



Katy Nolan (at far left) sits opposite her assistant and co-leader Linda Effrick (at far right) in the group working to effect mutual cooperation and respect between parent and child. Both leaders are

volunteers who have counterparts in four similar classes in sessions around the community. (Staff photo by Harry Mauthe)



Farmington Observer

Suburban Life

Monday, May 8, 1978

(F)13

## Early Childhood Nursery

### Pre-schoolers invite visitors

By LORAIN McCLISH

Early Childhood Nursery will be in session May 25, from 9:30 a.m. to 2 p.m. when tots are invited to bring their parents for open house.

"It will be a regular school day for visitors," said Barbara Tangora who leads the nursery sessions with Billy Karhu, in the First Church of God at 25717 Power.

The two Farmington women hold teaching certificates and have set up their own philosophy and format for the pre-schoolers who meet with them in morning and afternoon sessions.

The total program is designed to help tots with physical development, social sharing and early education.

The day we visited, the two-to-five year olds were viewing a magic show circling around shapes, colors and sizes, stemming from Grolier Education Services. The show led up to a self-help method of pre-school reading.

"Magician" Dave Siro advocates the philosophy of Groliers which is to start children reading early, and at the same time, make it a fun experience.

THE PHILOSOPHY dovetails with that of Early Childhood Nursery.

Mrs. Tangora says, "We never know what kind of a class size these little ones are going to be in when they get to kindergarten and leading up to that, they need all the individual attention they can get."

All activities in the school are geared toward some educational experience, and that includes periodic field trips and visitors.



Dave Siro (at right) turns magician to entertain youngsters at Early Childhood Nursery, where all activities are geared to early learning. (Staff photo by Harry Mauthe)

rence, and that includes periodic field trips and visitors.

"In one semester," she continued, "we've had a visit from a veterinarian and a dentist. We've taken trips to police and fire stations, a jail, a farm, a pet shop, the library, a nature center and a pumpkin patch."

The teachers are assisted by students from North Farmington High School, Mercy High School and Madonna College. Some of the assistants work in the nursery for school credit. Some are looking toward a child-related career.

The nursery is licensed for 50 youngsters but the teachers keep enrollment down to about 20 per session.

"If mothers want a baby sitter, they can go to a day care center," Mrs. Tangora said.

Morning sessions run from 9:30-11:45 a.m.; afternoon sessions run from 1:30-3:15 p.m.

Mrs. Tangora will take inquiries by calling her at 477-4889.

## Blood pressure readings given in May program

There are 75,000 walking time bombs in Oakland County, according to estimates by the Oakland County Tuberculosis Association.

Those time bombs are really people with undetected high blood pressure. As part of National High Blood Pressure Month, the tuberculosis association is sponsoring a program aimed at educating Oakland County residents about the disease, which may kill as many as 100 Americans daily.

Hypertension, or high blood pressure, is not a disease of the nervous system. It's not the same as nervous tension. It is a physical condition in which the heart and blood vessels are under a constant strain.

Although hypertension is usually symptomless, its consequences can be fatal. If high blood pressure is uncontrolled, it can lead to heart attack, stroke and kidney failure.

In an effort to save lives, the Oakland County Tuberculosis Association will hold blood pressure screening each Monday and Thursday evening from 6-9 p.m. The TB Association is at 912 S. Woodward, Birmingham. Phone 642-2800 for details.

IT WILL REFER people with hypertension and without a personal physician to one of 400 area doctors for treatment, said Karen Kromp of the association.

The causes of high blood pressure are not known, but treatment is easy and painless. It usually consists of medication and a low-sodium diet. It is important to take the medication and stay on the diet.

The risk of hypertension is increased if you smoke, have a history of heart disease in your family or are overweight. One other unexplained fact about high blood pressure is that it strikes black people twice as frequently as white people.

To test for hypertension, a cuff is wrapped around the upper arm and inflated while the tester listens to the beat of the heart and notes two readings.

One reading is taken while the heart is beating and the other while it is resting between beats. These two readings give the two numbers of your blood pressure. The readings are taken from a gauge on the cuff.

For more information about where to have your blood pressure taken, or the dangers and treatment of hypertension, call the Michigan Heart Association, 587-9500.

## Child-parent frustrations level off with FYA classes

'What it amounts to is increased awareness of the purpose behind the kid's behavior. You begin to understand why he's acting like he's acting.'

-Katy Nolan

By LORAIN McCLISH

Katy Nolan says she "just can't say enough" about Rudolph Dreikurs' book, "Children: The Challenge."

"It is the best parent-help book, the one with the most common sense and the easiest to understand that I think has ever been written," she said.

Ms. Nolan, a social worker for Farmington Public Schools, is now winding up her second class of parents who use the book for study and discussion in a round-table format.

Five similar groups are in session now, sponsored by the Farmington Youth Assistance's family education committee, and according to Ted Constantine, chairman of the committee. "Next season we'll have 10 going."

TAKING A chapter at a time, parents are discussing the entire gamut of clashes and confrontations that cause frustration, from dawdling at meals to demands for undue attention.

"Testimonials don't take long to come," Ms. Nolan said, "after the third session our mothers will come to class grinning from ear to ear because they've been able to put something we've talked about into practice."

Another testimonial comes from the assistant leaders, who in this semester are volunteers from the first group, who want to help pass along the insight they gained.

"What it amounts to is increased awareness of the purpose behind the kid's behavior," Ms. Nolan said. "You begin to understand why he's acting like he's acting."

The day we visited the women gathered in a morning session at Ten Mile Community School were discussing reasonable and unreasonable requests parents make of their children.

They discussed the parent who treats his child as a servant; the parent who expects the older child to be responsible for the younger; the person who treats youngsters as "kids" rather than "people."

"THE WHOLE book is based on mutual encouragement, co-operation and respect," Ms. Nolan said.

The added bonus is that if one finds oneself in any kind of an attention-getting, vengeful, or competitive situation, the discussion-participant is much more likely to recognize it as soon as it starts, Ms. Nolan believes.

"A great deal of the inter-relationships we discuss," she said, "are not limited to age. We've had many class participants tell us that they are better able to deal with adults. It takes a lot of hassle out of life and lifts a lot of burden off the kids."

Dreikurs' philosophy fits the philosophy of the family education committee.

Constantine said, "The committee's goal is to help others learn how to motivate the child to function cooperatively, to respect himself and others, and to take responsibility for his actions."

No classes are scheduled for the summer, but Constantine is sure there will be many who have completed the class who will be walking advertisements for next fall's season.

## SALE

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Two stocking styles:

Ultra Dior with reinforced toe or sheer with sandalfoot, 4 pair/\$7.

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 Diorissimo with sandalfoot, 3 pair/\$7.75.  
 Control Top with reinforced toe, 4 pair/\$12.  
 Control Top with sandalfoot, 4 pair/\$12.

Jacobson's  
 MOTHER'S DAY IS MAY 14



North Farmington High School students now in rehearsal for "Bridgerton" are Jenny Roberts (at left), Don Treglown and Kathleen Bowen. The Lerner and Lowe musical will be staged May 11-13. (Staff photo by Harry Mauthe)