

Around The Neighborhood

Summer/1994

A Newsletter for People Who Care For Young Children

A Special Issue on Transitions

We're focusing this issue on transitions because the summer and fall are times of changes for many children. That theme also plays a part in our newest week of programs GOING AWAY & COMING BACK, scheduled for the last week of August.

Transitions

It's no wonder the Neighborhood Trolley is a favorite of many children. Anything on wheels fascinates them. But there may be a deeper reason why children like the Trolley: it helps them make the transition between Mister Rogers' television house and the Neighborhood of Make-Believe. It's a link between where they've been and where they're going. It gives children a chance to settle in and be ready for the shift to Make-Believe... and back again to Mister Rogers' neighborhood. Transitions help children cope with changes.

In their child care day, children deal with lots of changes: from home to child care and from activity to activity. Changes are hard for all of us. They're especially hard for children. Transitions can make changes more manageable.

Your Help With Changes

The most important help comes from your own experiences. How do you feel when someone interrupts you and asks you to do something else? Think about how hard changes are for you. Children don't have our adult ways of coping or our understanding of situations, so to adjust to their changes, they need your help in making the transition from the "old" to the "new."

From Home to Child Care...and Back Home

Much as they may enjoy being in child care, it can be hard for children to shift from family to provider. And, much as they love their family, it can be hard for children to go from your care to their family at the end of the day.

That's why it means so much when a parent stays for a few minutes -- to make a link between home and child care. It can also help for children to carry something from home, like a "transition object" or to take something home from their child care day.

From One Activity to Another

There are many times when you ask children to stop what they're doing and do something else -- from playtime to nap time; from playtime to lunchtime; from free play to circle time or story time.

Here are some ways you can give them transitions:

- Prepare children ahead of time. Let them know that "clean-up time will be in five minutes."
- Talk about what's coming next. That way you're helping them focus ahead, rather than on what they're giving up.
- Offer an "in-between" activity. If children are coming in from active outdoor play into lunchtime, before they come to the table, have them do a calming activity, like looking at a book.
- If the next phase is a quiet time, dim the lights or play soft music to help children settle down.

Remember that some children have a very hard time moving on to the next activity. They may need some extra support, like having you right there beside them, even helping them pick up the toys. Your warm voice and your caring arm around them can help them move along.

From Your Program to Another in the Fall

It can help for children to have some "bridges" between the "new" place and the "old." Talk with them about things that will be the same. Near the end of the summer, you may want to take them on a "field trip" to the kindergarten. In some child care programs, even infants and toddlers "visit" their new group for snack time now and then so that, little by little, they can become familiar with the new people and the new setting...and make their own bridges to the next place. That helps at all ages!



At the touch of the switch, Mister Rogers brings in the Trolley, signaling the transition into the Neighborhood of Make-Believe.

For a free copy of "When Your Child Goes to School," send a business-size, self-addressed, stamped envelope to Department CC, Family Communications, Inc. 4802 Fifth Avenue, Pittsburgh, PA 15213.

Dear Parents and Providers,

Many of us know stories like this: a 3 year old becomes greatly upset when his mother decides the time has come to wash his "sucky blanket." To her, the blanket is dirty and smelly, little better than a rag. For the little boy, though, the blanket is a vital bridge between himself and the world.

The blanket comes out of the dryer, looking and smelling different, but after a bit of "breaking it in," he's soon able to find comfort in it again.

We call things like that boy's blanket, "transition objects." They are favorite things children latch on to when they are little — a blanket, a toy, perhaps, or a teddy bear. My grandson has "Bear" who has been his beloved companion since infancy. His father had a soft dog called Ann. Rarely can we predict what will become the beloved "best" object.

"Transition objects" become important bridges between what the child knows best — home and close family members — and the rest of the world of new places, new things, and new people. They offer children comfort and a sense of security while they're becoming more comfortable in those new places (which can take a long while).

There's another essential way we help children with transitions to new places and new people. It's trust. Trust is the essential bridge between the child and the rest of the world of people.

The infant who has learned to trust his or her first and closest caregivers can take that trust and extend it to a widening circle of relatives and other caregivers — child care providers, doctors, teachers, and other caring professionals who become important in his or her life.

Transitions can still take lots of time, even when children have had warm, trusting relationships and even when they carry along their "blankies." Little by little, at their own pace, children will be able to move ahead on their own.

Even though parents and providers may feel some sadness as children move ahead, they can also feel pride in the strengths they've given the children as they move from oneness with the mother to a new separate, unique, independent, feeling, decision-making person! What a tremendous journey that is!

