monthly May - September
May 12 • June 9 • July 14 • August 11 • September 8

Vendors and Exhibitors
\$50 per day
\$25 extra for electricity
 For information and vendor registration, call 303-697-8123 or click on the vendor registration link at www.ConiferCommunityPark.org

Free Admission!
Free parking
 Dogs on leash welcome.
 For information, call 303-697-8123 or email info@ConiferCommunityPark.org

Conifer Community Park At Beaver Ranch
 P.O. Box 187, 11369 S. Foxton Road, Conifer, CO 80433
 303-697-8123 info@ConiferCommunityPark.org

Wednesday August 8th
10:00 - 12:00
TOUCH - A - TRUCK

Come climb & crawl on vehicles **BIG & small!**
Flight for Life Helicopter, 4th Engineer Battalion, Bearcat, Fire Engines, Snow Plow, Ambulance, Dump Trucks, Backhoe, Police Car, School Buses and so much more!

Meadow Wood Sports Complex
FREE event

Sponsored by:

2000 Evergreen Heights
 Woodland Park



The Resource Exchange - Early Intervention

Free developmental evaluations for children birth to three. If you or someone you know has concerns, or if you have questions about developmental milestones and wondering if your child's development is where it should be give us a call. For Teller County - Joann Jones 719-687-5047, Park County - Amelie Moutoux 303.816.0011, or El referral 719-577-9190



WOODLAND PARK • FLORISSANT • FAIRPLAY

July 4th Old Fashioned 4th of July Celebration - Woodland Park 10:00 am to 3:00 pm. It is filled with kids' activities, entertainment, food, business vendors and many resources.

July 5th - Symphony Above the Clouds - Woodland Park Thousands of people bring lawn chairs and picnic dinners while they listen to beautiful music and thrill to Tchaikovsky's "1812 Overture". After dark, they look forward to the fire and smoke of Ft. Carson cannons. Preshow: 5:30 pm, Concert: 7:30 pm Featuring the Colorado Springs PhilHarmonic Location: Woodland Park Middle School field 600 E. Kelly's Road

July 7th - Keith McKim--Patriotic music and poetry - Florissant 2:00 PM - 3:00 PM. Former Army Green Beret, Keith McKim with his 16th Century Literature from the University of Maryland. This is his third appearance at the Florissant Public Library (334 Circle Dr.) Come for the fun!

August 8th - TOUCH-A-TRUCK DAY - Woodland Park Kids come climb on trucks BIG and small. Wednesday, August 8th 10:00am - 12:00pm, 12th Annual TOUCH-A-TRUCK Day at Meadow Wood Sports Complex, Woodland Park. FREE event! This event is

approx. 1/2 mile on the right side. Organized by: The Resource Exchange & The City of Woodland Park. More info go to: www.tre.org or find Touch-A-Truck on facebook

July 14th - 22nd - Park County Fair - Fairplay The 2012 Park County Fair will be held July 14-15, 18-22 at the fairgrounds in Fairplay. The fair will include horse and livestock shows and competitions, dog shows, 4-H and open exhibits, crafts, shooting sports, a ranch rodeo and a dance. call Kathy Curcio at 719-836-4289.museum admission).

July 29th - 64th Annual Burro Days - Fairplay will have burro races, llama races, kiddies pack dog races, parades, contests, more than 140 arts and crafts booths, more than 30 food booths, a dance and barbecue, local musical entertainment, pancake breakfast, Cowboy Church services and more. More than 10,000 people typically come. All proceeds from Burro Days go to Fairplay-based Park County Re-2 schools. www.burrodays.com or call 719-836-1921.



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