

PREVENTION SERVICES NETWORK



Partnering, Supporting, Nurturing

July 2010

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Prevention Services Network is a community wide collaboration dedicated to strengthening families, and helping them become resilient to child abuse and neglect. This newsletter is designed to reach out to families and providers with current research and information about community resources that support prevention.

In the Good 'Ole Summertime....

It's wonderful to be a child in the summer. Long days, relaxed routines, and playing with friends make great summertime memories. However, because children are outside and are more active in the summer, there is also a chance for more injuries. July's PSN Newsletter gives you tips to help ensure that you and your children have a healthy and safe summer.

Keep Cool, Keep Hydrated

Encouraging kids to be active in the summer is good for their physical well being, however, time spent outside in the summer heat puts children at higher at risk for dehydration.

Drinking liquids is important for children at all times, but it is critical when they work up a sweat by playing in the heat. The body naturally cools down by sweating, but children do not sweat as much as adults and therefore may have a harder time cooling down. To prevent the risk of dehydration, make sure your little ones take a sip of fluid every 15-30 minutes during an activity. Offering small amounts makes sure they do not fill up on liquids and then are unable to eat.

Water should be the first choice for fluids, but other beverages and foods are also helpful. The following are a few tips for keeping children cool and hydrated:

- Water is the best liquid to fight off dehydration. If your children do not like water, try flavoring it a little, or use a colorful cup or straw to make drinking it more attractive.
- Foods that are high in water are another good choice. Fruits like grapes, oranges, watermelon and pineapple are delicious and full of vitamins. Offer kids tomatoes and cucumbers as snacks. They are high in water and contain no fat.
- Be careful with high sugar drinks that add to weight gain and tooth decay. Add water to sports drinks and juices to make up at least half of the volume.
- Choose healthy sweet treats like frozen fruit juice popsicles or low sugar jello.
- Make sure you keep water with you when you are on the run, and will be away from home for an extended period of time.
- To keep the fluids cold on the run, fill the plastic bottle half full and freeze it. When you are ready to go, fill the rest with water.

A little planning goes a long way. If your child becomes unresponsive, stops sweating or is disoriented, get help immediately. He may have heat stroke.

(Information in this article comes from "teach more, love more" vol.9, issue 11, June 2010)

CHILDREN'S GAMES

It looks like play, but children are learning life skills through the games they play. Look at these games through a new lens and learn what early educators have known for a long time.

Simon Says

Remember this game? Children can move, only if "Simon", the leader of the game announces, "Simon Says" before the movement. Simon goes as fast as possible hopping to catch a child who moves before the magic words are announced. If the movement happens the child is out.

Children learn impulse control through this game. They want to move, but must stop to avoid being out. Impulse control is a critical skill. It is what children need to have to wait in line, take turns and control their anger. It is considered an important school readiness indicator.

Make Believe

You watch as your children play house, become ninjas, or play school. They choose different roles, make rules and create dilemmas. This type of interaction is also called, dramatic play.

Children learn self-regulation through dramatic play. They learn self control as they practice interacting with other children.

Dramatic play also improves verbal communication as children exchange ideas and figure out role play. Learning self-regulation is an important component of social competence and helps children learn to make friends.

Building With Blocks

Children love building with blocks, and when more than one child gets involved, entire cities can appear.

Children learn several things through block play. When they are toddlers, they are learning a small motor skill, that involves stacking one thing on top of another. Small motor skills get more refined as the child matures, and lead to skills such as buttoning clothing, tying shoes, and holding a pencil.

Children also learn reflective thinking as they build. Preschoolers building together will plan for different sizes of blocks, or describe what they are trying to build. "We need small blocks to build the dog house." Planning is a cognitive skill directly linked to the ability to problem solve.

See, it seems like just plain fun, and don't tell them otherwise, but children learn important social and emotional skills through play.



PSN Drop-In Hours

The Prevention Services Network Family Resource Center, located in the Kenosha County Human Services Building at 8600 Sheridan Road, Kenosha, is open every Tuesday and Thursday afternoon from 2:00 to 4:00 for parents to drop in and talk to someone about parenting concerns, pick up information about community resources, and find out about programs and services of the PSN.

SAFE SWIMMING

Kids love water, and one of the highlights of summer is going swimming. Be sure to instill safe habits in your children regarding being around water. Drowning is one of the major causes of accidental death for children. Swimming is an important skill for children to learn, but it is not a substitute for good supervision. Even if a child knows how to swim, accidents can happen, and a child can drown while being only a few steps from safety.