Sincerely,



Fred Rogers, host of *MISTER ROGERS' NEIGHBORHOOD*, begins his 26th year on PBS.



A Page For Parents — Making The Transition To Bedtime

Almost all parents have trouble getting their children to bed at one time or another. Bedtime can be hard for children because going to bed means going away from the people they love. And, if they're having fun or interested in something, they don't like to stop and get ready for bed.

Here are some ways that parents have helped with the transition from evening time to bedtime.

Try to make bedtime the same time every night.

- Bedtime can be easier if children know when to expect it each night.
- If a very young child cries at bedtime, you might be able to help with a back rub or sit in the room a few minutes for some reassurance.
- It's okay if your child doesn't fall asleep right away. Some children need a little time to settle in. Quietly reading a book or listening to music can help. Just let your child know it's important to be in bed at that time.

Try to have the same routine every night.

- Doing the same things every night helps a child know what's coming next. That way, your child can be more ready for the time when you say "goodnight."
- Be warm and comforting. And at the same time, be firm about the routine.
- Here is what some families do every night:
 - take a bath
 - put on bedtime clothes
 - read a book or tell stories
 - sing softly
 - say goodnight to the chair, the window, the bed, and other objects in the room
 - say goodnight softly and leave the room

Do calm and relaxing things just before bedtime routines.

- In some families, the adults like to read the newspaper or a book while the children play quietly nearby.
- Turn the television off at the end of a program just before bedtime, so it won't be so hard for a child to leave the room.
- If your family watches television in the evening, it can help to choose programs or videos that are calming, rather than those that might be exciting, violent, or scary.
- In good weather, you may want to take a walk.

Be firm about the limits.

- If your child comes out of the bedroom, kindly but firmly walk him or her back to the bedroom.
- Calmly and firmly remind your child that the day is over, and that it's time to go back to bed.
- Be firm about the limits: only two bedtime stories...only one or two trips to the bathroom.

Help your child know there are ways children can find comfort when they're trying to get to sleep.

Here are some suggestions:

- Cuddle a stuffed animal.
- Think about a nice wish coming true.
- Keep a night light on in the room.
- Leave the bedroom door open a little bit.

Try not to give in when your child wants to stay up later.

- It may seem easier just to give in to get your child quiet, but letting your child stay up later one night will only make it harder to get back to the routine in the future.
- If your child continues to cry at bedtime, try to be calm and firm.
- Let him or her know you are nearby, but that it's bedtime. You could say, "It's the end of the day and time for you to go to sleep now."
- It will probably take one or two weeks of repeating these steps every night for your child to manage better with bedtime.

**MISTER
ROGERS'
NEIGHBORHOOD**

Mister Rogers' Neighborhood is produced by Family Communications, Inc., a not-for-profit corporation that produces audio, video and print materials designed to encourage communication between children and adults. For more information and a catalog, please write or call: Family Communications, Inc., Dept. CC, 4802 Fifth Avenue, Pittsburgh, PA 15213; 412-687-2990.

Please Duplicate This Page For Parents

Check 'Em Out! — Books To Share With Children

July 1 — "Things to Wear"

(On #1675 Mister Rogers reads from *Hats, Hats, Hats* by Ann Morris.)

July 4-8 — "Abilities & Disabilities"

The Ugly Duckling by Hans Christian Andersen. This story has timeless appeal to all who ever felt left out just because they were different. (On #1390 the program includes a puppet play of the story "The Princess and the Pea.")

July 11-15 — "Moving"

The Leaving Morning by Angela Johnson. A touching story about an African American girl whose family is about to move to a bigger home because a new baby is on the way. Ties to the old neighborhood are hard to break as the children look fondly upon their home and street.

July 18-22 — "An Opera"

Pet of the Met by Don Freeman. Norman the Doorman is a mouse who greets all the guests at the Metropolitan Opera House—all the mouse guests, that is.

July 25-29 — "Old & New Friends"

Yo! Yes? by Chris Raschka. Told with exuberant illustrations and very few words, two young boys meet, test out their feelings, and become friends.

August 1-5 — "King Friday's Birthday"

The Boy Who Was Followed Home by Margaret Mahy. Robert decides that 27 hippopotami are just too many, even for grandpa's birthday party. But when the hippopotami disappear, the troubles are not over for Robert and his family. (On #1447 Mister Rogers reads from Helen Oxenbury's *Numbers of Things*.)

August 8-12 — "Looking Back & Ahead"

From Me to You by Paul Rogers. A grandmother shares her interesting life and special hand-sewn lace with her granddaughter.

