

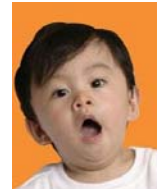


Parenting Playground

brought to you by
Child Development Council
609 West Clinton Street, Ithaca, NY 14850
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www.ChildDevelopmentCouncil.org
January/February/March 2010



Expressing Emotions



Although children are born with individual temperaments, parents can impact how their children recognize, express, and react to emotions. The way parents show and react to their own emotions teaches children through modeling.

Research has also shown that the more often adults talk about emotions with children, the better children can manage their own negative emotions and get along with peers.

By 2-3 years old, children begin to label emotions verbally, and to talk about the causes and results of emotions. You can help your child identify emotions before he or she experiences them by using pictures in books or by playing a game in the mirror. Labeling and talking about emotions allows children to share feelings and receive feedback about how to express or resolve them. With your help, young children can learn to recognize and manage their feelings in a healthy way.



References: 1) Denham, Susanne et al. "Parental Contributions to Preschoolers' Emotional Competence: Direct and Indirect Effects." Motivation and Emotion 21(1). 1997. 2) Kopp, Claire. "Regulation of Distress and Negative Emotions: A Developmental View." Developmental Psychology 25(3). 1989.



Baby Einstein Upgrades from Disney

The Walt Disney Company is offering refunds, or upgrades, for up to 4 "Baby Einstein" videos that you may have purchased in hopes of increasing the intellect of infants. Baby Einstein was founded in 1997. Disney acquired the company in 2001.

Consumers are given the option of exchanging their video for a different one, receiving a discount coupon, or receiving \$15.99 each for up to 4 returned DVDs. A receipt is not required and the offer is good until March 10, 2010.

For more information regarding eligibility guidelines and for the mail-in certificate visit:

www.babyeinstein.com/parentsguide/satisfaction/upgrade_us.html

If you do not have access to the Internet and would like a mail-in certificate, call our office and we will mail one to you.

Just a reminder that the American Academy of Pediatrics recommends no screen time at all for children under 2 years of age. Any television viewing for children less than 2 can be potentially harmful.



References: Lewin, Tamar. "No Einstein in Your Crib? Get a Refund." New York Times. October 23, 2009.

Child Tax Deductions and Credits for Parents

Everyone should file state and federal tax forms; even if your earnings were small you may be entitled to receive a refund or credits. Be sure to check out these and other credits you may be eligible to receive, to reduce your taxes due or increase your refund:

Child & Dependent Care Tax Credit - These federal and New York State credits are available for parents who use child care for children under age 13 while they work, look for work, or go to school. Learn more about the federal credit, worth up to 35% of child care expenses at the IRS website or by calling the IRS Helpline at 1-800-829-1040. Learn more about the state credit, worth up to 100% of the federal amount, at the NYS Department of Taxation and Finance website or by calling the Tax Information Center at 1-800-225-5829.

In order to claim child care expenses on your taxes, you will need to have your child care provider's taxpayer ID number or Social Security Number. You also need an accurate record of the amount you paid for child care in 2009.

Earned Income Tax Credit - These federal and New York State credits are available for working people with low to moderate incomes. Learn more about the federal credit, worth up to \$5657 for 2009, at the IRS website or by calling the IRS Helpline at 1-800-829-1040. Learn more about the state credit, generally 30% of the federal amount, at the NYS Department of Taxation and Finance website or by calling the Tax Information Center at 1-800-225-5829.

Federal Child Tax Credit and Empire State Child Credit – These credits are available for parents raising children under age 17. Learn more about the federal credit, worth up to \$1,000 per qualifying child for 2009, at the IRS website or by calling the IRS Helpline at 1-800-829-1040. Learn more about the state credit at the NYS Department of Taxation and Finance website or by calling the Tax Information Center at 1-800-225-5829.

Free Tax Assistance

Alternatives Federal Credit Union (AFCU) Community Tax Program: Trained volunteers provide free electronic tax filing for low-income families. Taxpayers making up to \$49,000 (\$30,000 for individuals with no dependents) in 2009 generally qualify. The location, 125 N. Fulton Street, Ithaca will be open January 19-April 10: Tuesdays, Wednesdays and Thursdays from 3-8pm, and Saturdays from 10am-2pm. Call 211 (or 1-877-211-8667) to make an appointment. You do not need to be an Alternatives member to use this service.

Tax Counseling for the Elderly: Trained volunteers with a commitment to supporting those in need of tax assistance provide free electronic tax filing for senior citizens, people with limited incomes, and people with disabilities. Income guideline for individuals is \$43,000 or less. Clinic hours at Lifelong, 119 W. Court St., Ithaca, beginning January 1: Thursday 12pm-6pm, Friday 9am-1pm, and Saturday 9am-1pm. Home visits based on volunteer availability. By appointment only, call 273-1511. Program sponsored by Lifelong and Retired Senior Volunteer Program (RSVP).