



Positive Parenting

By The Guidance Center's *Family Resource Center* and



Come to Clifford's Luau!



This July, the Family Resource Center is proud to bring you a fun and exciting luau with Clifford the Big Red Dog. This literacy based event will feature games, prizes, and refreshments. Additionally, every child that attends will get to choose their own free Reading is Fundamental book from our

expansive collection of age appropriate books. Reading is Fundamental is the nation's largest non-profit literacy organization for children. The Family Resource Center is proud to be a distribution site for this organization and to promote children's literacy and learning experiences through events such as the luau. The



Clifford Luau will be on Thursday July 15th from 4:00 to 6:30 PM at the Aquinas Center on Northline in Southgate. Come join us for fun literacy activities, food, and free books! Call (734) 785-7705, ext. 7053 for any questions. Look for other literacy events from the Family Resource Center throughout the year!



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Special Points of Interest:

- ☺ Luau in July with Clifford
- ☺ Playgroups at the Family Resource Center
- ☺ Summer Day Camp
- ☺ Brain Development from the Beginning
- ☺ Homemade Enrichments

Parent-Child Playgroups



If you are looking for quality interaction time with your child and a support network of other parents, check out the Family Resource Center's parent-child playgroups. These groups consist of age appropriate learning activities for the children and discussion topics for the parents. Activities strengthen pre-reading and pre-writing skills, language, and motor skills. Topics include things such as nutrition, language development, inexpensive homemade activities, and ways to enrich your child's learning environment among many others.

Playgroups enhance the social, emotional, and cognitive well-being of children as well as providing the parent a chance to have a positive impact on their child's life successes. Participation with your child is essential. Connecting with other parents dealing with same-age children can reduce parental stress and provide tips for parenting strategies. Groups include story time and snack time. Playgroups run in 12 week sessions and are held at the Family Resource Center located inside the Aquinas Center on Northline. Please see page two for the schedules. Space is limited, so call soon to register!



Miss the Magic Carpet Ride? It returns with Clifford the Big Red Dog on July 17th at Southland Mall! See you there!

Great Parents, Great Start Playgroups

Baby/Toddler Playgroup (Ages 0 to 3)

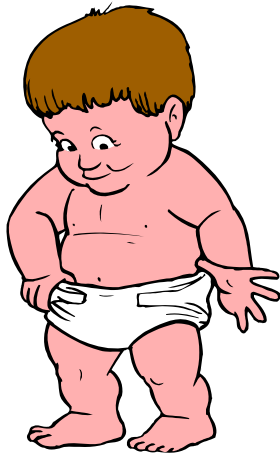
Mondays: 10:30 AM to 12:00 AM

June 7, 14, 21, 28

Preschool Playgroup (Ages three to five years)

Tuesdays: 1:00 PM to 2:30 PM

New 12 week session beginning June 1st – Call now to register! Space is limited!



Preschool Playgroup (Ages three to five years)

Thursdays: 1:00 PM to 2:30 PM

June 3, 10, 17, 24

For more information or to register, call Andrea at (734) 785-7705 ext. 7159.



Baby/Toddler Playgroups (Ages 0 to 3)

Wednesdays from 10:30 AM to 12:00 PM

June 2, 9, 16, 23, 30

Thursdays from 10:30 AM to 12:00 PM

June 3, 10, 17, 24

For more information or to register, call Sarah at (734)785-7705 ext. 7159

After Baby Comes is a support program that offers a home visit, weekly playgroup, and infant massage. In order to qualify for this program, you must be a first time parent with a child under the age of one year. Playgroups are offered on Wednesdays from 12:30 PM to 2:00 PM at the Family Resource Center. Playgroup dates for June: 2, 9, 16, 23, 30

For more information or to register, call Rachel Rosin at (734) 785-7705 ext. 7215.



Homemade Enrichment Activities

There are many common household objects you can use to create inexpensive activities which promote your child's learning at any age. Infants love blocks made from small empty boxes or toilet and paper towel rolls. You can cover them with construction paper or contact paper. Make sure to tape the edges of boxes down before covering them so they do not fall apart. Red, white, and black decorations on the blocks are visually stimulating to infants under five months. Use empty water bottles and fill them with anything that will make a noise, such as beans, rice, or even cotton balls for a

soft noise. Make sure you are able to hot glue or superglue the cap on the bottle so babies cannot open them and get the small pieces out (this is a choking hazard). Toddlers will enjoy these shaker bottles as well. Additionally, make masks for toddlers. Paper plates, a hole punch, and string make masks. Parents can cut the eyeholes out for their kids and help them decorate it any way they want. Preschoolers will get a kick out of pom-poms. To make these, simply staple strips of paper around the edge of a toilet paper tube. Make sure to tape over the staples both inside and out so no one gets hurt! To make a handle for the pom-

poms, glue or tape a popsicle stick to the other end of the tube. Using pipe cleaners, toilet paper tubes, and cotton balls can make for some funny bugs. Toilet paper tubes serve as the body and pipe cleaners for the legs and antennae. Look around your house and see what else you can find to help your child learn.



