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SUMMER READING FOR KIDS


A new study by the Kaiser Family Foundation shows the average child is now spending 2 1/2 hours a day listening to music, 5 hours watching TV, 3 hours surfing the internet or playing video games and 38 minutes reading.

These findings are probably no surprise to the average parent but still somewhat disturbing.

In addition, other studies have shown that approximately 75% of what children learn during the school year is lost during the summer.


To encourage less electronic time, retain more information from the school year and improve their reading skills, here are some things you can do with the children in your life.

 **Six Books to Summer Success** - Research shows that just 6 books over the summer months may help keep a struggling reader from regressing. Books should not be too hard or too easy. Check out different booklists and your local library for summer reading programs to help motivate your child.

 **Read Something Everyday** - *Morning*: the cereal box or the newspaper, even if it is only the weather or the comics. *Daytime*: T.V. guides, schedules, recipes in a cookbook for a child who likes to help in the kitchen, road signs, billboards, menus and magazines. *Evening*: end the day having your child read to you from the book they are currently reading (from the Six). Have them practice a chapter, a page or even a paragraph before reading to you. Rereading will help them be more fluent and correctly read at an appropriate speed.



Reading helps you learn to cook, garden, build models and so much more!

 **Keep Reading Aloud** - Reading aloud benefits all children and teens, especially those who struggle. You can read words and books your child can't, so she will build listening comprehension skills, increase her knowledge and expand her experience with text, helping her do better when reading on her own.

-Submitted by Clearfield Co CCIS, MSNBC Interactive 2011

VISIT A LIBRARY THIS SUMMER!

Indiana County residents have many libraries from which to choose:

- Blairsville Public Library - 113 N. Walnut St, Blairsville 724-459-6077
- Burrell Township Library - 49 Willow St, Black Lick 724-248-7272
- Homer City Public Library - 6 N. Main St, Homer City 724-541-3381
- Indiana Free Library - 845 Philadelphia St. Indiana 724-465-8841
- Northern Cambria Public Library - 1030 Philadelphia Ave, N. Cambria 814-948-8222
- New Florence Community Library - 122 Ligonier St, New Florence 724-235-2249

The CCIS Office will be closed for the upcoming holidays:

Labor Day
September 5, 2011

Columbus Day
October 10, 2011

Attention Parents Using A Relative/Neighbor Provider



Training topics cover healthy nutrition, child safe environments, children's growth & development, age appropriate learning activities, etc.

The Office of Child Development and Early Learning (OCDEL) wants all children to be able to have high quality child care services and early education opportunities. Well trained providers are key to helping children reach their greatest potential so they can succeed in school and life.

As of July 1, 2009, R/N providers have been required to complete 12 hours of training every two years in order to continue to participate in the subsidized child care program.

Families using an R/N provider need to be aware of the following policies. If at the time of your provider's CareCheck renewal (every 2 years) they have not completed their 12 hours of training, the provider becomes subsidy ineligible and their provider agreement with CCIS is ended.

At that point your family will be placed in suspended service. You will have 30 days to identify a new child care provider and inform the CCIS of your choice.

R/N PROVIDER TRAINING UPDATE

Beginning July 1, 2009, Relative/Neighbor providers signing agreements with the CCIS office were informed of a new state guideline requiring the completion of 12 hours of training. Training must be completed within two years from the date a provider signs her agreement.

Based on policy, the first providers not completing training would fail on July 1, 2011. Their CareCheck clearances would not be renewed and payment for care would stop.

Due to a clerical backlog at the agencies that review mail-in training

completed by R/N providers, issuance of Certificates of Completion have been delayed.

Therefore, the Office of Child Development and Early Learning will postpone failing providers who do not have their 12 hours of training recorded because of the mail delay.

This does not mean you can delay completing your training within the specified two year period.

Once the mailing of certificates is resolved, an agreement will be terminated if the R/N did not meet the training requirement by her due date.

In order to maintain an agreement with the State, each R/N provider must meet the 12 hour training requirement.

