



PERSPECTIVES IN PARENTING

Fall 2009

SUPPORT YOUR CHILD'S SOCIAL DEVELOPMENT

As children grow, they become more interested in exploring their environment. Helping navigate the challenges of interacting with others will boost children's self-esteem and develop a firm foundation for learning. Children also master new concepts in play, so it also provides the perfect opportunity to problem solve on their level.

PLAY WITH YOUR CHILD

Release your inhibitions and get on the floor with your child. Follow your child's interest in play to extend the time your child stays with one activity. This will help your child increase focus time during other tasks. As your child gets more comfortable with your participation, you can introduce concepts such as: feelings the play objects are experiencing, how to share, and ways to solve problems that have come up at home or school. Playtime will strengthen your relationship and help your child use your help.

INVITE OTHERS TO PLAY WITH YOUR CHILD

Short and simple playdates are fun for everyone. Remember children need to get comfortable when transitioning to a new situation, even when they know the people involved. Help the children get engaged in an activity and stay nearby as a safe base the children can use when they need help. Meet somewhere entertainment is provided, like a playground, or plan which toys you will bring out with the children so they know the ground rules.

- ✎ Plan ahead by removing toys that are a trigger for conflict (favorites or weapons) and including toys that you have enough of for everyone
- ✎ Allow the children to move at their own pace—they may prefer to play independently or observe until they learn to interact successfully
- ✎ Step in when safety is involved, and show the children how to solve the problem, and give them the opportunity to try again. Praise good choices!
- ✎ Remind the children when the activity will end and what will happen next to eliminate any power struggles



**Center for
Alexandria's
Children**

1900 N Beauregard St Suite
200



The Alexandria Community Services Board is a group of 16 citizen volunteers appointed by the Alexandria City Council. Board policies and programs are implemented and managed by the Department of Mental Health, Mental Retardation, and Substance Abuse. It is a Board policy not to discriminate in the admission to its programs and activities on the basis of race, gender, handicap, religion, or national and ethnic origin. Please contact us if you require special accommodations, have any questions or complaints.



Fall Festivities

12th Annual Kaleidoscope Show

September 11th-13th

Location: [Arts Afire Glass Gallery](#)

1117 King Street

Phone: (703) 838-9785

Our Annual Kaleidoscope Show introduces Kaleido Clocks and Sculptures and features Internationally Famous Kaleidoscope Artists. Special Appearances by Cozy Baker, First Lady of Kaleidoscopes. See the largest display of collectible kaleidoscopes in the entire Washington Metropolitan Area. Free.

Alexandria Festival of the Arts

September 12th from 10am-7pm

September 13th from 10am-5pm

Location: King Street,

from Union to Washington streets

Phone: Alex. Visitors Center (703) 746-3301

Old Town's King Street becomes an open-air art gallery with more than 200 juried artists who display and sell fine art ranging from paintings, sculpture, prints and photography to pottery, glass, jewelry and ceramics.

2nd Annual Family Fun Day

September 19th from 11am-3pm

Location: John Adams Elementary School

5651 Rayburn Avenue

Phone: 703-838-4381

The Center for Alexandria's Children presents a celebration for families with live music, moon bounces, games, activities, food, and a petting zoo. Resources for Alexandria's families will have booths with information for all. Rain or shine!

Civil War Shelter Program

September 26th from 10am-3pm

Location: [Fort Ward Museum & Historic Site](#)

4301 West Braddock Road

Phone: (703) 838-4848

Learn about the various forms of living arrangements for Civil War soldiers. Program reviews shelter structures, tents, winter quarters and huts. Tents erected to show size and design, plus methods of heating soldier quarters, including the display of an original

Sibley stove. Free admission.

Art on the Avenue

October 3rd from 10am-6pm

Location: Mount Vernon Avenue between Bellefonte & Hume Avenues in Del Ray

Phone: (703) 683-2570

Twelve blocks of Mount Vernon Avenue are filled with over 300 artists, including free interactive art for kids, three stages of live music, and local ethnic foods. Kids make their own scarecrow, paint their own pumpkin.

Alexandria Arts Safari

October 10th from 12-4pm

Location: [Torpedo Factory Art Center](#)

105 N. Union Street

Phone: (703) 838-4565

A free festival of hands-on arts and crafts activities for children plus archeological fun.

Apothecary Open House & Arts Safari

October 10th from 1-5pm

Location: [Apothecary Museum](#)

105-107 South Fairfax Street

Phone: (703) 838-3852

This year's free Open House includes free tours, station activities, craft demonstrations, and for the Arts Safari, take-home art projects and more! Learn about the special properties of herbs and discover the important role the apothecary played in early Alexandria.

Alexandria Holiday Tree Lighting

November 27th from 7-9pm

Location: Market Square in front of City Hall

301 King Street

Phone: (703) 838-4844

Musical entertainment with greetings from the Mayor and Santa Claus.