

FEARS

the world seems so big as I am growing up



Tuck me in tender
Sing me a song of light
Cover me with kisses
And I'll be safe all night.



FEARS

The world seems so big as I am growing up

The world is so big and scary to a toddler. Loud noises, dark places, cars going by so fast... so much that feels frightening.

A toddler is often afraid of real things, like animals, loud noises, lightning and thunder or visits to the doctor. He may fear things that are not real, like ghosts, monsters under the bed, or the “boogie man.”

Children fear what they do not understand or feel sure about. A toddler is not sure he is safe in the dark, so he may fear going to bed. He doesn't understand that when Mommy and Daddy go out they will be back, so he may be afraid when they go.

Don't be mad at your child for being afraid.
Instead, help him feel in control of what he fears.
Put on a night light if a child fears the dark.
Give him his bunny or blanket if it makes him feel safer.
Each time you help him feel safe, it builds his confidence.
He will learn to be brave on his own a little at a time.

Being teased about being afraid, or being forced to do something he fears will not teach your child to get over a fear. And using a child's fear as a threat to him, like telling him the “boogie man” will get him, only makes him more afraid.

Comfort a child who is afraid. Make him feel better. Give him lots of hugs and tell him he is safe. The more you make him feel safe, the sooner he will forget his fears.

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Written by Elizabeth D. Drake, M.Ed., and Anne E. Gilroy.

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REMEMBERING

memories of childhood help us be good parents



Mary Sharon McCreary - Mally

**I am small
And you are grown
Look in my face
And see your own.**



REMEMBERING

Memories of childhood can help us be good parents

What do you remember about being a child?
Do you remember good things or hurtful things?
Did your parents' words make you feel good or bad?

As a child, you learned more than you may know.
Your family gave you lessons about raising children
by the way they took care of you.

We often teach children the same way we were taught.
We say and do the same things our own parents did
without stopping to remember how it felt.

Can you still hear the words your parents used when they spoke to you?
When you were a child, did you sometimes wonder if you were loved?
The words you say to your child now will be what he remembers the
rest of his life.

Did your parents sometimes hit you or hurt you because they thought it
was the way to teach you to be good?
You can choose other ways to teach your toddler to behave.
You can learn better ways than yelling and hitting.

Try to remember what it felt like to be a child.
Then decide what kind of parent you would like to be.
Use the good parts from your childhood with your children. Remember
the hurtful things, but don't repeat them.
Learn ways to be a good parent and you'll give your children
happy memories to last a lifetime.

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MAKING CHOICES

learning how to decide is part of growing up



Mary Sharon M. Bailey - Nelly

I love peas on Monday – on Tuesday I want peas.

For Wednesday lunch, nutritious peas

On Thursday more delicious peas!

For Friday breakfast, jam and peas.

On Saturday serve ham and peas!

Sunday's here if you please...

I'll eat anything but peas.



MAKING CHOICES

Learning how to decide is part of growing up

You won't teach a toddler how to think for herself
if you tell her what to do all of the time.
Children need the chance to decide some things on their own.

A parent has to make all the choices for a little baby...
what to wear, what to eat, which blanket to use.
But a toddler is ready to learn how to think for herself.
A toddler needs a chance to practice making choices.

Toddlers start making choices by saying, "No!" "No bath!
No hat! No milk!" Some days all you hear is "No, no, no!"
Sometimes she doesn't even mean it! She's just letting you know she's
ready to begin thinking for herself.

Let her decide for herself by offering her a choice.
Ask her, "Do you want to use the red cup or the blue cup?"
"Do you want to play a game or read a book?" Always give a clear
choice between two things that are OK with you. Don't ask, "Do you
want to wear a hat?" if you know she must wear one. Say, "Do you
want to wear this red hat or that blue one?"

Some things you must stay firm about, like being in the car seat and
following safety rules. But try to pick out a few times each day when
your toddler can practice making choices.

With practice and your help, she will learn the difference between good
choices and bad ones. She'll be smarter —
and she'll be able to make the right choices as she grows up.

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BEING GOOD

learning how to behave is part of growing up



Mary Shannon Kelly - Kelly

They say there's a boy who lives down the street
He follows the rules and he's clean and he's neat
He picks up his toys and he eats all his food
He never says, "No!" – he's just perfectly good.
It's lucky that you've got me for a son
You wouldn't want him – he's already done!



BEING GOOD

Learning how to behave is part of growing up

A child doesn't learn how to be good all on his own!
He needs you to be his teacher every day.
But a toddler is too small to remember a lot of rules.
As his teacher, you'll have to give him lots of gentle reminders!

Pick just a few important rules that help keep him safe, like "Do not touch the stove," or "Do not go out the door."
When he remembers, praise him! Tell him, "Good job!"
As your child gets bigger, you can add more rules.
But don't expect that he will remember all the time.

A child learns how to behave by trying out different ways of acting. If he gets what he wants by crying or having a tantrum, he gets the idea that acting up works.
He learns to scream or cry every time he wants something.
If you get mad and say "No," but end up giving him what he wants because he whines, you'll be teaching him to whine a lot!

You are the teacher in more ways than one.
Your toddler will copy what you do. If you hit him, he will learn to hit.
If you scream and yell, he will act the same way.

What can you do instead? He wants you to be proud of him. Show him you're proud when he behaves the right way.
Don't say "No," unless you will stick to it even if he has a tantrum. If whining and tantrums don't work, you will soon see them disappear!

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WONDER

trying things out is part of growing up



Mary Sharon Mc Kinley - Pally

I used to be a baby...

I couldn't run or play

I used to be so tiny... but that was yesterday.

