Reading: Why it's good for children.

Reading and storytelling help your child’s development in many ways. These activities promote brain development and imagination, teach your child about language and emotions, and lay the foundations for literacy. Reading is also a great way for you to bond with your child and share time together. Reading aloud and sharing stories is one of the most important and enjoyable things you can do with your child.

Your child might enjoy:
- books that have good rhyme, rhythm and repetition
- books about a favorite topic, like cars, fairies, insects or pirates
- lift-the-flap, pop-up, alphabet, shape, size and counting books
- books that use humor and have a sense of fun – for example, a character who uses a funny word, or who is silly or even 'naughty'.

Here's how you and your child can make the most of book time:
- Help your child choose a book. It's OK if he chooses the same one over and over. If it's one you haven't read together before, look at the cover and ask him what he thinks it might be about.
- Ask your child to hold the book and turn the pages.
- Read the story together. Point to words as you read them.
- Vary the pace of your reading, as well as how loud you read. Changing your voice and expression for different characters can also be fun.
- Chant or sing repetitive phrases and words together.
- Point to things in the pictures and name them, or ask your child to name them. Talk about the pictures and ask your child questions – for example, 'What do you think happens next?' or 'Why is the baby happy?'

Outdoor Play

Playing outside gives your child the chance to explore the natural environment and have adventures. She can play games, test her physical limits, express herself and build her self-confidence.

Getting your child into outdoor play:
- ideas

It’s a good idea to encourage your child to play outside several times a day. Outdoor play doesn't have to be a big deal, particularly if you have an outdoor space at your home. Especially with older children, sometimes all you need to do is send them out the door and let them come up with their own games. When younger children are playing outside, though, they need your help to stay safe around outdoor hazards.

Many younger children love to 'help'. This means that outdoor play can include working with your child on everyday tasks like weeding, sweeping the driveway, watering vegetables or hanging clothes on the line.

Making time to visit your local park, oval or playground is a low-cost and easy option, especially if you don’t have a yard. Your child will probably have even more room to run around there and might meet other children.

If you can walk to the park, you can also teach your child about road and pedestrian safety on the way. Even younger children can get out of the stroller and walk for a little while. Walking together shows that you value and enjoy outdoor activity too.

Other outdoor, active transport activities include riding bikes or scooters.

As your child gets older, you could encourage her to try a structured outdoor activity like junior sport. 


Financial Advice for the High School Graduate

Understand how personal finance works. Personal finance is not difficult once you learn the basic principles. Learn how credit cards and debit cards work and the pros and cons of using credit cards. You should also know how to balance a checkbook, how to bank online, how to avoid credit card fees, and other basic principles.

Spend less than you earn After knowing how to use financial tools, spending less than you earn is the most important thing you can do for your financial situation. It doesn’t matter how smart you are, how good your job is, or how much you earn – if you spend more than you take in, you will never get ahead in life.

Make budget A budget will help you spend less than you earn every month. There are a lot of ways to make a budget; some people prefer to track every penny, and others prefer a rough guideline. The important thing is to be able to have an accurate account of your income and account for your major fixed expenses. Find what works for you and your situation and stick with it. You will thank yourself later!

Be careful with credit Credit is a useful tool, but only if you handle it responsibly. It is important to know and understand how your credit score is determined and how to improve your credit score. Your credit score is probably more important than you realize, and can affect your ability to get loans, the interest rates you pay on loans, and your ability to get a job, rent a house or apartment, or even enter a cell phone contract.

Be careful signing up for credit cards just to get free t-shirts, koozies, or other small dollar items. Many of these cards have high interest rates and low limits, and are designed to make you spend more money than you have. It is very easy to fall into the trap of never ending credit card debt.

Once you know how your credit score can affect you, it is a good idea to begin establishing your credit history. The easiest way to do this is to establish a regular payment pattern over a long period of time. This can be for a fixed loan or with a credit card. The important thing is to start small and stay within your means. Here is a list of the best student credit cards if you decide to get one.

