



A Newsletter for Parents of Young Children

Summer 2016

The Parent Line

Helping Others



We all want our children to help other people in society. The best way to do this is to serve as a model. Simple actions serve as the best examples in the eyes of children.

When in the grocery store allow the person in front of you to get their cart first. Allow another person to reach for the item on the shelf first.

When you are riding the bus give up your seat to a mom and her children or to a senior citizen.

When entering or exiting a building offer to hold the door for people who are entering or exiting at the same time as you.

In a restaurant some people go so far as to allow a couple with small children to be seated first.

At home model generosity by donating unneeded items around the house. Encourage your children to also donate their extra items to families in need.

The main thing is to help your children realize that there are other people in the world, and sometimes we have to allow their needs to be met before ours. Steady reminders on being helpful nurture your children into becoming kind, generous, friendly individuals, that contribute to the overall wellbeing of the community.

Summer Fun Activities

Bubble blowing is the perfect summer or spring activity for young children. Watch the joy on their faces when they create lots of bubbles. Plus, in addition to entertaining your toddler, it might also support language development.

Drawing with chalk can be a fun and colorful way to play outside. You and your children can decorate your patio or driveway with your favorite shapes, numbers, and letters. Cleanup can also be fun if you use the water hose to rinse the chalk away.

Grow a salsa garden. Grow tomatoes, peppers, herbs, and onions for fresh salsa all summer. This activity provides a great opportunity to share with your child how taking care of something helps it to grow up to be strong and healthy.

If it is raining, or even if you feel like just staying in, you can spend a day reading. Find books that hold your baby's or toddler's attention, and encourage your older children to read in their spare time. This is an educational hobby that can stick with them forever. It is also fun to build forts out of blankets and pillows to make indoor reading time special! You could even camp out with flashlights and snacks.



SUGGESTED READINGS

Books Available at the State Libraries

Blueberries for Sal by Robert McCloskey

Me...Jane by Patrick McDonnell

Toot and Puddle: You are My Sunshine by Holly Hobbie

Summertime in the Big Woods by Laura Ingalls Wilder and Renee Graef

The Salamander Room by Anne Mazer and Steve Johnson

Olivia Forms a Band by Ian Falconer



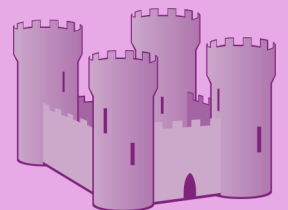
SPOTLIGHT ON SAFETY

Child Drowning Prevention



Water activities can be wonderful ways to pass the time in the heat of the summer months. With many families flocking to pools and beaches, it is important to be reminded that the water can be particularly dangerous if the right safety procedures are not observed. Remember that even children who do know how to swim are still at risk for drowning accidents, so care should be taken in all situations. There are a few precautions that can be taken to insure that swimming and water play are fun, relaxing, and safe for the whole family.

- Make sure that no children are ever left unsupervised around the water.
- Avoid distracting activities such as talking on the phone, reading a book while at the water with children.
- Teach your children to not go swimming without a friend.
- Warn your children of how strong waves can be.
- Use fences and gates with locks around swimming pools at your home.



Special Days to Remember

AUGUST IS CHILDREN'S
EYE HEALTH AND SAFETY
MONTH

June 11: King Kamehameha Day

June 19: Father's Day

June 20: First Day of Summer

July is National Parks Month

July 4: Independence Day

July 24: National Parents Day

August 7: Friendship Day

August 19: Statehood Day

For more information on preventing child drowning check out :
<http://kipchawaii.org/>