No one should ever swim alone. The buddy system helps prevent accidents and teaches kids to look out for each other, but is not a substitute for adult supervision.

If you are swimming in a lake make sure you are familiar with its characteristics. Depths and temperatures can vary quickly. Never dive into a lake unless you are positive of the depth of the water. Severe spinal or neck injuries could result.

If you are swimming in Lake Michigan, use even more caution. Do not go beyond the break-water, and watch that children in floating devices are not drawn out by the waves. Children on floating devices or in kayaks or canoes, should be wearing life jackets at all times. Never allow children to swim in fast moving rivers or channels.

Backyard pools are great, but you should establish safety rules for them as well. Children should be taught to keep all bikes and electrical appliances away from the pool or the deck that surrounds it. Learn the rules of your community regarding fences around pools and keep your gates locked to avoid unwelcome swimmers.

An inflatable pool should be emptied after use. Not only does it attract mosquitoes, but it posing a drowning hazard. Let your little ones water your plants after swimming to help empty the pool.

Very young children can drown in small amounts of water, especially if they slip in head first and cannot regain their balance.

In Kenosha County, we are surrounded by beautiful lakes, rivers, and streams. Every summer, we lose a child to a drowning accident. Let's work to make this summer safer.

(check out www.teachmorelovemore.org for more safe swimming tips)

TO VIEW PREVIOUS ISSUES OF THE PSN NEWSLETTER, LOG ON TO
<http://www.co.kenosha.wi.us/dhs/Divisions/CFS/Newsletter/index.php>

SCHOOL'S OUT!

Is it Brain Drain or Brain Gain?

Are there benefits for children to be out of school for an extended break, like summer vacation? Sometimes summer is referred to as a brain drain time. There is discussion about shortening or eliminating summer vacation and moving to year round school.

However, some early childhood professionals believe there are benefits, including brain growth, that result from the summer seasonal activities. The following support that summertime is good for the brain.

Children spend more time with nature. This gives the brain time to be calmer and not be at attention as much as it would be in a busier environment. The brain is more creative when you are relaxed, and is actually very busy during daydreaming. Nature also allows children to explore and use their senses. Sensory activities support strong neural connections.

Children have time to play. Play stimulates the frontal cortex of the brain. The less structured the play, the more stimulation occurs. Unstructured play refers to play that fosters creativity and in which the child determines the rules and outcomes. Examples are play with puppets, blocks, sand toys, dramatic play or water play.

Healthy food is less expensive. It is easier and cheaper to enjoy healthy fruits and vegetables in the summer. The brain functions best when blood sugar levels are kept even. A good breakfast, fresh fruits, vegetables, nuts, and plenty of water keep the brain operating at its best and aids in attention span and memory abilities.

Families spend more time together. Often family vacations are taken during the summer. Think of all the learning that occurs through visits to museums, camping trips, and picnics. Laughter is healthy for the brain as well. These types of activities cause higher functioning brain activity than watching TV!

There is time to relax. Did you know the brain likes peace and quiet much more than chaos and stress? Summer can provide a time of relaxation. However, the brain also does not like to be bored. Plan activities for children to anticipate, but do not overbook. We all lead hectic lives and need down time.

The brain is a fascinating organ that needs a variety of stimuli to thrive. For more information on the impact of summer on brain development visit the Brain Insights" website at braininsights.com.



HAPPY 4TH OF JULY

There will be picnics, fireworks, and parades to celebrate this uniquely American holiday. You probably studied the Declaration of Independence in school, but it remains a beautiful and succinct statement expressing the goals and ideals of a fledgling nation. Our forefathers had a way with words that is sorely missing in current legislation. Take a minute to read the introduction to the document that is the foundation of this nation's annual celebration.

The Declaration of Independence July 4, 1776 **The unanimous Declaration of the thirteen United States of America**

When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed. That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness.

FIREWORKS SAFETY

According to PREVENT BLINDNESS AMERICA, there are nearly 13,000 fireworks victims every year. More than half of those injured are children. Fireworks not only injure users, but also 40 percent of fireworks mishaps injure bystanders.

The three types of fireworks that keep hospital emergency rooms busy during this holiday period are bottle rockets, firecrackers, and sparklers. Bottle rockets and firecrackers can fly in any direction prior to exploding and sparklers burn at temperatures hot enough to melt gold.

