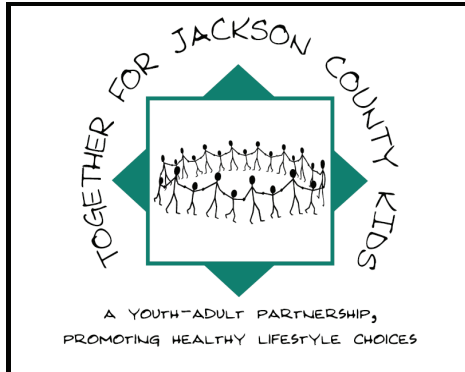


Together For Jackson County Kids

FY 2007-2008 4th Edition August



With school just around the corner, your child will be socializing more and more than likely drinking/drugs will be involved. Make sure you communicate with your child the risks and consequences of drinking and taking drugs.

Make it clear that alcohol and drugs use by minors is against the law and that you will not tolerate illegal acts.

Restrict dating, driving and other social privileges if rules prohibiting alcohol or drug use are broken.

Organize and supervise social alternatives to activities which are based on drinking alcohol.

Have them sign up for the many clubs, organizations and sports that are available.

Calendar of Events

August 12 1pm Tobacco Free Coalition Mtg.-UWEX

August 19 8:30am Candidate Forum-Skyline

August 21 2:30 Leadership Team Mtg. UWEX

August 21 3:30pm TFJCK Mtg. UWEX

Errands Survival Kit

To many kids, shopping and errands are boring, tiring, and just a big drag. If you're a parent trying to juggle driving, your to-do list, and keeping an eye on your child, errands are probably no picnic for you either.

Here are steps you can take to make running errands easier on all of you.

Keep errands short

Time errands so that your child is not hungry or tired

Remind your child of the rules, and word those rules positively

Have activities for your child to do on the trip

Praise your child for following the rules

Use time-outs if behavior problems occur

Getting Ready to Go

- **Go over the game plan.** Before you leave the house, discuss where you will be going, how long the trip will take, and what you will be getting while you're out.
- **Go over the ground rules before you leave.** Some rules for the car: wear a seatbelt, use your indoor voice, and keep your hands to yourself. Some for the store: walk don't run, stay where a parent can see you, and use your indoor voice.
- **Give your child something to do.** In the car, your child can count cars and license plates from different states. You can play games or sing together. Your child might want to bring a toy or stuffed animal along. In the store, your child can find things for you on the shelves, count items in the cart, and find the prices.
- **Reward good behavior.** If your child behaves well on the trip, encourage and praise him or her for following the rules. Plan to do fun things at home.



While You're Out



- It's more effective to tell a child what to do rather than to tell the child to stop doing something. Say things like: "Keep your hands at your side," "Use your indoor voice," or "Stay where I can see you."
- Use your attention as a reward for good behavior. For example, if your child is whining, you might say, "I'm not going to talk with you until you use your big boy voice," then do not respond to your child until he speaks in an appropriate tone.
- If your child continues to misbehave, take him or her to a quiet place in the aisle or outside the store and stand there quietly for 30 seconds. If you're in the car, and the bad behavior continues, pull the car over when it is safe and stop for a brief time-out.

Note: All information is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult a doctor. Review this with a doctor prior to use.

Reviewed by: W. Douglas Tynan, PhD
Date Reviewed: June 2007

Help Your Child Become a Better Reader

From kindergarten through third grade, your child's ability to read will grow by leaps and bounds. Although teachers provide lots of help, you can continue to play a role in your child's reading life. A child first learning to read gets more information from listening to books than from reading them independently. This is especially true of vocabulary—your child will learn more about what words mean by hearing books read aloud and discussing words with you than from reading them on his or her own.

And even as your child's reading skills improve, reading aloud together can foster a sense of closeness and help improve vocabulary and reading skills. When you encourage your child to talk about characters or share reactions to books, you are reinforcing the connection between books and your child's own life. You also show that you take your child's reading seriously and care about what he or she reads. Positive, loving attention from you helps your child feel safe, accomplished, and loved.

Your Growing Reader Let's look at how reading usually progresses from kindergarten to third grade.

Kindergarten. Most kindergartners are on the cusp of becoming readers. They “read” stories by looking at pictures and relying on memory. By the end of the school year they will probably know most letters and their sounds and start to read and write simple words. They might be able to read simple text as well.

First Grade. In this year, most kids learn to recognize printed words. Your child will sound out words, recognize some by sight, and know what they mean. Most first-graders can read simple books independently by the end of the school year.

Second and Third grade. By this point, your child should be reading independently, using books to explore new words, learning about the world around him or her, reading aloud more expressively, and enjoying specific authors and types of books. Children who are not making good reading progress may have a reading disability, such as dyslexia. If this is the case, talk to your child's teacher, school counselor, and pediatrician to find ways to address the situation.

What to Read

As your child becomes a more confident reader, continue to introduce a wide range of books. When it comes to reading aloud, look for two types of books—those that could be read alone and those that are above your child's current reading level. With this mix, you can re-read some of these books independently, while you'll have to do the reading (or at least help) with the challenging ones that allow your child to enjoy a more sophisticated story and learn new words.

Let your child's interests lead the way when your choosing books. Look for books on topics you know are of interest and ones that relate to these things. As your child gets older, you will find that he or she enjoys increasingly complex books that can teach about the world and introduce social and ethical issues.

Talk about the books your child is reading independently and for school and about favorite topics and authors. If the author writes a series of books, encourage your child to read them all. Some kids enjoy keeping a checklist of favorite author's books.

Other types of books your child may like include:

Biographies of famous people; Books about kids dealing with challenges; Books containing plot twists or language play; Mysteries;

Science fiction and fantasy

Another way to grab your child's interest is to pick books that have a personal connection. Introduce your childhood favorites and talk about why you love them. Your child may also like to read junior versions of the same magazines you read.

When and How to Read. The school-age child's schedule can be a busy one. But if you can find 30 minutes a day to read with your child, you will help ensure future reading success. Use the same strategies you did when your child was younger—talk about what you read before, during, and after, asking open-ended questions that encourage your child's involvement. Read expressively and with enjoyment. But at this age

CADCA Mid-Year Training in Indian Wells, CA

Danielle Johnson (L) and Lisa Hodge outside training facilities.



On July 27-31, 2008, Lisa Hodge and Danielle Johnson attended (Community Anti-Drug Coalitions of America) CADCA's Mid-Year Training to help better serve the community and Together For Jackson County Kids. There were over 950 participants from all over the nation. The next training with CADCA will be in February in Washington D.C.

Want to know more about Together for Jackson County Kids?
Contact Lisa Hodge at lhodge000@centurytel.net or 715-284-6012
for more information.

Name _____

Address _____

Phone _____

Email _____