



OREGON'S CHILD CARE SEARCH ENGINE

Connect.Educate.Navigate *as everyone knows you've made it*

Family Matters

Family Connections

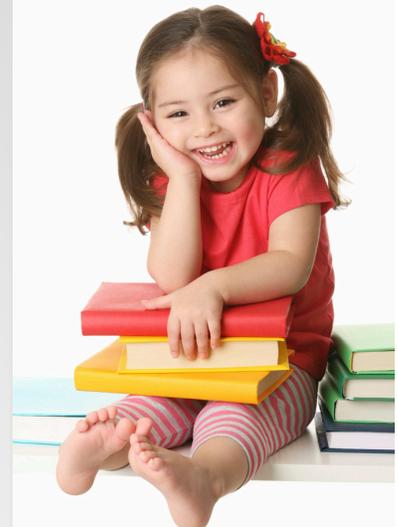
Child Care Resource and Referral of Linn and Benton

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Help your children succeed with reading

What's the single best strategy for helping your children succeed in life? Encourage them to read, a skill that's essential in all areas of achievement. Here are tips from the U.S. Department of Education:

- ❖ *Read aloud to your children often.* Start reading to your children when they are babies, and keep reading as they grow up. As you read, talk with your child. Encourage them to ask questions and to talk about the story. Ask them to predict what will come next.
- ❖ *Encourage your children to read on their own.* Children who spend at least 30 minutes a day reading for fun develop the skills to be better readers at school.
- ❖ *Set aside quiet time for family reading.* Some families even enjoy reading aloud to each other, with each family member choosing a book, story, poem, or article to read to the others. Helping children become—and remain—readers is the most important thing parents and families can do to help children succeed in school and in life.
- ❖ *Visit the library often.* Begin making weekly trips to the library when your child is very young. See that your child gets his own library card as soon as possible.
- ❖ *Buy a children's dictionary.* Start a habit of looking up unfamiliar words so children learn to explore language on their own.



Back to School

Do you have a plan for your schoolage child?

Family Connections can help. Call, e-mail, or stop by:

541-917-4896
800-845-1363

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Supporting Healthy Families

- ❖ Personalized Child Care Referrals / Information
- ❖ Parenting Support & Information/Advice Line
- ❖ Elder Care Referrals

Identify and develop your greatest strengths

One of the secrets of success is making the most of your strengths. First, though, you have to determine what your strengths are—and that may not be obvious, especially if you're just starting out or looking to make a career change. Zero in on the skills that make you special by looking for these clues:

- ❖ *What tasks attract you?* Think of the types of jobs that you look forward to, that you'd find some way to do even if you weren't paid.
- ❖ *What tasks do you lose yourself in?* When you're involved in certain tasks, do you forget what time it is and how long you've been working? These will usually be the jobs that use your skills best.
- ❖ *What do you learn quickly?* You probably struggle with mastering some skills, but others you pick up effortlessly. That's because you have some natural talent and a deep desire to learn more.
- ❖ *What do other people ask for help with?* Pay attention to the jobs you're assigned and the favors people ask you for. They wouldn't come to you if you weren't good in those areas.
- ❖ *Where do you succeed?* This may seem obvious, but some people miss the forest for the trees. Take a look at the tasks you've done best at; they'll use your most important skills.
- ❖ *What brings you satisfaction?* No matter how tired you are, some tasks make you feel good at the end of the day. You'll do better in life and on the job by concentrating on work that you find fulfilling.

- ❖ *Encourage books as gifts.* Ask family members and friends to consider giving your children books and magazine subscriptions for birthdays or other special occasions.
- ❖ *Get help for your children* if they have a reading problem. If you think that your children need extra help, ask their teachers about special services, such as after-school or summer reading programs. Also ask teachers or your local librarian for names of community organizations and local literacy volunteer groups that offer tutoring services.

Safety tips for seniors

Seniors often have special safety and health concerns. Here are a few tips to share with seniors to keep them active and healthy:

- ❖ **Excessive heat** can have a severe impact on senior health. When it's really hot, it's probably a good idea for seniors to stay inside in air conditioning. Seniors should not overexert themselves, and they should drink plenty of liquids, unless for some reason their doctor tells them not to.
- ❖ **Are your hands always cold?** If so, you should tell your doctor. There's a chance that you suffer from hypothyroidism. The thyroid helps maintain body temperature, and when it's not working right, your body can become less able to tolerate cold.
- ❖ **If you suffer from arthritis,** you might want to attach your toothbrush handle to a sponge. It will make the brush easier to hang on to. If you suffer from limited shoulder movement, buy an electric toothbrush.
- ❖ **Wear comfortable shoes.** This will allow for proper circulation to take place in the feet. Also, make sure that the shoes you do wear are slip resistant. Women should not wear high heels.
- ❖ **Exercise.** This will help keep your spine, bones and muscles healthy. If you don't exercise, you run the risk of your bones becoming thin and porous, which is known as osteoporosis. Exercise helps you build strong muscles, protect your joints and spine and increase your agility. Exercise also promotes proper posture and balance, which can decrease the likelihood of falls.

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FAMILY CONNECTIONS

6500 Pacific Blvd. SW, Albany, Oregon 97321 • 541-917-4896 • 1-800-845-1363
www.linnbenton.edu/go/family-connections • connect@linnbenton.edu

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