Encouragement

Father's Day
(June 21, Sunday)

Talking and singing with young children helps them to develop listening and speaking skills. Here are some ideas to get you started:

• Use rhyme whenever you can. Use phrases like 'snug as a bug in a rug' or make up nonsense rhymes about things you're doing – for example, 'putting fish in the cat's dish'.

• Sing nursery rhymes with your child. Nursery rhymes teach your child language, rhyme, repetition and rhythm. You could try 'Baa baa black sheep', 'Miss Polly had a dolly' or the 'Alphabet song'.

• Repeat sounds your child makes, or make up sounds and see whether your child can copy them. For example, 'Cows say moo. Can you say moo?'

• At mealtimes, talk about the food you're preparing, what you're doing to it, how it tastes and what it looks like.

Literacy development is a vital part of your child's overall development. It's the foundation for doing well at school, socializing with others, developing independence, managing money and working. But before your child learns to read and write, he needs to develop the building blocks for literacy – the ability to speak, listen, understand, watch and draw.

And as your child gets older, she also needs to learn about the connection between letters on a page and spoken sounds. For this to happen, she needs plenty of experience with:

• pictures and objects – how you can use words to talk about them
• letters and words – their shapes, sounds and names
• sounds – how words can rhyme, begin and end with the same letters, be broken up into parts like syllables, be formed by blending different sounds and so on.

You can help with all these areas of your child's early literacy development by:

• communicating with your child
• reading together
• playing with rhyme and other sounds with your child

And the great news is that you can do this in ways that are fun for both of you. The language experiences that children have before they start school form powerful brain connections. These connections are used for language, thinking and understanding. Without activities like talking, singing and reading, the brain doesn't develop these important connections. 


Talking and singing activities

Talk about objects outside the house - for example, the rustling of leaves, or the sounds of the birds or traffic. Ask your child if she/he can make the sounds for wind, rain, water, airplanes, trains and cars. 

Play games like 'I spy' using colors. This can be lots of fun, especially for preschoolers. For example, 'I spy with my little eye, something that's green. What's something green I might be looking at?'. 


Thank you dad for everything

The day was first celebrated in the USA in 1972 as a national holiday on the Third Sunday.

Father's Day is celebrated worldwide to honor the contribution made by the fathers, Grandfathers and father figures.

The idea is to celebrate fatherhood and male parenting.

The day is celebrated on different dates worldwide, but many countries observe this day on the third Sunday in June, every year.
Coping With COVID-19 Crisis: Suze Orman Explains How

For those people who were living paycheck-to-paycheck and now have no work, what’s the first thing you want to say to them?

SUZE ORMAN: First, they need to realize they’re not alone. The truth of the matter is 60% of the people in the United States on average have no more than $400 to their name that they can access. So that is majority of the people in the United States. The second thing you need to understand is action. You have got to go into action right now, and not tomorrow, but right now. Here’s what I want them to do. I want them to sit down and I want them to write down every single bill that has to be paid every single month. I don’t want to hear about how fabulous is that? It’s a game changer. Now, on average you could get $400 a week. I think the maximum right now is $1,200 a week, but you could get $400, $500, from unemployment. Normally unemployment, depending on your state, goes for 13–26 weeks. Now, the government has extended it to 39 weeks. In addition, the federal government will give you $600 a week as well.

If you’re going to apply for unemployment and you don’t know where to start, go to careeronestop.org. You will put your state in and they will tell you [what number to call].

Using Distraction as a Behavior Management Tool

Distraction is a simple strategy that’s good for situations when behavior might be a problem. For example, this might be when children:

- are getting cranky
- have been sitting still for a long time
- are having trouble sharing or taking turns with others.
- Pointing out something interesting, starting a simple game, pulling funny faces - you’ve probably come up with many tricks like these to distract your child.

Distraction usually works. So it’s a great option for managing your child’s behavior in many situations.

Tips for distraction

- Give children something else to do. Introduce a new activity, toy or game, or even show children something new they can do with the toy they already have.
- Change the scene. Put children where they can see different things, or move them to a new spot either inside or outside.

- Think ahead. Have a few ideas for fun activities. It could be as simple as planning some outside play when you can see that children are getting bored inside.
- Sing some songs or rhymes together. This can be useful when you can’t stop what you’re doing, like when you’re driving or cooking.
- If you’re out and about, take some fun toys or books that you can pull out when you need them.

Announcements

More than 37 million people struggle with hunger in the United States, including more than 11 million children. June is National Hunger Awareness Month and below you will find links to food resources throughout the Central Florida area. If you would like to help the fight against hunger please contact Second Harvest at for more information.
Second Harvest  www.feedopenow.org
The Sharing Center  www.thesharingcenter.org
Osceola Council on Aging  www.osceolageneration.org

Thank you to all of the amazing families, fathers and father figures who joined us for our first Male Engagement event Farm Frenzy via Zoom on April 28th. We had more than 40 student create wonderful farm animals using household products. The next Male Engagement event will take place this month and Family Advocates will forward the information to all families.

Coronavirus (COVID-19), physical distancing and self-isolation: children’s feelings

Children might not fully understand physical distancing and self-isolation, but they’ll probably have many and mixed feelings about the experience.

For example, children might feel:

- confused about why everyone is at home
- sad or frustrated that they can’t see their friends, careers and extended family
- worried that someone they love will get sick
- upset by the stress or distress that you might be feeling
- overwhelmed by constant coverage of coronavirus (COVID-19) in the media.