August 15-19 — "Going to School"

Jessica by Kevin Henkes. Ruthie's parents insist that "There is no Jessica," but Ruthie is determined to bring Jessica to the first day of kindergarten. She soon discovers that a make-believe Jessica is fine, but a real one is even better. (On #1461 Mister Rogers shows *The Big Treasure Book of Wheels - 70 Things that Move on Wheels*.)

August 22-26 — "Josephine the Short-Neck Giraffe"

The Whales' Song by Dyan Sheldon. Grandmother shares stories with Lilly about whales and tells her that if she gives the whales something special, they may give her the gift of song.

August 29-September 2 — "Going Away & Coming Back"

Roundtrip by Ann Jonas. Black and white drawings recount a trip to the city and a return home. The artist cleverly constructs a story that literally turns upside down in an optical illusion.

September 5-9 — "Learning"

Mouse Paint by Ellen Stoll Walsh. After three white mice discover red, yellow, and blue paint, through play they learn about other colors.

September 12-16 — "Competition"

The Woman Who Flummoxed the Fairies retold by Heather Forest. Based on an old Scottish tale, a master baker tricks the Fairy King into letting her bring her entire household to his kingdom.

September 19-23 — "Play"

Changes, Changes by Pat Hutchins. In a wordless picture book, two wooden toy dolls use building blocks to create and change their neighborhood.

September 26-30 — "Making an Opera"

Gilberto and the Wind by Marie Hall Ets. Sometimes the wind is quiet, but when it blows, kites swirl and Gilberto's bubbles fly. (On #1471 Storyteller Jay O'Callahan tells an original story about a king and a bubble.)

MISTER ROGERS' NEIGHBORHOOD
CHILD CARE PARTNERSHIP

Around The Neighborhood

Summer/1994

A Newsletter For People Who Care For Young Children

Family Communications, Inc.
4802 Fifth Avenue
Pittsburgh, PA 15213
412-687-2990

"Around The Neighborhood" is published by Family Communications with funding provided by The Grable Foundation and Alcoa Foundation.

The start-up work for the Mister Rogers' Neighborhood Child Care Partnership was funded by grants from the Corporation for Public Broadcasting to WGTE-TV, the public television station in Toledo, Ohio. We're grateful to CPB and WGTE for their support.

For more information about the project, contact your local public television station or Family Communications.
© 1994 Family Communications, Inc.

MISTER ROGERS' NEIGHBORHOOD CHILD CARE PARTNERSHIP



Plan & Play Activities For Aug. 29-Sept. 2/Theme: Going Away & Coming Back

Thoughts For The Week

As we think about times that are difficult for children, so many of them include separation (leaving and coming back). If that moment of parting comes as a complete surprise, it can trigger real alarm. If, on the other hand, adults have talked things over ahead of time, and a child understands that the separation will last a certain period of time and then the adult will be back, that child may be able to manage better.

Pretending about going away and coming back gives children the chance to work on the feelings they may have about separation, whether it's the brief separation of naptime or the longer separation of being away at a child care program.

#1676 Monday

Mister Rogers brings a rolled-up map and talks about some ways people travel, going away and coming back. Mime Dan Kamin visits Mister Rogers and the Neighborhood of Make-Believe.

Going Away and Coming Back

The children can use play furniture to set up one model that represents the child care setting and another one that represents a home. Then, using toy people (or figures that have been drawn or cut from magazines), they can pretend about going away from home to child care and returning back home at the end of the day. They might want to talk about any special routines they and their families have such as:

- saying good-bye to a pet before leaving home;
- waving good-bye to parents through a window at the child care center;
- gathering their belongings just before parents come to get them.

#1677 Tuesday

Mister Rogers visits with paramedics who show what an ambulance has on the inside and how they use the equipment to give caring help.

An Ambulance for the Dolls

You might find that the children want to talk about ambulances:

- Does anyone remember hearing the siren noise?
- Have they ever been frightened by the sound?
- Can they remember something about the ambulance on the program today?
- Can they tell you why we need ambulances?



The children can set up a pretend ambulance with the dolls or stuffed animals as the patients, and themselves as the paramedics. A pillow case or towel can be the stretcher. Medical dress-up clothes and a toy medical kit can be stored in a box so the children can get them out from time to time to continue their pretending about ambulances or other medical experiences.

#1678 Wednesday

Mister Rogers plays basketball outside while he waits for a visit from exercise teacher, Marilyn Barnett. They visit a gymnasium to watch wheelchair basketball players during a practice session. In the Neighborhood of Make-Believe, everyone's looking for a secret tunnel.

