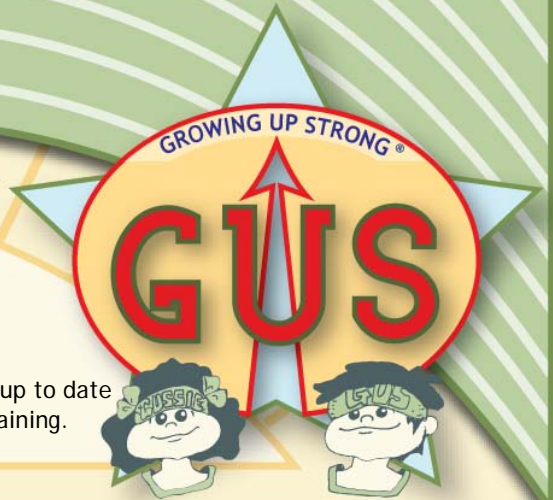


Growing Up Strong GUS NEWS

Thanks for being a part of the
Growing Up Strong Network

GUS News is a quarterly newsletter designed to keep you up to date
and informed regarding the latest in GUS news and training.



FALL
2009

GUS is going
paperless!
Let us know if
you would like
to receive this
newsletter by
email from now
on!

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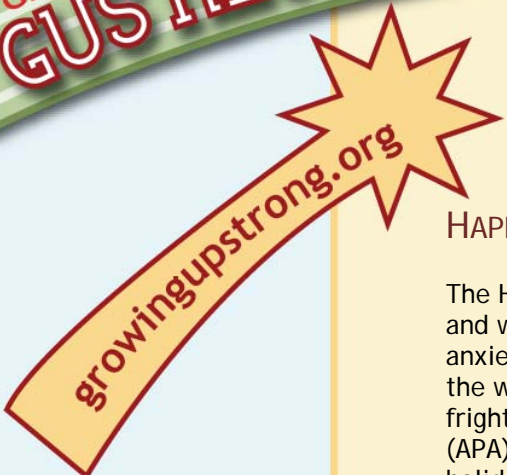
TELL US HOW YOU ARE MAKING GUS AND GUSSIE A PART OF YOUR CLASSROOM!

Teachers! We want to hear about all of the creative ways that you integrate GUS and GUSSIE into your classroom! Do GUS and GUSSIE have a special spot in your class? Do they have meals with the children? Do GUS and GUSSIE have their own outfits and costumes for every occasion? Then tell us about it!



The large soft sculpture dolls, GUS and GUSSIE, are described in the curriculum as friends and have a variety of skin tones and hair colors to emphasize the value of racial and cultural diversity. Once the dolls are introduced to the classroom, they can be used to introduce and demonstrate GUS activities. GUS activities are classified into several developmental areas such as social development, early literacy, emotional competence, and working together in a community. Or you can utilize them without Growing Up Strong activities. They can be used to teach a new task, learn new words, or welcome new students to class. You can even use the dolls at times when you discuss feelings or sensitive subjects with the children in a group. Children can use the dolls as support for understanding and dealing with significant emotions.

So show us how GUS and GUSSIE fit into your classroom and you may be featured in a special issue of GUS News! If you have any stories or great ideas, you can email them to gus@ou.edu. You can include pictures, videos, or audio and you can mail them to Growing Up Strong, Southwest Prevention Center, 1639 Cross Center Drive, Norman, OK, 73019. We are looking forward to hearing from you!



GUS has a new email address!
gus@ou.edu



HAPPY HOLIDAYS!

The Holiday Season is upon us! The days are shorter, the nights are colder, and we once again return to a time of candy, gifts, fun, and sometimes anxiety. Before we are treated to the family gatherings of Thanksgiving and the winter holidays, our children may be tricked by new and sometimes frightening aspects of Halloween! The American Psychiatric Association (APA) offers the following tips to help children have fun and enjoy the holiday.



1. Take the child's fears and concerns seriously. Don't minimize or trivialize them.
2. Help children distinguish between fantasy and reality. Reassure them that the scary images they see are not real, and that they are safe.
3. If children are frightened by costumes, let them participate from a safe distance.
4. Talk with children about scary movies or haunted houses to gauge how well they will handle these situations. If they seem apprehensive, don't let them participate.

Adapted from: American Psychiatric Association (October 19, 2006). "Helping Children Celebrate Halloween: Tips for Parents and Families". Press release. <http://www.psych.org/MainMenu/Newsroom/NewsReleases/2006NewsReleases/06-62halloweentipsrelease.aspx>. Retrieved 2009-10-12.

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RESOURCES

for Early Childhood Educators

Early Childhood News

An online resource for teachers and parents of children, from infants to age 8 years.
<http://www.earlychildhoodnews.com>

Systems of Care

A website devoted to providing information about the mental health of children, youth and families. A system of care is a coordinated network of community-based services and supports that are organized to meet the challenges of children and youth with serious mental health needs and their families.
<http://systemsofcare.samhsa.gov/>

National Youth Violence Prevention Resource Center.

<http://www.safeyouth.org/>

Do you know of any sites that you would like to see here? If so, give us a call!

DO YOU LOVE GUS?

If so, tell us about it. If using the Growing Up Strong program has made a difference in your classroom or in the lives of your children, let us know! We would love to hear about your experiences using GUS in your organization.