



A Newsletter for Parents of Young Children

SUMMER 2014

The Parent Line

Keeping Summer *Fun & Safe*

Summer is here and it is time for fun in the sun but keeping your preschooler on a routine during the summer when older brothers and sisters are home from school may be a challenge.

Routines are important because they help children know what to expect next. Children aren't able to tell time yet so knowing that after breakfast we will go outside to play or after lunch we take a nap keeps them regulated.

What are they learning... Self discipline and mastery in handling their lives. These are just two examples of the benefits of a basic routine. Children that learn at an early age to put their toys back where they belong or their books back on the shelf are learning the importance of

simple organization. This skill will carry them into later years when being organized plays an important role in school and adult life.

Be flexible... routines are meant to provide structure but they don't need to be rigid. If a great opportunity comes up to spend time with a neighbor at the park, go! Just be prepared and bring items with you that your child may need like snacks, drinks or their favorite blanket. If they fall asleep in the stroller today, take advantage of it and make your walk a little bit longer.

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Family...

*Like branches on a tree
We all grow different
directions
Yet our roots remain
as one...*

~author unknown
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Summer Art Activity

SUNSHINE HANDPRINTS



Supplies

Yellow Tempera paint
paint brush
construction paper

Have your little one stamp their paint covered hand in a circle to create sunshine. Make sure to put the date on the paper so you can see how much they grow throughout the year



SUGGESTED READING



*Boats: Speeding!
Sailing! Cruising!*
By E & Patricia Hubbell,

*If You Want to
See a Whale*
By Julie Fogliano

On the Road
By Susan Steggall

Shark vs. Train
By Chris Barton,

*Toasting
Marshmallows:
Camping Poems*
By: Kristine George,
Kate Kiesler

Goodnight Moon
By Margaret Wise Brown

A Parent Asks

Q: Bedtimes can sometimes be a nightmare in our house. We have tried to find a bedtime routine that works for us, but it is still frustrating. Can you offer some concrete suggestions?

A: Toddlers may not want to go to bed or may wake up several times during the night. Here are some ideas parents have found to be helpful at these times:

- Resign yourself to the fact that you cannot force your child to sleep.
- Recognize that sleep needs differ. Some toddlers sleep as little as 9 hours a day; others sleep up to 13 hours a day.
- Communication in every family is important. Working together can start to help lay the foundation to other parenting discussions.
- Relax with your toddler rather than playing roughly right before bedtime.
- Keep a consistent bedtime routine (bath, story time, lights out).
- If she can't sleep right away, let her look at books quietly in bed.

Spotlight on Safety:

When the hot summer days arrive nothing is better than cooling off in the water. The beach, a pool, sprinklers or water play can all be a relief from the heat. Here are some important things to remember to keep your child safe near water:

- Drowning is the leading cause of injury-related death among children ages 1–4. (safekids worldwide)
- Teach your child to swim. Swim lessons are free and low cost at various places around the state.
- Supervise your child at all times. Never think that somebody else is watching them if you need to walk away even if it is for one minute.
- Teach your child to always swim with an adult, use the buddy system.

Free Annual Summer Swim Program

ADULTS AND KEIKI

The American Red Cross started a FREE Annual Summer Swim Program at Ala Moana Beach Park almost 50 years ago. Each summer, volunteer, certified water safety instructors and youth teach hundreds of adults and keiki how to swim. There is no cost for this summer swim program, thanks to Red Cross volunteers and sponsors.

www.ymcahonolulu.org/
www1.honolulu.gov/parks/rules/pool2.pdf
www.leahiswimschool.com/
www.hilo.hawaii.edu/rec/center/SummerSwimandSCUBA.php

Special Days to Remember

June is National Safety Month

June 15: Father's Day
June 21: First Day of Summer
July 4: Independence Day
July 27: National Parents Day
August 3: Friendship Day
August 16: Statehood Day