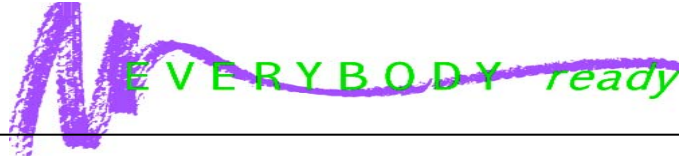




# Positive Parenting

By The Guidance Center's Family Resource Center and



## Fun For Little Ones

Sure, the first few days of summer are great...sitting back, watching clouds, and eating ice cream. But sooner than later you'll hear from your little one, "I'm bored." Here's a list of some summer activities to keep them busy and have fun with!

- ♥ **Outside Spray Painting.** Fill an old spray bottle with colored water (use food coloring or tempera paint). Your children can spray the water on paper or the sidewalk.
- ♥ **Sun Prints.** Place things such as petals, leaves, coins, old keys, or erasers on a piece of dark construction paper. Leave the paper in the direct sun all day and then remove the objects.

- ♥ **Summer Ice Skating.** A great activity for a stormy day. Outline a square of carpeted area with masking tape. Fasten two large pieces of waxed paper to your child's feet with rubber bands. Play music and let them skate!



- ♥ **Treasure Hunt.** Hide items such as blocks or coins outside and let your children hunt for them. **Note:** Coins may not be suitable for the little ones as they may put them into their mouth! Bigger items are better for younger children.

- ♥ **Water Fun.** Let your kids

run around the sprinklers or the hose. Put 'em to work helping you wash your car - make it fun with sponges of different size, shape, and color!

- ♥ **Sing Summer Songs.** One example, sung to the tune of "Frere Jacques":

It is summer, it is summer  
Lots of fun, lots of fun  
Sunshine all around me,  
Sunshine all around me,  
Let's have fun, let's have fun  
You can also make up your own songs using common tunes too! Keep busy, enjoy your kids, and have fun! To find many enjoyable summer activities, see the websites on the back page!



The Guidance Center

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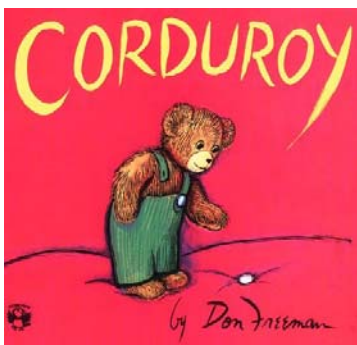
June 2003

### Special points of interest:

- ☉ Fun Summer Activities
- ☉ Magic Carpet Ride to Reading
- ☉ Summer Safety Tips
- ☉ Heat Illness Prevention
- ☉ Books For Kids Age 0-5
- ☉ Helping Babies Play

Check out the RIF Carnival July 17th at the Aquinas Center! Games, prizes, and a visit from Clifford the Big Red Dog!!!

## The Magic Corduroy Carpet



This month Americorps is pleased to bring to you Don Freeman's charming tale Corduroy. Help hunt for this sweet little bear's missing button in the department store! Learn who finally gets Corduroy a button for his overalls, and give this huggable teddy bear a big squeeze! There will be a raffle, crafts, books for sale, and pictures with Corduroy! The Magic Carpet Ride takes off on **June 21st at 1:00**. We'll see you at **Southland Mall in the West Court**. The nearest entrance is between Borders and Ruby Tuesday's. Corduroy's looking forward to seeing all his friends!



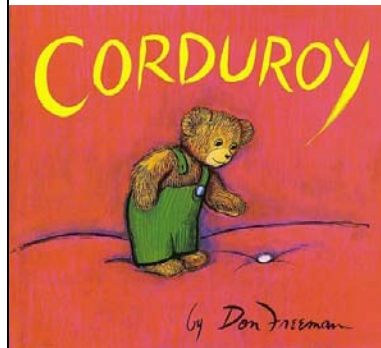
# Parent As Teacher and Story Hour Events for June

## Parent As Teacher Events

- ☆ **Infant/Toddler Playgroup** (Ages 0-2 years)  
Fridays from 9:30 to 11:00 - Family Resource Center  
Call Wanda for dates
- ☆ **Preschool Playgroup** (Ages 30 to 60 months)  
Wednesdays from 9:30 to 11:00 - Family Resource Center  
June 4, 11, 18, & 25
- ☆ **Parenting Support Group**  
Mondays from 11:00 to 12:00 - Family Resource Center  
June 2, 9, 16, 23
- ☆ **PAT Group Meeting**  
Tuesday June 24th from 9:30-11:00  
Library at Aquinas Building  
For more information or to register, call Wanda at (734)785-7331 ext. 7126

## Story Hour

This month Story Hour presents Corduroy, the lovable little bear who's looking for his button in the department store. Will he find it on his own, or can someone help him? Join us on June 19th in the Aquinas Library for two sessions of Story Hour: 10:00 AM and 10:30 AM. We'll read the



story and do an art project! Story Hour is free and open to the community. There will be a special guest there - hope to see you all!

## Keep Cool In The Summer Heat

Summers have been getting hotter and hotter, so make sure you keep your children safe in the heat! Here are some tips on how to keep it cool:

- ✿ If humidity is high, do not let your child play outside too long.
- ✿ Make sure your child stays in the shade as much as possible, especially between 10 a.m. and 4 p.m. If your child is doing a tiring activity, have them take breaks often.
- ✿ NEVER leave your child alone in a vehicle. A child in a hot, enclosed car can overheat quickly.
- ✿ Make sure to use a water-based sunscreen of SPF 15 or higher on your child, even on cloudy days.
- ✿ Dress your child in loose, light-colored, long-sleeved clothes and a wide brimmed hat on hot days.
- ✿ Make plenty of cool water available to your child when out in the heat. A good rule of thumb is to drink one cup every twenty minutes.