Only use student loans for college expenses Student loans are for one thing only – college expenses. This includes tuition, fees, books, tutors, and other similar fees. This does not include pizza, beer, out of town football games, spring break, parties and other frivolous expenditures. You may have your student loans for a long time, and you won’t be doing yourself any favors by adding fuel to the fire.

Start Dave Ramsey’s Baby Steps Dave Ramsey created his 7 Baby Steps as part of his Financial Peace University. His methods are a great way to get on a good financial track by laying a plan to get current with expenses, start an emergency fund, get out of debt, and begin saving for the future. Even if you do not have any debt, Dave Ramsey’s Baby Steps are a great place to start. Before you know it, you will be graduating college and starting life on your own and having a financial plan in place will make your life less stressful.

Start an emergency fund This is actually the first step in Dave Ramsey’s Baby Steps, but it is very important so I thought I would mention it again. An emergency fund is just that – a fund that you keep in a regular savings account and use only for emergencies. No, pizza and beer night doesn’t count. I’m talking about an emergency plane ticket home, car repairs, medical bills, or anything else that would be considered an emergency by normal standards. Your emergency fund will help you avoid racking up unnecessary credit card debt and let you sleep better at night.

Try to save money Once you have your emergency fund in place and are current on all your expenses, try to add saving to your budget. You will need money for a down payment on an apartment, furnishings for your apartment, a professional wardrobe for job interviews, a car, or many other expenses. A little money in the bank makes this easier, and again, will help you avoid falling into the debt trap.

Have fun You are entering one of the most memorable periods of your life. Have fun. The good news is that you don’t need a ton of money to have fun, especially when most of your friends are probably broke too. There are countless free and inexpensive activities centered on and around college campuses. Find them. Hang out with friends, have cookouts, watch movies, catch the university sporting events, volunteer, etc. Never stop learning – in school and outside school Your college days are when you will learn more about yourself, others, and life in general than you ever have before. This is an amazing time to see and do everything you can. Take it all in and enjoy yourself. In my opinion, what you learn about yourself and life is more important than what you will learn in the classroom (but that doesn’t mean what you learn in the classroom isn’t important!). Take it all in and see and do as much as you can. You only get this chance once. https://cashmoneylife.com/financial-advice-for-the-high-school-graduate/
Announcements

Greetings Parents!

April is National Volunteer Month and a great time to assist in your child’s classroom. There are a variety of ways you can give your time including reading to students or helping serve snacks. Check your site for the volunteer flyer to receive additional information on how you can make an impact. Last month you were introduced to the new format of Parent Committee Gatherings. The feedback was wonderful and we look forward to bringing you more engaging topics. This month’s Male Engagement events have been postponed. We will send out new communications once we are ready to kick off this amazing curriculum and opportunity for dads and male figures to display their importance in our student’s lives. Your Family Advocate will share that information when it becomes available.

Coughing and Sneezing

Hygiene etiquette involves practices that prevent the spread of illness and disease. A critical time to practice good hygiene etiquette is when you are sick, especially when coughing or sneezing. Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) are spread by:

• Coughing or sneezing
• Unclean hands
• Touching your face after touching contaminated objects
• Touching objects after contaminating your hands

To help stop the spread of germs:
Cover your mouth and nose with a tissue when you cough or sneeze.

Put your used tissue in a waste basket.

IF YOU DON'T HAVE A TISSUE, COUGH OR SNEEZE INTO YOUR UPPER SLEEVE, NOT YOUR HANDS.

Remember to wash your hands after coughing or sneezing:

• Wash with soap and water,
• or Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

Cough etiquette is especially important for infection control measures in healthcare settings, such as emergency departments, doctor’s offices, and clinics. More information on respiratory hygiene and cough etiquette in healthcare settings may be found on CDC’s seasonal flu pages.

One final practice that helps prevent the spread of respiratory disease is avoiding close contact with people who are sick. If you are ill, you should try to distance yourself from others so you do not spread your germs. Distancing includes staying home from work or school when possible. https://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html

“"The day you find out who you are is when you look back and realize that it was never the words, rather your actions that defined you.”
— Shannon L. Alder
Fresh Peach Coolers

Ingredients
4 fresh peaches, pit removed
1/2 cup greek yogurt
1/2 cup sparkling water
ice to desired consistency

Instructions
Add ingredients to a high powered blender.

