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PSN Family Resource Center NEWSLETTER

Three Ways to Prevent Summer Slide

Try these strategies to help your reader improve their reading during the summer and beyond.

Many children, especially struggling readers, forget some of what they've learned or slip out of practice during the summer months. Try these strategies to help your reader improve her reading during the summer and beyond:

1. **Six books to summer success:** Research shows that reading just six books during the summer may keep a struggling reader from regressing. When choosing the six, be sure that they are just right — not too hard and not too easy. Take advantage of your local library. Ask for help selecting books that match your child's age, interests, and abilities. Libraries often run summer reading programs that motivate kids to read, so find out what's available in your area.
2. **Read something every day:** Encourage your child to take advantage of every opportunity to read. Find them throughout the day:
 - Morning: The newspaper — even if it is just the comics or today's weather.
 - Daytime: Schedules, TV guides, magazines, online resources, etc. For example, if your daughter likes the food channel, help her look for a recipe on the network's Web site — then cook it together for more reading practice.
 - Evening: End the day by having your child read to you from the book he is currently reading (one of the six books, above). Have him rehearse a paragraph, page, or chapter before reading to you. Rereading will help him be more fluent — able to read at an appropriate speed, correctly, and with nice expression.
3. **Keep reading aloud:** Reading aloud benefits all children and teens, especially those who struggle. One benefit is that you can read books your child can't, so she will build listening comprehension skills with grade-level and above books. This will increase her knowledge and expand her experience with text, so that she will do better when she reads on her own.

It's hard to keep up a reading routine in a season packed with distractions and diversions. These suggestions will fit into a busy schedule and make reading fun!

<https://www.scholastic.com/parents/books-and-reading/reading-resources/developing-reading-skills/three-ways-to-prevent-summer-slide.html>

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PSN FAMILY RESOURCE CENTER
Partnering · Supporting · Nurturing

8600 Sheridan Road
Entrance B
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TRIPLE P—POSITIVE PARENTING PROGRAM

Triple P – Positive Parenting Program knows all parents have different needs. That's why Triple P has many different ways to get your parenting help so you can choose what will best suit you and your family.



Level 3 Group

This level is for parents of children 0-12 years old and gives ideas to deal with big and small problems of family life.

Group session dates:

- August 6—Developing Good Bedtime Routines
- August 13—Hassle-Free Shopping With Children
- August 20—Dealing With Disobedience

Tuesdays, August 6—August 20
5pm—7pm
PSN Family Resource Center
8600 Sheridan Road

Level 4 Small Group

Each session is 2 hours. You will attend five (5) group sessions – the first four should give you the tips you need to start positive parenting. Then, you will have two weeks to practice Triple P at home. But you will not be left to do it on your own. Your Triple P practitioner will set up a time to spend 15 minutes on a call or visit to find out how you are doing and offer any needed advice. Finally, you will meet up with your group for one last session. This is a chance to go over any problems you may still have – and to congratulate yourself on how far you have come!

This level will help you:

Encourage behavior you like	Deal with problem behavior
Become confident as a parent	Be realistic about parenting

Tuesdays, July 30—September 17
10:30am – 12:30pm
PSN Family Resource Center
8600 Sheridan Road

Refreshments and Child Care provided at no cost, but **registration is required**. Call Alison at 262-605-6545 to sign up!

How Countries Celebrate Independence Day Around The World

Throughout the world, countries celebrate their independence through national holidays and other cultural celebrations. From fireworks in the United States to flying kites in India, let's take a look at how independence day is celebrated around the world.

Bolivia – August 6th

Bolivia throws a two-day party packed with marches, gun salutes, fireworks, music, parades and carnivals. The main event of the celebrations are the military parades on August 6th. The day is a national holiday of Bolivia locally known as Dia de la Patria. The celebrations continue for a full day especially in the capital city of Bolivia 'La Paz.'

Cambodia – November 9th

Cambodian Independence Day is celebrated with festivals, parades, and firework displays across Cambodia. The main gathering point is Phnom Penh's Independent Monument, which was built to mark Cambodia's 1953 liberation from French rule.

India – August 15th

To symbolize its freedom from British rule, saffron, white and emerald-green kites evoking the young country's tri-colored flag are flown. It is also typical in most parts of the country for a ceremony and unfurling of the national flag.

