

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference

No more tears

Heather Fradette, a mom from Canton Michigan, shares her story:

My preschooler was having trouble in school. She would cry and go ballistic before and all during the day. She missed her mommy! She was unaware how emotionally draining this was for her mommy, teachers and fellow classmates.

After a couple months I was at the end of my rope. I contacted her pediatrician and was given a list of things to try.

However, that same night, my daughter searched for the perfect book to read before bed and pulled out "Have You Filled a Bucket Today?". This would be the first time we read it together. After reading the book, I asked Meghan if she wanted to be a bucket filler or a bucket dipper. Of course, she wanted to be a bucket filler. We talked about her actions at school and what category they would fall into. She agreed that she had been a bucket dipper.

From that day forward, the crying at school stopped completely. Every morning I ask her, "Whose bucket are you going to surprisingly fill?" I tell her that saying "Good morning," to someone is a good way. We've come up with special ways to fill buckets.

Thank you from the bottom of my heart—your book has made waking up and taking my daughter to school every morning delightful. I actually look forward to her big smile when she greets everyone or comes up with a clever way to fill a bucket. I don't think we would be here today without it.

I am happy to see that next year my daughter will attend a bucket filling school.

Editor's note: story has been edited for space.

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Bucket Nuggets from Carol McCloud, *The Bucket Lady*

Filling Baby's Bucket

By Katherine Martin, M.A., Bucketfilling Team Member

All babies arrive with invisible buckets and in order to thrive, their buckets must be filled.

How do we begin to fill a baby's bucket? We respond to their cries. We hold, rock, read and sing to them. We take the time to play with them or simply be with them as they explore their new environment.

Co-authors Amy Laura Dombro and Leah Wallach give insight into the power of everyday interactions with children and the importance of routines in their book, "*The Ordinary is Extraordinary*."

"The mundane is magical for children under three. From dressing to doing laundry to going shopping, daily chores can be fresh, fun, and absorbing. While daily routines may seem humdrum to you, they provide more learning opportunities than meet the eye."

Here are a few suggestions that can create rich, teachable moments for both babies and those who care for them while furthering the process of filling your baby's bucket:

- Slow down and take the time you and your child need to enjoy everyday experiences together.
- Talk with your child about what he is seeing and doing. Use vivid, descriptive language.
For example: "You picked out a red shirt with a fire truck on it."
- Ask open-ended questions that can not be answered with "yes" or "no". "What do you think would happen if you put your shoes on before your socks?" is the kind of question that helps to develop thinking skills and imagination.
- Observe your child as he thinks and feels. Did you know that young children think and feel with their bodies? When a toddler puts his sock on his hand and then on the paw of a stuffed bear and finally, on his own foot he's learning about socks and where they fit.
- Build on your child's interests. While the two of you are out walking, make up a simple song about socks and draw attention to the different types of socks people wear.
- Have fun together. Laugh and play. Enjoy your child's discoveries. Know that when a child is engaged in joyful play, she is filling her bucket.

As adults, we must remember what it is like to be a small, vulnerable child and draw from those memories. Doing so will allow us to guide our little ones as they discover this brand new world.

If we are successful in this enormously important role, buckets all over the world will be filled far into the future.

This week's winners

Congratulations!



Mary Benischeck, a guidance counselor at Mount Penn Elementary in Reading, Pennsylvania, is our Bucket Filler of the Week. Congratulations, Mary! You have a book coming your way.

Every bucket filler is a winner! Encourage your friends to get their buckets filled every week by signing on for our newsletter at

www.bucketfillers101.com.

Quote of the Week

"The test of the morality of a society is what it does for its children."

Dietrich Bonhoeffer (1906 - 1945)