✿ Know the symptoms of heat illnesses and what to do. Read the article below for tips!



## Prevention and Symptoms of Heat Illnesses

Summertime brings the hazard of heat illness. Some are quite common and more importantly, very treatable. Know the symptoms and what you can do to prevent and treat them if you or your child is afflicted.

✿**Dehydration.** Much easier to prevent than treat, dehydration is caused by a drop in fluid levels. Make sure your child drinks a lot of water when outside. Some symptoms of dehydration are:

extreme thirst, flushed face, weakness, headache, and dizziness. Treat it by giving the child more liquids than usual (in small doses) and having the child rest in the shade. If it is severe dehydration, take the child to the emergency room immediately.

✿**Heat cramps.** These usually occur in the calf and abdominal muscles. Have the affected child stretch slowly, drink plenty of water, and massage the area with ice.

✿**Heat exhaustion.** This is identified by

fatigue, headache, nausea, rapid pulse, dizziness, and excessive thirst. Move the child to a cool place and take off unnecessary clothing. Have the child lay on her back with her feet raised and sponge her with cool water. If she's conscious, give her cool water to drink.

✿**Heat Stroke.** Symptoms of heat stroke include red, hot and dry skin, decreased sweating, confusion, deep breathing, irritability, and unconsciousness. Follow the treatment for heat exhaustion, and call 911 immediately!

## Helping Babies Play

The May issue of Young Children put out by NAEYC was dedicated to the value of Play for young children. Studies show the links between play and many foundational skills such as memory, socialization, language abilities, and others.

In the months 0-4, babies explore their new world with their eyes. Things you can do to help exploration are

- Provide bright, moving objects for babies to practice looking at. Mobiles should be interesting from the baby's view. Provide consistency by leaving the objects in their place so the baby begins to recognize familiar objects

in the crib at home as well as in out-of-home care settings.

- Move objects close to and away from babies. Also, move your face close to and away from them. This will make a different visual impact than things that stay still. It helps babies judge the relationship between objects and between themselves and objects.

- Hold babies up to your shoulder and move them around to provide a



better view.

- Show the baby in a mirror how beautiful and wonderful he is. Playfully engage the baby in repetitions of looking, smiling, talking, and laughing. The adult usually starts the game by smiling and talking to gain baby's attention. Experienced caregivers and mothers find that tongue clicking, head shaking, moving quickly toward baby and then stopping, and repeating certain sounds are entertaining to babies. The show stops when baby starts to look away or shows other signs of fatigue, over stimulation, or lack of interest.

## Fabulous Books For Children Ages 0-5

It's never too early to start reading to your child. Reading is enjoyable: the rhythm of words, the familiarity of your voice, and the individual attention your child receives from you is most comforting. Reading aloud, even to the youngest child, develops listening, comprehension and attention skills. Read to your child and watch their literacy skills, vocabulary, and imagination grow in leaps and bounds. Board books for babies and toddlers are ideal. They're sturdy and useful for language development. Babies love to

see other babies like themselves in situations which introduce the world around them. Some great board books: Blue's Clues Faces by Jenny Miglis and Look Look! by Peter Linenthal. Kids also like books they can relate to. Books that name objects and backdrops in their everyday world help them develop a much better understanding of that world. They also reinforce the association of reading with everyday life. Some particularly good books for this are: Once Upon a Potty by Alona Frankel and Hugs and Kisses by Roberta Grobel In-

trater. Interactive books that involve the children are great for getting a child excited about a book. Children can answer simple questions and predict outcomes to simple situations. Some books great for interacting are: Where's Spot? by



Eric Hill and 123 To the Zoo by Eric Carle. Enjoy your books!

\*information taken from [www.penguin.com.au](http://www.penguin.com.au)

## Some Resources for Parents and Caregivers

A child needs many things to succeed and a top priority is health. If you don't have insurance you have options to make sure your child is covered and has all of the prevention and care that he or she needs. The FIA (Family Independence Agency) has a service called MICHILD. If you qualify you can obtain an insurance for your child that is only \$5 per month. It would cover regular check-ups, shots, emergency care, dental,

pharmaceutical, and more. Call 1-888-988-6300 for more information. The FIA is an organization that has many services and programs, such as Child Development and Care Services. This is a program that helps with child day care costs. And if you need help finding and choosing a child care provider you can contact Community Coordinated Child Care (4C) agency at 866-424-4532. The 4C agencies can give you a list of eligible providers

near where you work or live who may be available to provide child day care. The 4c office can help you choose the best care setting for your child.

In order for children to be "ready to learn, ready to succeed and ready for life", they need to be loved, nurtured, healthy and safe! There are many resources out there for parents and caregivers to make sure this happens for their children.

## 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](http://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 on issues of young children. Our next meeting will be July 16, 9:30 am, at the Downriver Community Conference Building, Room 177, 15100 Northline, Southgate. Call 734-282-5497 for more information.

### **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.

Look for our **RIF Carnival with Clifford** on July 17! Held at the Aquinas Center! Details in the July issue of the newsletter!

## Websites

<http://www.everybodyready.com>

<http://www.guidance-center.org>

<http://www.rif.org>

<http://www.parentsoup.com>

<http://www.preschoolerstoday.com>

<http://mailjust4me.com/play/summer1.htm>

[http://www.activitiesforkids.com/travel/travel\\_hints.htm](http://www.activitiesforkids.com/travel/travel_hints.htm)

<http://www.iparenting.com>

<http://www.parents.com>

<http://www.parentkidsright.com>

<http://www.childfun.com>

<http://gpn.unl.edu/rainbow/>

<http://pbskids.org>



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