A Secret Tunnel

You can make a tunnel by covering a card table or coffee table with a blanket or sheet, keeping both ends of the tunnel open. Children can crawl in one side of the tunnel and then come out on the other side, creating a variation of the game of peek-a-boo. They may also want to make a tunnel for cars and toys, using cardboard tubes left over from paper towels or wrapping paper.

#1679 Thursday

Mister Rogers uses a cardboard tube as a tunnel for a toy car and sees a video of Mr. McFeely's trip through a car wash that seems like a tunnel. In the Neighborhood of Make-Believe, more clues are found that lead to a secret tunnel.

A Toy Car Wash

What can the children tell you about a car wash?

- Have they ever been through a car wash?
- Was it like the one Mr. McFeely visited?
- Can they imitate the sound of water in a car wash?
- What other ways do people wash cars?



If you are using empty milk cartons, open or cut off both ends so the toy cars can be driven through. Then let the children set up one or two car washes for their pretend play. They can pretend the car is being washed by imitating the sounds of a car wash. The children might like to use blocks or other cardboard cartons to make roads or tunnels to expand their play with cars.

#1680 Friday

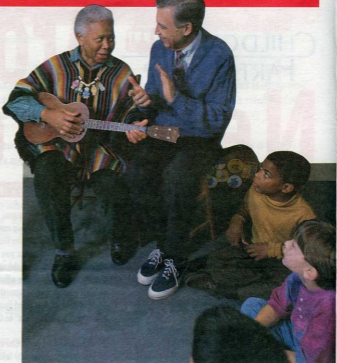
In the Neighborhood of Make-Believe, the secret tunnel is found! Mr. McFeely brings a videotape that shows how people make tortilla chips from blue corn.

Ingredients for salsa:

- 1 cup finely chopped tomatoes
- 1/2 tablespoon finely chopped green peppers
- 1 tablespoon lime juice
- 2 tablespoons water
- 1/2 teaspoon finely chopped onion
- tortilla chips, crackers, or pita bread

Salsa and Tortilla Chips

Let the children help you measure and mix the ingredients early in the day. Let the mixture sit for a while before serving. You can serve the salsa at snack time while you talk about how people make tortilla chips, or other things that children remember from the program today.



Watch for two musical visits with one of children's favorite folksingers, Ella Jenkins, on program #1435 (scheduled for July 15) in the week about MOVING and #1652 (scheduled for September 6) in the week about LEARNING. There are lots of ways to use music — for fun, for learning, for expressing feelings, and for transitions.

Big Bird comes to call on program #1483 (scheduled for September 14) in the week about COMPETITION. Henrietta Pussycat is jealous until Big Bird assures her that he's just passing through and won't take her place as X the Owl's best friend.

Mister Rogers meets wheelchair basketball players on program #1678 (scheduled for August 31) in the new week of programs about GOING AWAY & COMING BACK. Being an athlete takes hard work and practice.



Neighborhood Poster

July • August • September/1994

How To Use The Broadcast Schedule

The broadcast schedule identifies the *Mister Rogers' Neighborhood* programs that PBS stations broadcast on specific dates. (Check with your local PBS station to find out if it broadcasts *Mister Rogers' Neighborhood* on dates different from those shown on this schedule.) The schedule also shows the theme for each week of programs and some of the events occurring in each episode.

The specific episode number (for instance, "#1675" for July 1st) corresponds to the program description and activities in the *Mister Rogers' Plan & Play Book*. The 370-page *Plan & Play Book* contains easy and appropriate activities for preschoolers. It also contains words to many of the songs from *Mister Rogers' Neighborhood* and a special section with recipes and how-to's.



Copies may be ordered from your local public television station or Family Communications.

A Special Note

The activities for programs 1676-1680 (scheduled for August 29-September 2) appear on the opposite page. You may want to save this newsletter so you can have the activities on hand when the programs repeat next year.