Benefits of Peaches
Besides its refreshing taste and aroma, peaches are rich in many essential nutrients that offer a variety of health benefits. Check out here some of the best peach benefits.

1. Peaches Are Rich In Antioxidants
2. Aid Weight Loss
3. Help Prevent Cancer
4. Peaches Benefit The Skin
5. Good For The Heart
6. Promotes Digestive Health
7. Peaches Detoxify Your System
8. Peaches Have Anti-Aging Properties
9. Help Reduce Stress
10. Promote Brain Health
11. Is Beneficial During Pregnancy

Crying and Toddlers

Toddlers: crying Toddlers cry for the same reasons as babies. But toddlers also cry as a way of dealing with new and difficult emotions like frustration, embarrassment or jealousy.

How to manage your toddler's crying
If your child is physically OK, the following tips might help:

If you think your child might be tired, a rest might help. Or you could give her some quiet time listening to music or a story. If the crying happens at bedtime, you might need some help settling your child. If your child is angry or having a tantrum, take him somewhere safe to calm down.

If your child is frustrated, try to work out a solution together. For example, ‘You’re frustrated because the blocks keep falling over. Let’s try again together’. Naming an emotion lets your child know that you understand her feelings. It also helps her learn self-regulation.

If your toddler is just cranky, try a change of scenery like a walk outside, give him a bubble bath, or put on some kids’ music and dance around together. You might be surprised how much fun you have.

Children tend to cry less as they get older. Once your child can talk, it’s much easier for her to use words to tell you why she’s upset and what she needs. It’s also likely to be easier for you to talk with her about her feelings.

How to manage your preschooler’s or school-age child’s crying
If your child is physically OK, try the following ideas:

Give your child a chance to calm down, then ask him what has made him so upset. Show you’re listening by repeating his feelings back to him. For example, ‘You’re feeling sad because Sam wouldn’t play with you’. Offer your child some other ways to deal with the situation. For example, ‘How about you ask to join in Jai’s game instead?’

Make sure your child understands that sometimes it’s OK to cry - for example, when something sad happens or when she gets hurt. For example, ‘Ouch, I’d be crying too if I hit my head’.

If your child seems to spend a lot of time crying and acting sad, consider asking your GP for advice.

It’s OK to cry sometimes. For both children and grown-ups, crying can be a healthy way to deal with significant loss, pain or sadness. When your child expresses these feelings to you, try to listen. Then you can comfort him and reassure him that his feelings are OK.

Crying: your feelings
Crying in babies and children is one of the most common reasons parents seek professional help.

You can contact a parenting hotline or a parenting support service in your area. Sometimes it helps to have another person take over for a while. If you can, ask your partner to come home, or get a friend or relative to come over and help out.

Parenting can be really hard work, especially if you have a child who cries a lot. Taking time out and asking for help are positive things you can do for yourself and your child.

Crying in front of your children
Your child learns about when and how to express emotions like sadness, anger and happiness by watching you. Seeing your emotions also teaches your child that mum and dad are people with feelings too.

But if you’re crying a lot, or crying without knowing why, you might need to speak with your GP about getting some help for depression or postnatal depression.

Peaches: Crying in front of your children

Raising children.net.au/newborns/behaviour/crying-callic/crying-0-8-years

Benefits of Peaches

Besides its refreshing taste and aroma, peaches are rich in many essential nutrients that offer a variety of health benefits. Check out here some of the best peach benefits.

1. Peaches Are Rich In Antioxidants
2. Aid Weight Loss
3. Help Prevent Cancer
4. Peaches Benefit The Skin
5. Good For The Heart
6. Promotes Digestive Health
7. Peaches Detoxify Your System
8. Peaches Have Anti-Aging Properties
9. Help Reduce Stress
10. Promote Brain Health
11. Is Beneficial During Pregnancy

Although it is not a parenting or emotional development topic, it is also important to note:

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