Norway – May 17th

This day celebrates the signing of the Constitution of Norway. In Norway, children play a special part in the celebration of their independence day. Several children's parades are held during the day, where the children march with flags and school banners led by marching bands. In the capital city of Oslo, the children will pass the Royal Palace, where the royal family will wave to the parade participants from the balcony. In most cities, local schools arrange games, activities and lotteries with nice prizes, as well as selling cakes, soda, ice cream and candies. In the evening, people gather with family and friends to have dinner or barbecues together.

Mexico – September 16th

In Mexico City people gather at Zocalo, a plaza where people have gathered since the days of the Aztecs. Everywhere in the country streets, houses, buildings and cars are decorated. Flags are hoisted from houses and buildings.

Colorful lanterns can be found in most cities. The celebrations reach a high point when the President of Mexico arrives in the Zocalo, at 11 o'clock on September 15 to re-enact Father Hidalgo's grito, or cry, of Independence to his followers. The President then rings the same bell that Father Hidalgo rang followed by the crowd proudly shouting out the names of the heroes of the independence war and then they end it with a final shout of VIVA MEXICO! Colorful fireworks light up the Mexican evening sky as the ceremonies end.

Australia – January 26th

Officially known as Australia Day the celebration honors the creation of the first British settlement in Australia. On this day, Australians celebrate with surfing races, ferry races and a tall ships race. Fireworks are also customary in Australia, where they are even lit on moving boats and skyscrapers.

Costa Rica – September 15th

Traditional dancing takes center stage in Costa Rica's Independence Day celebrations on September 15. Unlike other countries in the Americas, there was no fight for independence in Central America. Depleted by the war with Napoleon Bonaparte, and a few Latin American wars, Spain actually supported Central American independence because the region had become a burden.

South Korea – March 1st / August 15th

South Korea celebrates its liberation from Japan on two different and important days. August 15 is called Gwangbokjeol, and celebrates South Korea's independence from Japan and the creation of the South Korean government. The day includes national ceremonies, displaying the flag, and singing the official independence day song called 광복절 노래: Gwangbokjeol Nor. March 1 is called Samil Jeol, and celebrates the independence movement that helped liberate South Korea from the Japanese, and memorializes the men and women lost during the rebellion. To commemorate the day, the Declaration of Independence is read at Pagoda Park (탑골공원) in Seoul.

France – July 14th

July 14th marks the storming of the Bastille prison in Paris, which was the beginning of the French Revolution. Bastille Day is observed as the French National Day, and is celebrated with many different traditions, such as firefighter organized dance parties, military parades, and fireworks.

Car Seats: Information for Families

Each year, thousands of young children are killed or injured in car crashes. Proper use of car seats helps keep children safe. But with so many different seats on the market, many parents find this overwhelming. If you are expectant parents, give yourselves enough time to learn how to properly install the car seat in your car before your baby is born to ensure a safe ride home from the hospital.

The type of seat your child needs depends on several things, including your child's age, size, and developmental needs.

Type of Seat	Wisconsin Law	Safest Practice
Rear-facing Seat	Children must ride in a rear-facing car seat until they are 1 year old and weigh 20 pounds.	Children should ride in a rear-facing car seat until at least the age of 2. Keep children rear facing as long as they are within the height and weight requirements for the car seat.
Forward-facing Car Seat	Children must ride in a forward-facing car seat with harness until they are 4 years old and weigh 40 pounds.	Children should ride in a forward-facing car seat with a harness as long as they are within the height and weight requirements of the car seat.
Booster Seat	Children must ride in a booster until they are 8 years old or weigh 80 pounds or are 4 feet 9 inches tall (4'9").	Children should ride in a booster seat until they are tall enough to sit on the vehicle seat without slouching, and the seat belt fits snugly across the top of the thighs and across the shoulder.
Seat Belt	Children must be restrained in a seat belt when they outgrow the requirements of a booster seat.	Children should ride using a lap and shoulder belt once they have outgrown their car or booster seat.
Back Seat	Children required to ride in a rear-facing or forward-facing car seat must be restrained in the back seat.	Children under 13 years of age should ride in the back seat using a lap and shoulder belt.

SAFETY TIPS:

- Choose a car seat based on your child's height, weight and age.
- Read all instructions to correctly install and use the car seat.
- Check the expiration date and know the history of your car seat before you use it.
- Use a car seat correctly on every ride.
- Children are more likely to buckle up if they see a parent or caregiver buckled up.
- Let others who drive your kids know that a car seat is a must.