Pediatric First Aid & CPR Training



Active, outdoor summer play often causes cuts and scrapes

The next Pediatric First Aid with Infant & Child CPR training will be held August 6, 2011, from 9 am until 3pm. Participants will meet at the American Red Cross Indiana County Chapter office at 610 Kolter Drive. Participants will learn how to

administer first aid and infant/child CPR. Cost of the training is \$20. Anyone wishing to register for this training must do it on-line. Log onto the following web site and follow the prompts given.

<https://classes.redcross.org>

Home Alone for the Summer?

How do you know when it is the right time to leave your children home alone? Many people look to the law for help in making this decision, but there is no "legal age" in Pennsylvania when a child can or should be left alone. It is up to each family to decide when the time is right. To help assess your child's ability to handle the risks and rewards of staying home alone, consider the following guidelines:

- Age & Maturity - Children mature at different rates. Does your child show responsibility, follow rules and make good decisions?
- Your Child's Feelings - Talk to your child to find out if he is comfortable staying home alone.
- Time - How often will time alone occur, how

long will he be alone, is it daytime or evening, will he have to eat alone or get ready for bed by himself?

- Safety - Is your neighborhood safe, do you practice fire emergency techniques, can you or another adult be reached by phone? Does your child know how to dial 911 and give his name, address, etc?

If you determine that your child is ready to stay home alone - *Practice!* Establish rules, role play, and practice with short times home by himself. Continue to talk to your child about his feelings about staying home alone. Lastly, don't overdo! Even responsible kids should not be alone too much or too often. Your child's safety should always be the first priority. -Adapted from "Leaving Your Child Home Alone," Child Welfare Information Gateway



Being trusted to stay home alone can boost a child's self-esteem and promote responsibility.

4-H DAY CAMPS

Children can learn to "Be a Food Detective" at one of Indiana County's 4-H Day Camps being offered this year. The camp dates are: July 12-14, Plumville Presbyterian Church; July 19-21, Blairsville Presbyterian Church and August 1-3, New Horizons Retreat Center. Campers can be ages 7 to 12 and older youth may serve as counselors. Cost is \$30. The camp will include many hands-on fun, food activities and also a tour to a local site in Indiana County. Brochures are available by calling 724-465-3880. Deadline to register is one week before each camp.

BACK TO SCHOOL BASH

Indiana's 3rd Annual Back to School Bash, School Supply Drive for low income families is August 20, 2011, from 9 am to 2 pm. This program will help with clothing, shoes, notebooks, backpacks and many other incidentals. Families must pre-register by calling The Salvation Army at 724-465-2530, M, Th, & F 10 am to 4 pm or T & W from 10 am to 6 pm. The application is done by phone; please provide SSN, income, sizes for children, along with address, phone number, etc. The Bash Committee will then send a letter of instruction to families for pick-up.

Getting children ready for the start of a new school year is a stressful time, let Back to School Bash help!

KEEPING COOL

As the thermometer rises keep yourself cool!

- Eat "wet" foods - Drink lots of water and eat fruits and veggies to stay hydrated.
- Water Yourself - You don't have to swim, just keep your feet, hands and head cool. Dip your feet and hands in cool water and wear a moist bandana under your hat.
- Close the curtains - In the morning when the house is cool, lower your shades or shut your

curtains to keep the hot sun out.

- Freeze your linens - Prior to bedtime, put your pillowcase in a plastic bag and in the freezer. The cool fabric helps drop your body temperature so you can fall asleep faster.
- Eat Wisely - Eat small frequent meals to keep your body from creating heat while metabolizing heavy meals.

- Scholastic Parent & Child, June/July 2011



To stay cool dip your hands or feet in a puddle, fountain or creek.

BETTER KID CARE LAUNCHES NEW ON DEMAND DISTANCE EDUCATION LESSONS



NEW

On July 1, 2011, Penn State Better Kid Care launched a new On Demand Web system to offer their distance education lessons. The new system allows providers to complete an online lesson, take a short assessment quiz and receive a certificate of completion as soon as they have finished the assessment. Lessons can be viewed at no cost.

To access the assessment and receive a certificate of completion there is a \$5.00 charge; a credit or debit card is required for payment.

Better Kid Care will still offer the mail-based lessons; however, providers will still mail the assignment to them and it will take 4-6 weeks to receive the certificate of completion.

They encourage everyone to try the new On Demand system. If you have questions, call 800-452-9108 or email BetterKidCare@psu.edu