Community Coordinated Care for Children Inc. 4C

Reading: why it’s good for children

Reading and storytelling help your child's development in many ways. These activities promote brain development and imagination, teach your child about language and emotions, and lay the foundations for literacy. Reading is also a great way for you to bond with your child and share time together.

Here’s how you and your child can make the most of book time:

Help your child choose a book. It’s OK if he chooses the same one over and over. If it’s one you haven’t read together before, look at the cover and ask him what he thinks it might be about.

Ask your child to hold the book and turn the pages.

Read the story together. Point to words as you read them.

Vary the pace of your reading, as well as how loud you read. Changing your voice and expression for different characters can also be fun.

Chant or sing repetitive phrases and words together.

Point to things in the pictures and name them, or ask your child to name them. Talk about the pictures and ask your child questions - for example, ‘What do you think happens next?’ or ‘Why is the baby happy?’

Some general tips for reading with your child

Make a routine, and try to share at least one book every day.

Be guided by your child’s interest. If your child wants to spend more time reading, that’s great. And if she/he sometimes wants only one book or story, that’s OK too.

Turn off the TV or radio so your child can focus.

Hold your child close or on your knee while you read so he/she can see your face and the book.

Adapting reading activities for older children

As your child gets older and is learning to read, encourage her/him to use her/his finger to trace the words as you read them or to point out letters and words. You can even play ‘find the letters and words’, especially the letters in your child’s name. [URL]

4th of July Parade Wands

You’ll need:
- wood dowels - 1/4” x 12”
- 3-10 different red, white and blue ribbons
- screw eyes - 8 x 18mm
- red spray paint (optional)

Steps:
- spray paint the wooden dowel red if you’d like
- cut a variety of ribbons ranging in length from 15” to 30”
- screw the eye screw into one of the dowel ends
- thread your ribbons through the hole of the screw eye

We put as many ribbons as we could squeeze in, the ribbons were nice and tight and we didn’t even have to tie a knot [URL]
Pocket Money Basics

Giving pocket money to children as young as four or five years helps them start learning about the value of money and money management. For example, when children get pocket money, they have to make choices about spending or saving. If they’re saving, they’ll learn about waiting for things they want.

Your child might be ready to try managing some pocket money if she understands that:

- She/he needs money to get things from shops.
- It’s important to save money, and not spend it all.
- Spending all her money today means there’s no more until the next payment.

How much pocket money?
This depends on your circumstances and what you think is reasonable. As long as your child understands how much he’ll get and how often, he can start learning how to use the money well.

Pocket money could cover any of the following things:

- Saving for a special game or toy.
- Special outings like the movies.
- Gifts for siblings and extended family members.
- Lunch bought at school once a week.
- Letting your child manage her/his pocket money is a great way for her/him to develop a sense of responsibility and independence.

Paying your children to do chores around the house is a complex issue. No single rule is right for every family.

Here are some pocket money tips:

- Explain to your child what pocket money is for and what it isn’t for. For example, if pocket money is to cover entertainment or food, agree on what kinds of entertainment are OK. It might help to write a list.
- Negotiate guidelines about how much money can go into saving, spending and donating. For example, you and your child might agree that your child puts 50% of his/her pocket money into savings, 40% into spending and 10% into donating.
- Pay what you can afford, regardless of what other parents (or your child!) might say.
- Pay it on a set day. You might choose to pay weekly, fortnightly or monthly.
- Set up jars to help your child divide her/he money – for example, one jar for spending on small things she wants now and one for saving towards bigger things.

Money management: working out what you want to save

Your budget will tell you whether you’re currently spending more or less than you earn. If you’re currently spending more, a simple savings plan can help you spend less. And if you’re already spending less than you earn, a savings plan will help you put some of your leftover money aside for unexpected expenses, emergencies and long-term goals.

You can sit down together as a family and look at how you can save. For example, can you spend less on certain items? Do you have any high-interest credit cards or other loans? Could you pay these off as soon as possible and look into more suitable credit or loan options?

Here are some tips:
- Build a savings buffer. Before you start saving for your wants, you could keep extra savings for financial emergencies. For example, you could aim to keep some money in a separate savings account. You can use this money for unexpected or emergency expenses, which can help you avoid going into debt.
- Decide what you’re saving for. What are your goals? Give yourself plenty of time – saving can seem to take forever.
- Set a deadline for your goal. But be realistic, and you’ll avoid feeling pressure.
- Open a fee-free bank account, which is separate from your main account. You can use this account only for saving towards your goal. You can set up a direct debit from your main account to regularly transfer a set savings amount.
- Look into other options, like asking your employer to split your salary payment, so some of it goes into your separate savings account.
- Speak to your bank, financial institution or financial adviser if you want more advice.

Once you’ve come up with a savings plan, it’s a good idea to review the pros and cons before you start. This way you’ll know how it’ll affect your family life. If there are parts of your plan you’re unsure about, seek advice or double-check your calculations before you go ahead.

Announcements

July is Minority Mental Health Awareness Month. In these difficult times, now more than ever it is important to check on the mental health of your family and yourself. In addition to physical health, mental health is critical to living a healthy and balanced life. Even though they are small, your children can also carry big feelings. Below are several sites with information on mental health wellness activities you can do with your child and alone, as well as resources should you find yourself struggling.

