Toddlers and Self-Control
from www.zerotothree.org

Picking up the remote after you’ve told your child not to touch it five times in 10 minutes. Slapping a friend who took the last train off the table at child care—right after she agreed with you that ‘hands are not for hitting.’ These are typical toddler moments that all come down to one thing: self-control, and the lack of it.

When do children have the impulse control to resist the desire to do something not allowed? Research shows that these skills start developing between 3.5 and 4 years, and take many more years to be used consistently.

When are children able to control their emotions? Research show that this type of self-control is also just starting to develop between 3.5 and 4 years.

Why do young children have so little self-control? The part of the brain responsible for exerting control over the emotional, impulsive part of the brain is not well-developed in children under 3.

Visit www.zerotothree.org for more information.

Tips on Helping Your Child Learn Self-Control

1. It’s not easy being a toddler. There are an awful lot of things toddlers need to do that they don’t want to do, like getting in the car seat, stopping play to take a nap when they are NOT tired, or sharing their treasures. Let your child know you understand: “You are really disappointed that we can’t go to the playground today.” Giving your child the words to describe his feelings is the first step toward helping him manage his emotions and develop self-control.

2. Read books about children who get angry or have tantrums, and talk about how to handle these big feelings.

For more tips on how to help your child learn self-control visit www.zerotothree.org


Mark your calendars!
May 11, 2018 is PROVIDER APPRECIATION DAY!

Provider Appreciation Day is a special day to recognize child care providers, teachers and other educators of young children everywhere.

Get together with other parents to create a surprise • Send flowers, cards or a handwritten note of appreciation • Work with your child to create a special gift

For information visit http://providerappreciationday.org/

Save the Date!!

Delaware Opportunities Inc.
10th Annual Children’s Festival
35430 State Highway 10
Hamden, NY 13782

June 27, 2018, 10am-2pm:
MORE INFORMATION COMING SOON!
**Parenting Education Opportunities**

**The Family Service Association**  
277 Chestnut Street  
Oneonta, NY 13820  
607-432-2870  
-Parent education workshops offered to all area parents and caregivers. Topics include information about parenting skills and child and adult development.  
[www.fsaoneontany.org](http://www.fsaoneontany.org)

**Cornell University Cooperative Extension of Delaware County**  
34570 State Hwy. 10 Suite 2  
Hamden, NY 13782  
607-865-6531  
[www.ccedelaware.org](http://www.ccedelaware.org)  
-Nutrition Education programs that assists income-eligible families and youth improve health.

**Hancock Community Children’s Center**  
316 W. Main St.  
Hancock, NY 13783  
607-637-3146  
[www.hancockeducationfoundation.com](http://www.hancockeducationfoundation.com)  
-A free drop-in center for parents and caregivers and their children 0-3. The Children’s Center offers a safe, fun atmosphere to learn and play. FREE monthly programs focusing on nutrition and parenting.

**Family Resource Network**  
46 Oneida St.  
Oneonta, NY 13820  
607-432-0001  
[www.familyrn.org](http://www.familyrn.org)  
-Serving individuals with disabilities and their families. Visit their website to find upcoming events, training opportunities, newsletter, support groups and additional resources.

**Southern Tier Independence Center**  
135 East Frederick Street  
Binghamton, NY 13904  
607-724-2111  
- **Early Childhood Direction Center:**  
  [ecdc@stic-cil.org](mailto:ecdc@stic-cil.org)  
  [http://www.stic-cil.org/ecdc.html](http://www.stic-cil.org/ecdc.html)  
- **Parent Technical Assistance Center**  
  [ptac@stic-cil.org](mailto:ptac@stic-cil.org)  
  [http://www.stic-cil.org/ptac.html](http://www.stic-cil.org/ptac.html)

**ZERO TO THREE**  
Little Kids, Big Questions podcast series addresses some of the most common issues facing parents of babies and toddlers. Series of 12 podcasts. No charge. Visit [www.zerotothree.org](http://www.zerotothree.org)

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**Banana Chocolate Chip Cookie**  
[www.sallysbakingaddiction.com](http://www.sallysbakingaddiction.com)

**Ingredients:**  
- 2 and 1/3 cups quick oats  
- ¾ teaspoon salt  
- 1 teaspoon ground cinnamon  
- 1 cup of almond butter or peanut butter  
- ¼ cup pure maple syrup or honey  
- 2 large ripe bananas, mashed (about 1 cup)  
- 1/3 cup dark or semi-sweet chocolate chips

**Directions:**  
- Preheat oven to 325 degrees. Line a large baking sheet with parchment paper. Set aside.  
- Combine all ingredients into a large bowl. Using a large rubber spatula or wooden spoon, mix until all of the ingredients are thoroughly combined. The dough will be sticky and thick.  
- Each cookie will be 3 Tablespoons of dough. Drop this amount onto prepared cookie sheet and slightly flatten the tops into desired thickness. The cookies will not spread in the oven.  
- Bake for 15 minutes or until edges are slightly brown. Don’t bake any longer or the cookies will taste dry. Allow to cool on the cookie sheet completely. Cookies stay fresh at room temperature for 1 week.

**Paper Plate Sun Catchers**

**You’ll need:**  
Contact paper  
Paper plate  
Scissors  
Tissue paper

**Get Started:**  
Cut tissue paper into different shapes and sizes. Cut the center out of the paper plate so it looks like a frame (circle, heart, or any shape). Cut a piece of contact paper about the same size as your paper plate frame. Peel the back from the contact paper and place it down on a table sticky side up. Now place your paper plate frame on top. Press down. Fill in the center of the frame by adding the colored tissue paper onto the contact paper. Once satisfied with your design, cut another piece of contact paper and lay it over the top (sticky side to sticky side). Press down. This step is optional. Hang in a window and enjoy!

**Tips:** Use natural items like leaves or flowers and a piece of cardstock in place of the paper plate. Decorate the plate or cardstock with crayons and/or markers.