

SUMMER 2021



A Newsletter for Parents of Young Children

The Parent Line

Summer Days with a Book



Reading to our children from an early age has many wonderful benefits. When we expose young children to reading, it strengthens relationships with our young ones, improves basic speech and communication skills, and teaches children logical thinking.

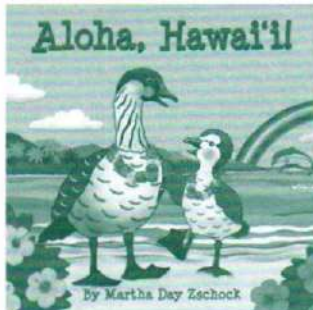
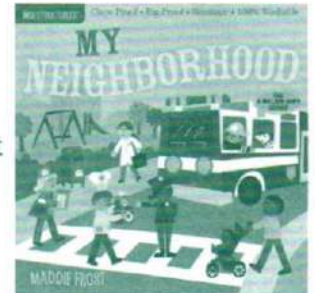
Try the art of reading stories with your child. Some parents read the stories out loud during bedtime and then leave the books out during the day for the child to look through when they choose.

Reading can be the best way for you to share the world with your child. Encourage them to use their imagination to travel the world, or to explore different careers. Thanks to books, anything your child wants to know they can learn through reading. Below are a list of books ranging from infants to grade 3.

My Neighborhood, By Maddie Frost & Amy Pixton

Infant - 2 years

"Here comes our mail. Thank you, mail carrier!" "See how clean our street is? Thank you, garbage collector!" Say hello to everyone in the neighborhood. We all help one another out in the neighborhood.



Aloha, Hawai'i, By Martha Day Zschock

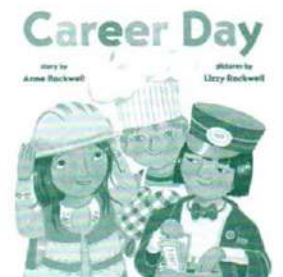
Preschool - Kindergarten

A parent and child macaw visit Hawai'i! Join the pair as they explore all around the beautiful state.

Career Day, By Anne Rockwell & Lizzy Rockwell

Preschool - Grade 3

Michiko's mother writes books. Jessica's mother is a veterinarian. Pablo's father is a construction worker. What kinds of work do people you know do? In *Career Day*, the children in Mrs. Madoff's class takes turns introducing special visitors. Every visitor has something interesting to share, and together the class learns all about the different work people do. They help young readers explore the question "What do you want to be when you grow up?"



A Ticket Around the World, By Natalia Diaz & Melissa Owens

Kindergarten - Grade 3

Join a young boy as he hops around the globe, visiting friends in thirteen different countries spanning all six populated continents. Along the way, he shares interesting facts about each country's culture, customs, environment, language, food, geography, wildlife, landmarks, and more!

For more suggestions on books to share with your children, go to Amazon.com, Target.com, or visit the public library in your neighborhood!

Cooking with our Keiki

River of Fish

Ingredients:

- ◇ Celery stalks
- ◇ Cream cheese
- ◇ Blue food coloring
- ◇ Gummy fish or goldfish snack



Directions:

1. In a bowl, add one or two drops of blue food coloring to the cream cheese.
2. Fill celery sticks with cream cheese.
3. Add fish to the top of the celery sticks to resemble fish swimming in the river.

Fish in the Ocean

Ingredients:

- ◇ Blue frosting
- ◇ Graham cracker squares
- ◇ Gummy fish or Goldfish snack



Directions:

1. Spread blue frosting over $\frac{1}{2}$ or $\frac{3}{4}$ of your graham cracker.
2. Add fish into the "water."

The great thing about these crafts is that it allows you to teach your children about the ocean, learn about different types of sea creatures, and also do some math by counting fish!

For more ideas, please visit: www.kids-cooking-activities.com

Special Days to Remember

- June 1 - National Say Something Nice Day
- June 11- Kamehameha Day
- June 14 - Flag Day
- June 20 - Father's Day



- July 4 - Independence Day
- July 19 - National Ice Cream Day
- July 25 - Parents' Day
- July 26 - International Day of Friendship

- August 4 - National Chocolate Chip Cookie Day
- August 9 - Book Lovers Day
- August 10 - National S'mores Day
- August 21 - Statehood Day

Parents with Adolescents



Child & Family Service is a statewide, non-profit organization that has over 50 programs providing help from keiki to kupuna. 'Imi 'Ike is one of those programs that help our youth!

'Imi 'Ike is a peer-based group service aimed at youth 10-21 years old that focuses on culture, building healthy relationships, and learning how to flourish in formative years. Self-referrals are accepted! If you are interested in learning more, please contact us by email at amiklas@cfs-hawaii.org or by calling (808) 726-5872.

Spotlight on Safety

Keeping our Keiki Hydrated



Make sure your children get plenty of liquids to stay healthy and active this summer and help them develop good hydration habits for a lifetime.

- ◇ Children are much more prone to dehydration than adults because their bodies do not cool down as efficiently.
- ◇ The best way to keep your child hydrated is to get them used to drinking liquids regularly.
- ◇ Do not wait until your child is thirsty to offer refreshments; by that time, they are already dehydrated.
- ◇ The American Academy of Pediatrics (AAP) recommends that children drink six glasses of water on an average day.
- ◇ Keep in mind that while ice-cold beverages might seem like the perfect remedy for thirst, it is much better to provide liquids at a moderate temperature.
- ◇ When choosing drinks for kids, avoid those that have caffeine, such as iced tea or sodas. Caffeine can contribute to the dehydration process.
- ◇ Always include high-water content foods such as fruits and vegetables in your daily meal planning to help your family stay well-hydrated so strenuous activities are not as difficult.



For more hydration tips, please visit www.parents.com