Qualifying families can visit the PSN Family Resource Center to receive *one* free car seat or have their seat properly checked by a Child Safety Seat Technician.

Call Rose at 262-697-4635 for more information or to schedule an appointment.

PSN Family Resource Center

The mission of the PSN Family Resource Center is to provide programs and services that build on family strengths through prevention, education, support and networking in collaboration with other resources in the community.

The PSN Family Resource Center is located in the Kenosha County Human Services Building, 8600 Sheridan Road, Kenosha, Entrance B.

Drop-in hours are available every Tuesday and Thursday from 2pm—4pm.

Talk with someone about parenting concerns, pick up information about community resources or find out about services of PSN.



Meet Our Staff

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Like us on Facebook for up-to-date Parent Talk Lunch schedules and other program information or visit our website: www.PSNFamilyResourceCenter.com.

Did you miss a past issue of the PSN Newsletter? Find it here:
<http://www.kenoshacounty.org/Archive.aspx?>

20 Fun Facts about the Fourth of July

On this federal holiday, also known as Independence Day, marking the Colonies' adoption of the Declaration of Independence on July 4, 1776, which declared independence from the Great Britain and its king, we thought it would be appropriate to share some fun facts about this historic day. We are already familiar with the fireworks, parades, barbeque and festivities like picnics, fairs, concerts and parties that take place on this day, but there are some things many people don't know about the Fourth.

1. Congress made Independence Day an official unpaid holiday for federal employees in 1870. In 1938, Congress changed Independence Day to a paid federal holiday.
2. Only John Hancock actually signed the Declaration of Independence on July 4, 1776. All the others signed later.
3. The Declaration of Independence was signed by 56 men from 13 colonies.
4. The average age of the Signers of the Declaration of Independence was 45. The youngest was Thomas Lynch, Jr (27) of South Carolina. The oldest delegate was Benjamin Franklin (70) of Pennsylvania. The lead author of The Declaration, Thomas Jefferson, was 33.
5. One out of eight signers of the Declaration of Independence were educated at Harvard (7 total).
6. The only two signers of the Declaration of Independence who later served as President of the United States were John Adams and Thomas Jefferson.
7. The stars on the original American flag were in a circle so all the Colonies would appear equal.
8. The first Independence Day celebration took place in Philadelphia on July 8, 1776. This was also the day that the Declaration of Independence was first read in public after people were summoned by the ringing of the Liberty Bell.
9. The White House held its first 4th July party in 1801.
10. President John Adams, Thomas Jefferson and James Monroe all died on the Fourth. Adams and Jefferson (both signed the Declaration) died on the same day within hours of each other in 1826.
11. Benjamin Franklin proposed the turkey as the national bird but was overruled by John Adams and Thomas Jefferson, who recommended the bald eagle.
12. In 1776, there were 2.5 million people living in the new nation. Today the population of the U.S.A. is 316 million.
13. Fifty-nine places in the U.S. contain the word "liberty" in the name. Pennsylvania, with 11, has more of these places than any other state.
14. The most common patriotic-sounding word used within place names is "union" with 136. Pennsylvania, with 33, has more of these places than any other state. Other words most commonly used in place names are Washington (127), Franklin (118), Jackson (96) and Lincoln (95).
15. Fireworks are part of the tradition of celebrating this national holiday. The U.S. imported \$227.3 million worth of fireworks from China in 2012. U.S. exports of fireworks, by comparison, came to just \$11.7 million in 2012, with Israel purchasing more than any other country (\$2.5 million).
16. In 2012, vast majority of imported U.S. flags (\$3.6 million) was made in China.
17. Barbecue is also big on Independence Day. Approximately 150 million hot dogs and 700 million pounds of chicken are consumed on this day.
18. Every 4th of July the Liberty Bell in Philadelphia is tapped (not actually rung) thirteen times in honor of the original thirteen colonies.
19. Traditions place the origins of "Yankee Doodle" as a pre-Revolutionary War song originally sung by British military officers to mock the disheveled, disorganized colonial "Yankees" with whom they served in the French and Indian War. It is believed that the tune comes from the nursery rhyme Lucy Locket.
20. The tune of the National Anthem was originally used by an English drinking song called "to Anacreon in Heaven." The words have nothing to do with consumption of alcohol but the "melody that Francis Key had in mind when he wrote those words did originate decades earlier as the melody for a song praise of wine." <http://www.colonialmusic.org/Resource/Anacreon.htm>