I used to stay in just one place

I used to sleep and grow

I used to be so little... but that was long ago.



WONDER

Trying things out is part of growing up

Toddlers are so busy! For parents, it's a big change from the baby who used to stay in one place all the time. Now it seems your child is into everything!

Your toddler needs the chance to explore.
She needs to find out all the new things she can do.
As she plays, she gets stronger and learns new skills.
When she can try things out for herself, she gets smarter.

Your toddler wonders about everything.

So, she opens and closes the door, bangs the pots, and pulls on anything she can reach. She does things over and over again until she is sure she knows what is going to happen next.

This is how she begins to understand the world.

Your toddler never stops trying to figure things out. She puts on Daddy's shoes or Mommy's hat to try to be like them.
She wants to play games like peek-a-boo over and over.
She loves to try to figure out what will happen next!

But some of what she is doing can make you feel mad.
As she explores, she spills stuff, breaks things, makes mistakes and lots of mess! It's easy to get upset sometimes.

Try to remember that being busy is not the same as being bad. Being busy is how she learns. Both her brain and muscles are making the big jump from being a baby to being a "big girl." She's working at getting stronger and smarter each day.

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INDEPENDENCE

learning to do it on my own is part of growing up



Mary Sharon Mc Keeley - Nelly

I can do most anything
I'm big and strong and tall
Climb the highest, run the fastest
I can do it all.
I can face a mighty monster.
I'm brave, I'll take a stand
I'll slay the dragon – save he day!
(If you'll just hold my hand)



INDEPENDENCE

Learning how to do it on my own is part of growing up

Believe it or not, one of the most important things your toddler needs as he learns to be independent is you! A child must feel safe and protected by you before he is willing to do things on his own.

Some days, your toddler acts so grown up. He says, “Me do it” to everything. He wants to do everything by himself. He wants to try new games, new foods, new everything!

But, other days he seems to be just a baby. He might cry for what seems like no reason at all. He may be afraid of things he liked just yesterday. Some days a toddler just can’t handle anything new at all.

Growing up doesn’t happen all at once. A child grows up little by little. During his toddler years, he goes back and forth between being a “big boy” and being a baby.

Even when he seems so grown up, your toddler is not really ready to give up being a baby completely. Let him climb into your lap when he needs to. Hug him and hold him, and “baby” him. Tell him you are proud of him and that you love him. It won’t spoil him or make him weak when you comfort him. Instead, it will show him he is safe and protected. It will help him get ready to face the world on his own.

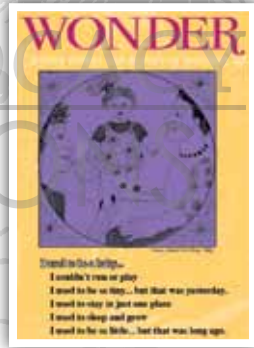
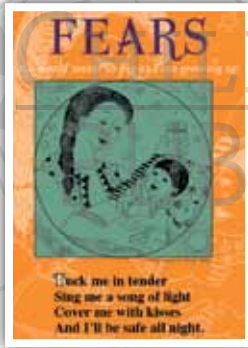
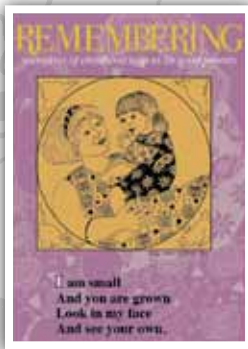
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The Growing Cards



A set of six beautiful cards designed to help parents understand the emotional growth and development of toddlers and how it relates to their behavior. Beautifully packaged and suitable for framing. Brilliant, full-color art with drawings by children's book illustrator Sharon McGinley-Nally.

CHILD ADVOCACY
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The Growing Cards

From the “Foundations of a Family” series — helping parents understand and meet the emotional needs of their toddlers.

The Growing Cards offer the means for an on-going discussion with parents about the emotional development of toddlers and how it relates to their behavior. The cards give parents specific ideas as well as support for dealing with the challenges of the toddler years: separation anxiety, independence, assertion, fears, as well as building self-esteem and self-control. Use the Growing Cards, either as a complete set or one at a time, to help parents gain an understanding of these early stages of emotional growth and development.

The Growing Cards are written and designed specifically for families of young children ages 18 months to about 3 years. In an easy to-read-format and beautifully illustrated, the cards address issues of emotional growth and development as they arise in everyday behaviors:

- **Remembering** — “Memories of childhood help us become good parents.”
- **Making Choices** — “Learning how to decide is part of growing up.”
- **Wonder** — “Remember that being busy is not the same as being bad.”
- **Fears** — “A toddler learns to be brave a little at a time.”
- **Independence** — “Your toddler needs to feel safe and protected by you before he is brave enough to do things on his own.”
- **Being Good** — “As your child’s teacher, you need to give her lots of gentle reminders.”

The Growing Cards — From Child Care Publications

The Growing Cards are beautifully packaged and sized for easy 5x7 framing.

Written by Anne E. Gilroy and Elizabeth D. Drake, M.Ed. Full-color art with drawings by children’s book illustrator Sharon McGinley-Nally. Easy to read language appropriate for all reading levels.

“It is our hope these materials will be placed in the hands of caring messengers who are working to create safe, nurturing homes for all babies.”

Anne E. Gilroy

Elizabeth D. Drake

The “Foundations of a Family” series includes:

The Promise Card — a warm welcome for the newborn.

The Nurturing Cards — a set of 7 cards to help foster the emotional growth of babies.

The Growing Cards — a set of 6 cards about the emotional growth and needs of toddlers.

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