



Presentation Summaries from The GET UP Project

“What Did You Say?” Striving for Better Communication with Your Child

Learning to communicate effectively is crucial for preparing children for the real world. Communication is a life long skill. During this interactive presentation, the participants will become more aware of difficulties in communicating and gain information concerning the developmental assets children need. The participants will also gain information to understand the impact of what and how they communicate with others. Suggestions will be given for positive communication. Each participant will receive a “Listening Rod” bookmark to remember to take turns speaking.

“Once Upon A Time” Choosing Children’s Books

The participants will become more familiar with the life long impact of reading to young children. Parents need to create “Reading Memories” for their children. The various types of books, tips for choosing books, and tips for reading will also be reviewed. Kindergarten literacy skills will be covered including concepts about print. Children also need to see adults in their life reading for pleasure and the adults need to understand their impact on the children. Reading is a life long adventure.

Options for follow-up activities:

The participants can become an author and create their own book or a file folder game can be made to reinforce a literacy skill.

“Have You Filled a Bucket Today?” Teaching Gratitude

Adult/Parent Workshop:

The workshop is based on the book- How Full is Your Bucket? by Tom Rath and Donald O. Clifton, Ph.D. Teaching gratitude to children can be a complex process. Before teaching children about gratitude, parents and adults need to determine their own gratitude level. The workshop progresses with suggestions for taking care of self, then sharing gratitude with others. Some comments from past workshops include statements such as “really helped to increase my awareness to care and helping our children. We all need this encouragement.”

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and “I gained information and it made me take another look within myself and to evaluate my life, me and how I look at things.”

Children’s workshop:

This workshop is based on the book Have You Filled A Bucket Today? By Carol McCloud which teaches children the difference between caring and uncaring individuals. It also encourages children to develop their own caring spirit. The session will have two segments: one for adults and the other for children. Adults will receive strategies for “filling their bucket” as well as their child’s while children will read the book and participate in a craft relating to the book’s theme. Topics will include empathy, compassion, and communication.

“This Isn’t Your Mother’s Kindergarten” Skills needed for School Success

During this interactive presentation, the participants will discuss some of the changes that have taken place in kindergarten over the past few years, and become more familiar with the current requirements and expectations. Preparation for kindergarten is crucial and the participants will become more familiar with the basic skills needed for success in kindergarten and beyond. Some differences between the preschool day and the kindergarten day will be examined. There needs to be an increase in the number of children entering kindergarten prepared and ready to learn.

Options for follow-up activities:

The participants can make a file folder game to reinforce a literacy skill such as beginning sounds, letter recognition, rhyming words, etc. The game can be determined according to the needs of the students.

“It’s Okay to Say No!” Discipline Strategies

During this interactive workshop, the participants will learn new strategies in parenting. The parents, who do not want to say no to their child, will learn that children need boundaries. Strategies will be given to encourage children to follow directions, express their feelings in a positive manner, and understand acceptable and unacceptable behavior. Participants will learn assets that children need to have and will learn that discipline means to teach and train.

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“Parenting and Being a Trustee” Parenting Styles and Fulfilling the Needs of Children

The participants will become more familiar with information that will enhance their parenting skills. Participants will learn their parenting style, strategies for positive discipline, assets that all children need, and skills to improve communication with their child. The role of parent and/or trustee is crucial for developing a well rounded child. The 5 P’s, the 3 E’s

“Got Skills?” Skills Needed for School Success (Intellectual skills)

There are skills that are needed for the child to be the best possible student. There are areas that affect the ability of the child to learn. Parents can become aware of their role in the child being more successful in school. There are strategies and responsibilities that parents/trustees need to be aware of to help their child in school. The participants will learn of strategies to help the child in school. The strategies can transcend grade levels.
Options for follow up activities- the participants will make a folder game to reinforce letter sounds, the alphabet, or counting.

“Math is More Than Counting” Math Skills for Young Children

The participants will learn the math standards of learning and how to teach or help their child. The categories of the Standards of Learning will be discussed, to include Number and Number Sense, Computation and Estimation, Measurement, Geometry, Probability and Statistics, and Patterns, Functions and Algebra.
Activities will be shared for parents to enhance skills with the children.

“Look What I Can Do!” Fine Motor and Gross Motor Skills

This workshop will provide suggestions of activities to enhance and develop fine and gross motor skills. Fine motor skills including writing, lacing, drawing, cutting, tracing, etc

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Gross motor skills to include hopping, jumping, skipping, throwing, catching, running, naming games to play- relay races, obstacle course, Follow the Leader, Simon says, etc.

“Making Homework Work” Strategies to Make Homework Go Smoothly

The session will include suggestions for making homework a better experience. The session will include ideas and things to do to encourage responsibility. Another focus will be for parents to find ways to schedule homework, improving planning skills to reduce stress, and what do you need to help your child complete assignments.

Other topics for sessions:

“The Beginning Reader”

Reading Readiness and Literacy Skills

Rhythm

Vocabulary

Word families

Social Skills and Persistence

Phonemic awareness

Letter recognition

“Communicating with Parents”

“Grade Level Transitions”

What to expect in the next grade level

Letter sounds

CAPS

“Cat and Bat and Other Words that Rhyme”

Nursery Rhymes and Rhyming Words

Most presentations will last for an hour. Some presentations can lend themselves to reinforcement activities/games.

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