Let's Talk Language

“Let's Talk” Language Infant Tip: Speak in “parentese” to your baby. Use a clear, high-pitched expressive voice, with a rising tone at the ends of phrases and sentences. Use simple words, but not baby talk. Babies prefer speech with these characteristics. This kind of speech helps them begin to understand the structure of language.

Beginning Brain Development

Isn't my baby's brain already developed when s/he is born?

Your child's brain begins developing within a couple weeks of conception. The brain will grow to about 80 percent of the adult size by the age of three and 90 percent by age five. While your newborn child is born with most of the brain cells s/he will need to function, the experiences that your baby has or does not have help to finish the brain's development.

Your child's experiences, nutrition, and stimulation will help make connections between brain cells and can even determine which brain cells your child will keep.

The brain of a newborn has almost as many brain cells as an adult brain, but the brain does not function to its fullest capacity until the cells are connected. A newborn has only a small number of connections. If brain cells are not connected, they can be lost forever. This is why it is so

important to provide new experiences for your baby.

The further development of the brain occurs both as a result of interactions between genetic factors and the way the baby is taken care of. While your child is born with emotions and the capacity to learn, early environments matter and healthy relationships are essential.

What are 10 things I can do to ensure proper development for my baby's brain?

- Get prenatal care as soon as you know you are pregnant.
- Always place your baby in a secure car seat when transporting your child in a car.
- Baby-proof your house.
- Take care of yourself and develop a support system to help you when you feel overwhelmed and need a rest.
- Breastfeed and provide healthy

food at the appropriate times.

- Nurture and love your baby by talking, reading and singing to your baby.
- Be sure to see the doctor for all scheduled appointments.
- If you need to put your baby in care outside the home, look for providers who will take good care of your baby and are licensed and accredited.
- Do not smoke or expose your baby to secondhand smoke.
- Place your baby on his/her back to sleep.

Bonus: Remember, you cannot spoil an infant by showing too much love.

Website : Teach More Love More "Your Growing Child"



Free Day Camp Opportunities!



Growing up in a home where there is alcohol, other drug abuse, or family stresses can be confusing and difficult

for a child. Maplegrove Day Camp Downriver offers 2 free camps where children can

have fun and learn important messages and life skills. An evening camp is hosted at Gilead Baptist Church in Taylor, August 2-6 from 6-8pm and Bates Elementary School in Woodhaven hosts a camp Monday-Friday 9-noon, Aug. 9-13. For more information, call (734) 246-6053 or (248) 661-6170.

A free Violence Prevention Camp is also hosted at and Bates Elementary School in Woodhaven from July 26-Aug. 13 and runs all day. For more information, call The Guidance Center at (734) 785-7705, ext. 7204.



Mission Statements

Everybody Ready

Our Vision: All children will be physically, intellectually, emotionally, socially and spiritually prepared to enter kindergarten “Ready to Learn, Ready to Succeed, Ready for Life” through the love, nurture and support of their families, their caregivers and their communities.

Our Mission: Everybody Ready engages the community to support families and caregivers as they meet the needs of children 0-5.

Please check out our website www.everybodyready.com. On it you will find upcoming events for children 0-5, and information telling you all about Everybody Ready. Look for our open quarterly meetings. We always have a keynote speaker talking about issues of young children.

The July 21st quarterly meeting has been cancelled. Please call 734 282-5497 with any questions.

Family Resource Center

The Guidance Center’s Family Resource Center’s mission is to provide comprehensive, research-based family support services to enhance families’ capacity to support the growth and development of all family members — adults, youth, and children, as well as the community.

Infant Massage

The Family Resource Center is pleased to offer a free infant massage class to parents of babies ages one month to crawling. Learn to nurture your baby with infant massage. The many benefits of infant massage include:

- ◆ Bonding – enhances communication and encourages positive interaction.
- ◆ Relief for baby from discomforts such as teething, colic, congestion, gas, and emotional distress.
- ◆ Relaxation – helps baby sleep deeper and longer.
- ◆ Helps parents feel more competent and confident in their parenting role.

Our qualified instructor will guide you through the infant massage process with demonstrations and handouts for you to keep. For more information, please call the Family Resource Center at (734) 785-7705, ext. 7053.



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