One of the reasons fireworks injuries continue to occur is because people just don't consider how dangerous these devices can be. People often don't realize - until they are injured - that the risk of blindness or injury outweighs the excitement of taking risks with fireworks. And giving fireworks to young children can mean a trip to the hospital emergency room.

PSN NEWS AND TIDBITS



Look in the August newsletter for the fall schedules for Women's Circle and Parent Talk Lunch



HOT CARS

DO NOT LEAVE CHILDREN OR PETS IN CARS. TEMPERATURES RISE QUICKLY, AND SERIOUS INJURY, INCLUDING DEATH, CAN OCCUR. LEAVING A WINDOW CRACKED IS NOT ENOUGH. LEAVING YOUNG CHILDREN ALONE IN A CAR IS NEGLECT AND SHOULD BE REPORTED TO THE POLICE.

Read, Read, Read

Be sure to make reading a part of your summer plans. Set a good example for your children and provide some quiet time to relax and read. Visit the library for suggestions of age appropriate books for the kids.



SAVE THE DATE!

PSN Plaza will be held at Kenosha County Center, Thursday, July 8th from 9:00 to 12:00.

Stop in and talk to a PSN Service Coordinator about resources for your family. Pick up information about parenting and summer safety. Find out ways to strengthen your family!

FAMILY MOVIE FUN

Families **Uniting Neighborhoods**
Grace Lutheran Church
2006 60th Street, Kenosha, WI



County Executive Jim Kreuser, Kenosha County Parks, and Grace Lutheran Church invite you out to enjoy a FREE movie outdoors.

2010 Summer Movie dates are:

Thursday, July 15th: "Monsters vs Aliens" and Thursday, August 19th: "Up"
Movies start at sunset. Bring lawn chairs, blankets and flashlights!

All children must be accompanied by an adult. This is a family activity.

NO alcoholic beverages will be allowed.

Call Donna Rhodes 262 605-6635 for information.

PSN Spotlight Series

Tuesday Afternoon 1:00 to 2:00



July 6th: No Spotlight Today

July 13th: Summer Activities

Presented by Prevention Services Network Staff

July 20th:

SPECIAL 12:00 NOON PRESENTATION

"Identity Theft"

Presented by Officer Ron Francis

Kenosha Police Dept, Crime Prevention Unit

LUNCH WILL BE SERVED.

Pre-registration is required! Call 697-4651 to register.

July 27th: Summer Safety

Presented by Laura Davidson

Kenosha County Division of Health

PSN Spotlight Sessions are held at the
Prevention Services Network Family Resource Center
8600 Sheridan Road, Kenosha, WI 53143
(262) 697-4651



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JULY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. National cell phone courtesy month. Hurrah!	2. Halfway point of the year. (It always sneaks up on you.)	3. July is National Hot Dog Month. Get ready to celebrate tomorrow.
4. Happy 4 th of July. Be careful around fireworks.	5. Family Day and celebrate a long summer weekend.	6. Aphelion Day. The earth is the greatest distance from the sun today, 152.6M km	7. Strawberry Sundae Day. Make this yummy treat.	8. First American passport was issued in 1796.	9. Catch fireflies tonight.	10. Teddy Bear Picnic Day. Grab your favorite teddy and enjoy a lunch outside.
11. Total solar eclipse.	12. Play jump rope with the kids today. It's great exercise.	13. Take the kids to the library.	14. Bastille Day. Vive la France!	15. Cow appreciation day. Have a glass of milk to celebrate.	16. Schedule your kids' physicals and eye exams during the summer.	17. First US Dental school was established in 1867. Have you had your teeth cleaned lately?
18. National Ice Cream Day. Need we say more?	19. Stick out your tongue day. Don't get caught.	20. First Moon landing 1969.	21. National Junk Food Day. Hmm... Twinkies or Cheetos?	22. Hammock Day. Even if you don't have one, make today a relaxing day.	23. Commercial whaling was banned in 1982, and the law took effect in 1985.	24. Amelia Earhart Day. Get a book on this early aviator.
25. Parent's Day. Celebrate being part of a family.	26. New York became a state in 1788. Help the kids identify states on a map.	27. Let the kids decorate the sidewalks with chalk.	28. It's National Chocolate Milk Day.	29. NASA was authorized by Congress in 1958. Sit outside and star gaze tonite.	30. Comedy Day. Share funny stories about your family.	31. J.K. Rowling was born in 1965. Reread a Harry Potter book.

Some ideas in this calendar come from www.enchantedlearning.com, www.holidayinsights.com