July	Monday	Tuesday	Wednesday	Thursday	Friday
This Week: THINGS TO WEAR					1 #1675 Williamsburg Hat Shop; Everyone is Important
This Week: ABILITIES & DISABILITIES	4 #1386 Film of Chrissy's Mainstreamed Class	5 #1387 A Television Camera; Chrissy Plans Surprise	6 #1388 Chrissy Rehearses Puppet Show; Help with Witch Fears	7 #1389 Chrissy Talks about Her Braces, Crutches, and Shoes	8 #1390 Making Up Your Own Stories and Plays
This Week: MOVING	11 #1431 Jigsaw Puzzles; Rules Are for Children's Safety	12 #1432 Touring Empty Apartment; Feelings about Old Things	13 #1433 Chrissy Makes Tacos; Giving and Keeping	14 #1434 Moving Vans; Moving Day at the Apartment	15 #1435 Flea Market; Ella Jenkins & Susan Linn
This Week: AN OPERA	18 #1421 Size Isn't Important; Be the Best of Whatever You Are	19 #1422 Ocean Sounds; Listening; Opera Plans	20 #1423 Tuffy; Opera Costume & Props; Fingerprinting	21 #1424 Locks & Keys; "Behind-Doors" Guessing Game	22 #1435 Opera Day in Make-Believe; "Key to Otherland"
This Week: OLD & NEW FRIENDS	25 #1436 African Turbans; African Dance & Marionettes	26 #1437 Magic Tricks; Deaf Friend; Tim Scanlon, Visits	27 #1438 Ramps; Moving a Piano; Feeling Left Out & Helping	28 #1439 Mrs. Rogers Visits; Film of Deaf Boy at Play	29 #1440 Film of Mrs. Rogers' Piano Recital; Sharing Friends

August**Monday****Tuesday****Wednesday****Thursday****Friday****1**

This Week:
KING FRIDAY'S
BIRTHDAY

#1446
Tony Bennett
Visits; Exercises;
India Dancer

2

#1447
Gymnastics;
Everyone Was
a Baby Once

3

#1448
Lightship Baskets;
Feelings about
Giving Presents

4

#1449
Some Things
You Don't Have
to Give or Share

5

#1450
Sad, Scary, &
Happy Feelings at
Birthday Parties

8

This Week:
LOOKING BACK
& AHEAD

#1451
Old Friends;
Sculptor; Feelings
about Birthdays

9

#1452
Waiting and
Disappointment;
Lizards

10

#1453
Margaret Hamilton
as the Witch on
'The Wizard of Oz'

11

#1454
Remembering the
Past & Wondering
about the Future

12

#1455
Play and Pretend
Are Important;
Making Bread

15

This Week:
GOING TO
SCHOOL

#1461
Mister Rogers
Visits a
Kindergarten

16

#1462
Visit to a
First Grade;
First Day of School

17

#1463
Play Is Important
for Learning;
Drum Lesson

18

#1464
Learning Through
Pictures; School
Can Be Fun

19

#1465
Mister Rogers
Takes a
School Bus

22

This Week:
JOSEPHINE THE
SHORT-NECK
GIRAFFE

#1606
San Diego
Wild Animal Park;
Feeling Lovable

23

#1607
Plans for a
Neighborhood
Opera

24

#1608
'Josephine the
Short-Neck Giraffe'
Musical Story

25

#1609
'Josephine the
Short-Neck Giraffe'
Continues

26

#1610
'Josephine the
Short-Neck Giraffe'
Concludes

29

This Week:
GOING AWAY &
COMING BACK

#1678
World Map;
Mime Dan Kamin;
Sorry about Mistake

30

#1677
Inside an Ambulance;
Caring Paramedics;
A Secret Tunnel

31

#1679
Wheelchair Basketball;
Measuring;
Exercises

September**Monday****Tuesday****Wednesday****Thursday****Friday**

This Week:
GOING AWAY &
COMING BACK

5

#1651
Nobody Can Do
Everything;
Whistles

6

#1652
Pretending Helps
with Learning;
Ella Jenkins

7

#1653
Trying & Learning;
How People Make
Construction Paper

8

#1654
Machines Can Help
with Learning;
Blind Musician

9

#1655
We Learn Best
from Caring People;
Sign Language

12

This Week:
COMPETITION

#1481
A Drawing Contest;
How People
Make Crayons

13

#1482
Mister Rogers
Visits an
Art Museum

14

#1483
Big Bird Comes to
Call; Feelings
about Contests

15

#1484
Lynn Swann:
Football Player
& Ballet Dancer

16

#1485
Winning &
Losing; Making
Rainbows

19

This Week:
PLAY

#1486
Playing Safely;
How People Make
Wooden Toys

20

#1487
Rules for Play;
Moving a
Real House

21

#1488
Play & Imagination;
Blind Pianist
Lou Schreiber

22

#1489
Visiting a Mushroom
Farm; No One
Is Always Right

23

#1490
Many Different
Ways to Play —
Loud & Quiet

26

This Week:
MAKING
AN OPERA

#1471
A Storyteller's
Tale of a
King & a Bubble

27

#1472
A Bubble Machine
& How People
Make Sweaters

28

#1473
Creativity;
Making
Banana Boats

29

#1474
Visiting a Weather
Station; Fans &
Hummingbirds

30

#1475
Neighborhood
Opera 'Windsstorm
in Bubbleland'