Help with discussing mental health with children:
Mental-Illness
https://parentswithconfidence.com/everyday-ways-to-nourish-a-childs-mental-health/

Immediate Mental Health Assistance:
Substance Abuse and Mental Health Services Administration National Helpline 1-800-662-4357
National Alliance on Mental Illness Greater Orlando Helpline 1-800-273-8255
National Suicide Prevention Lifeline 1-800-273-8255

Water safety for kids: the basics

It’s important to always stay with your child and watch him whenever he’s/she’s near water – even when he can swim. Supervision means constant visual contact with your child and keeping her/him within arm’s reach at all times. You should be in a position to respond quickly, whether you’re at the beach or the swimming pool, near dams, rivers and lakes, or at home near the bath or spa. Hold your child’s hand when you’re near waves or paddling in rivers.

Supervision is not an occasional glance while you nap, read or do household chores. It’s not watching your children playing outside while you’re inside. It’s always best for an adult, not an older child, to supervise. You should also teach your child about water safety and how to swim. Many children can learn to swim by the time they’re four or five. First aid is an essential skill for the entire family to learn. If you know how to do CPR and what to do in an emergency, it could save your child’s life.

Water safety around beaches, lakes and rivers

Personal hygiene: teeth and nose

Brush teeth twice a day, once in the morning and once before bed. Speak with your dentist about whether your child needs to floss teeth. Blowing nose on tissue and throwing tissue in bin. Your child should blow her/his nose gently when it’s blocked – this makes breathing easier. Teach her/him to blow out candles or blow bubbles with her/his mouth, then to blow with her/his nose. Keeping hands clean to stop the spread of germs. Your child should cover her/his mouth with a tissue when she/he sneezes or coughs. Put the tissue in the bin. She/he should cough into her/his sleeve or elbow when she/he doesn’t have a tissue. Always wash hands after sneezing or coughing. Here are tips to improve water safety near the ocean, lakes or rivers:
Always stay with your child when she’s/he’s playing in or near the sea, lakes or rivers. Hold your toddler’s hand near waves and when she’s/he’s paddling in rivers.
Take your child only to patrolled beaches where surf lifesavers are present, and swim only between the red and yellow flags.
Teach your school-age child what to do if he/she needs help – stay calm, float and raise an arm to signal to a lifeguard or lifesaver.

Water safety#water
tips#safety#water
safety/water
guard or lifesaver.

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Ladybugs on a Log

Ingredients
½ cup dried cranberries
6 stalks celery, cut into 3-inch pieces
½ cup raspberry flavored cream cheese

Directions
Fill each celery stick with raspberry flavored cream cheese and top with 3 or 4 dried cranberries. Serve

Maple Glazed Carrots

3 Tbsp. salted butter
3 Tbsp. brown sugar, packed (light or dark)
1 Tbsp. maple syrup
1 pound baby carrots

Instructions
In a medium skillet, heat the butter, sugar, and maple syrup over medium heat, stirring until smooth and the butter is melted. Add the carrots and toss to coat. Cover and reduce the heat to low. Simmer for 15 to 20 minutes or until the carrots are tender and glazed.

How to get more vegetables into your family’s diet

Tip 1: set a good example with vegetables
Your child learns about food choices from you, so the best way to encourage your child to eat vegetables is to let her/him see you eating and enjoying them yourself.

Tip 2: keep trying with vegetables
It’s normal for children to say they don’t like vegetables when they first taste them. If your child says she/he doesn’t like vegetables - or doesn’t like a new vegetable - keep offering them to her/him at mealtimes. Also keep encouraging her/him to try and taste them. Your child will probably change his mind about vegetables eventually. Some children need to try a new food up to 10 times before they accept it, and another 10 times before they decide they like it.

Tip 3: use praise when your child tries vegetables
If you praise your child each time she eats or tries vegetables, she’s more likely to eat vegetables again. Punishing your child for not eating vegetables can turn vegetables into a negative thing for your child. If your child refuses to eat, it’s best to take her meal away after about 20 minutes. Try not to make a big deal about it - just try again another time.

Tip 4: get your child involved in cooking with vegetables
If you get your child involved in planning and cooking family meals with vegetables, he’s/she’s more likely to want to eat the vegetables he’s/she’s helped to prepare. For example, you could let your child choose vegetables for dinner when you do the shopping, put chopped vegetables in the steamer or saucepan before you cook them, arrange sliced capsicum, tomato and mushroom on a pizza base, wash and toss salad leaves. Take children shopping with you when you can. Seeing lots of different vegetables can make children more curious and interested to try them.

Tip 5: offer vegetables as snacks
Vegetables make great snacks. If you stock up on vegetables for snacks and limit unhealthy snacks in your home, your child will be more likely to choose vegetables when she’s/he’s hungry. Here are some vegetable snack ideas: Keep a container of chopped vegetables, like cucumber, carrots or capsicum, in the fridge. A bowl of cherry tomatoes on the bench is another option. Serve vegetable sticks with dip, natural yoghurt, cheese or wholemeal pita bread.

Tip 6: go for vegetable variety, taste and fun
Try to choose vegies of different shapes, colors, textures and tastes - the more variety there is, the more likely it is your child will find something that he’s interested in eating. If you serve new vegetables with food your child enjoys, the entire focus of the meal isn’t on new vegetables. Remember that taste matters. For example, you could try roasting vegies with fresh herbs and lemon juice or use finely sliced broccoli in a stir-fry or on a pizza. This will probably appeal more to your child than large steamed pieces of vegetables.

Tip 7: get vegetables into meals in other ways
In the short term, you can disguise vegetables in foods you know your child likes to eat. For example, you could include pureed or grated vegetables in pasta sauce or soups. This won’t change your child’s behavior and thinking about vegetables, though, so it’s also important to regularly give your child vegetables in their original form. When you do this, your child has the chance to get familiar with and learn to like different tastes and textures. https://raisingchildren.net.au/preschoolers/nutrition-healthy-eating-habits/vegetables