Children will cope better if they have accurate, age-appropriate information about coronavirus (COVID-19), physical distancing and self-isolation. They also need plenty of opportunities to ask questions and talk about feelings. The steps below can help you talk through this situation with your preschooler or school-age child.

1. Make time to talk about coronavirus, physical distancing and self-isolation

Find the right time to talk with your child. When your child is ready to talk, try to give your child your full attention.

2. Use a calm and reassuring tone

If you use a calm, reassuring tone when you talk with your child about this situation, it can help her feel safe and secure.

3. Find out what your child knows about physical distancing and self-isolation

It’s a good idea to start by asking your child what he knows about the situation and whether he has any questions.

4. Explain physical distancing and self-isolation in a way your child understands

This is about sticking to the facts, focusing on the positives, reassuring your child that this situation won’t last forever, and explaining what your family can do to help.

‘COVID-19 is a virus that makes people sick, a bit like when you get a nasty cold. It gets in your spit and snot, so it spreads easily if you sneeze or cough.’

‘Physical distancing means staying at home as much as we can. We can go out for a walk, if we stay a long way from other people – as far as the length of your bed.’

‘The good thing is that staying at home is a chance for us to spend more time together when we’re not doing our paid work or schoolwork. When we finish our work, we can go for a bike ride or a long walk together.’

And remember – if you’re all well, lots of cuddles can help you all feel better.

It’s important to monitor how much media coverage about coronavirus (COVID-19) you and your child are seeing. It’s not helpful for anyone to hear distressing news over and over again. If you have the facts you need, it’s often best to switch off or switch to something else. https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/coronavirus-talking-about-distancing-and-isolation
Benefits of Family Meals

Family life is busy, and preparing and sharing family meals together takes time. But when you can manage it, regular family meals are worth the effort.

Whether it's nightly dinners or a special Sunday lunch, family meals are perfect times to catch up, connect and communicate with each other. Your child can also learn a lot about food, eating and family traditions by watching what you do at mealtimes. For example, eating with the rest of the family helps younger children learn to eat the same healthy food as everyone else. It can encourage picky eaters to try new foods. And you can use family meals to model the behavior you want to see when your family comes together. This is about learning to use spoons, forks and chopsticks for younger children. It's also about things like taking turns to talk and listening while others share their news. Children and teenagers who regularly eat meals with their families do better in lots of ways, from mental and physical health to school results.

Six ways to make family meals enjoyable

1. Set aside regular times to eat together
   Having your meal at a table, with the television and phones turned off, can make this time even more special.

2. Reduce the rush
   If you allow around 20-30 minutes for family meals, it gives your children plenty of time to eat. They'll have the chance to try new foods and develop good eating habits. If you have a toddler who finds it hard to sit still for 20 minutes, let him/her move around a bit. But it's best to let your toddler eat only when he's sitting at the table.

3. Get everyone involved
   Involving your children in choosing and preparing family meals increases the chance that they'll eat it. Young children can wash fruit and vegies, or toss salads. They can also help by setting the table and even decorating it with flowers.

4. Use family meals as a chance to talk
   Family meals can be a great way to keep up with what everyone is doing. But sometimes children can find it hard to put their days into words. If this sounds like your child, it can help to ask your child questions that need more than a yes-or-no answer.

5. Reward good behavior
   When your younger children are eating nicely, using good manners and trying different foods, try to reward them with some descriptive praise. Tell them what they're doing well. You might even want to use a reward chart to reward behavior like trying every food on the plate or saying 'please' and 'thank you'.

6. Be creative with mealtimes
   When you have the time and opportunity, having some fun with mealtimes can give the whole family something to look forward to. For example, on a weekend you might: make pancakes for breakfast.

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**EASY LEMON CHICKEN POTATO CASSEROLE**

**INGREDIENTS**

- 2.5 cups condensed cream of mushroom OR cream of chicken soup (the equivalent of 2 cans)
- 1/2 cup milk
- 1.5 lbs. Yukon gold potatoes, very thinly sliced (no thicker than 1/8”)
- 2 cloves garlic, minced
- 1 small white onion, peeled and thinly sliced
- 1.5 lbs. boneless, skinless chicken breasts
- salt and freshly-ground black pepper
- 1 lemon, thinly sliced and halved (into half coins)

( optional garnish: chopped fresh parsley or fresh thyme)

**INSTRUCTIONS**

Preheat oven to 425 degrees F.

Add condensed soup and milk to a saucepan and whisk to combine. Heat over medium-high heat until simmering, stirring frequently. When it reaches a simmer, remove from heat and set aside.

Meanwhile, in a separate large mixing bowl, add potatoes, onion, garlic, and chicken. Pour in the condensed soup mixture, along with a generous pinch of salt and pepper, and gently toss to combine until the potato and chicken mixture is evenly coated.

Transfer mixture to a 9 x 13 baking dish. Tuck lemon wedges into the mixture randomly. Then cover the top of the pan with aluminum foil.

Bake for 1 hour or until the potatoes are tender. Carefully remove the foil, and change oven to the high "broil" setting. Broil the casserole for an extra 2-3 minutes to crisp up the top, watching very carefully so that it does not burn.

Remove pan from oven and serve warm.

https://www.gimmesomeoven.com/easy-lemon-chicken-potato-casserole-recipe/