



A Newsletter for Parents of Young Children

SUMMER 2017

# The Parent Line

## Let's Read Together!

Reading to our children from an early age and as often as possible is important—there are many wonderful benefits that come from exposing young children to reading. It helps to strengthen our relationships with young ones, improves basic speech and communication skills, teaches children more logical thinking, and more.



Here are some tips to help turn your child into a happy and confident reader:



**Read together every day:** Create a special time every day where you read to your child. Make this a warm and loving time when you can cuddle close.

**Give everything a name:** Help build your child's vocabulary by pointing out interesting objects and talking about them. For example, "Look at that car! Those are the wheels on the car. What do the wheels do?"

**Read with fun and different voices:** Read to your child with humor and expression! Use different voices and sound affects—make it fun!



**Together you can make reading a fun and memorable experience that will help nurture a lifelong love for reading!**

Source: [www.ReadingRockets.org](http://www.ReadingRockets.org)

THE PARENT LINE IS HAWAII'S PREMIER RESOURCE ON CHILD BEHAVIOR, CHILD DEVELOPMENT AND PARENTING SUPPORT. [WWW.THEPARENTLINE.ORG](http://WWW.THEPARENTLINE.ORG)

The Parent Line Newsletter is published four times per year.  
For distribution information, please contact:  
O'ahu: (808) 526-1222, Neighbor Islands: 1-800-816-1222  
Email: [distributionctr@theparentline.org](mailto:distributionctr@theparentline.org)

Funded by Hawaii Department of Health, Maternal and Child Health Branch (808) 733-4054  
David Ige, Governor | Virginia Pressler, M.D., Director of Health  
We provide access to our activities without regard to race, color, national origin (including language), age, sex, religion or disability. Write or call our Affirmative Action Officer at Box 3378, Honolulu, HI 96803378 or at (808) 586-4616 (voice) within 180 days of a problem.

## A Parent Asks: When is my child ready for preschool?

Experts agree that preschool helps kids socialize, begin to share and interact with other children and adults. Your three-year old is out of diapers and seems to enjoy playing with peers. But is he or she ready to start preschool? Are you ready? And just what are the benefits of preschool? For most kids, it's an experience that should not be missed, experts say.

"I believe that all three –or four year –olds should have the opportunity and advantages of attending preschool," says Anna Jane Hays, a child development expert in Santa Fe "It is just too valuable of a beginning, now that we know children are capable of learning at such an early age. The consensus is 'the sooner, the better' in regard to a structured opportunity for learning."

Readiness is key, because starting preschool too soon can be stressful for a child. If your child is not ready for preschool as soon as you would like, do not let it worry you, Saltz says. "It is not so crucial."

Source  
[www.webmd.com/parenting/](http://www.webmd.com/parenting/)



## Special Days to Remember

June 11: King Kamehameha Day

June 18: Father's Day

July 4: Independence Day

July 23: National Parents' Day

**AUGUST IS FAMILY FUN MONTH**

August 6: Friendship Day

August 18: Statehood Day

August 21: Senior Citizens Day

August 26: Women's Equality Day

## Craft Corner: Cloud Collage

Materials:

- Cotton balls
- A variety of blue paper (different colors and textures)
- Glue
- Paintbrush for glue

Activity:

1. Use a blue page to be the sky or background
2. Get your child to tear the remaining blue papers into strips and shapes
3. Layer the strips and shapes onto the sky and glue in place
4. Arrange the cotton balls into cloud clumps
5. Glue in place

Source: [www.kidspot.com](http://www.kidspot.com)



## SUGGESTED READINGS

Books Available at the State Libraries



**OH, NO!**  
BY CANDACE FLEMING

**AND THEN IT'S SPRING**  
BY JULIE FOGLIANO

**HELLO! HELLO!**  
BY MATTHEW CORDELL

**CHLOE**  
BY PETER MCCARTY

## SPOTLIGHT ON SAFETY: BEACH SAFETY

Whether you are a frequent beach go-er, or a newbie to the waters, beach safety tips are always important to ensure you and your family remain safe and enjoy your time in the sun:

**SUN:** Apply a broad-spectrum, waterproof sunscreen to all areas of exposed skin. Try to provide children with as much protective gear as possible such as sunglasses, hats, and a shady place to rest.

**SWIMMING:** Swimming the ocean is different than in a pool, and waves, current, and tides can be of potential danger. Never leave children unattended in the ocean.

**FOOD AND WATER:** Potlucks at the beach are delicious, but beware that the hot temperatures can cause food to quickly spoil. Try to pack non-perishable foods and be sure to keep hydrated throughout the day by drinking lots of water.

**RULES:** Children should follow all instructions from lifeguards. Take note of warnings on beach, such as high tide or man-of-war sightings.



For more information on water safety visit [kipchawaii.org](http://kipchawaii.org)

Source: [www.redcross.org](http://www.redcross.org)

