



# Parenting on the Outer Banks

Summer 2010

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## Summer Safety Tips

- ◆ Never leave your children unattended in or around motor vehicles.
- ◆ Limit sun exposure between 10 am and 4 pm when the sun's rays are the strongest.
- ◆ Keep babies younger than six months out of direct sunlight.
- ◆ Put sunscreen on 30 minutes before going outdoors. The lotion needs time to absorb.
- ◆ Have children use brimmed hats and sunglasses when outdoors.
- ◆ Reapply sunscreen every 2 hours, especially when swimming or sweating.
- ◆ Sand can be very hot. Remember to make sure that your children wear shoes.
- ◆ Allow children to swim only in areas designated for swimming.
- ◆ Actively supervise your children, do not rely on lifeguards. It is a big beach.
- ◆ If your child can not swim well, stay within an arm's reach. Don't rely on flotation devices.
- ◆ Teach your child that swimming in an ocean is not the same as swimming in a pool. There are currents and rip tides. Teach children what they should do if they are caught up in such an event. Read the safety instructions that are posted at designated areas.
- ◆ Children should always wear a helmet when they are riding a bicycle, skateboard or scooter.
- ◆ Keep children at a safe distance when lighting a gas or charcoal grill.
- ◆ Watch children carefully around fishing equipment. Fish hooks can hurt!
- ◆ Always have your child wear a life jacket, sized correctly and approved by US Coast Guard while on a boat.

# Dads are Important from the Start

**As a dad, you are so important to your child's development.** Research shows conclusively that children whose fathers are involved in their lives have

- ◆ healthier social-emotional development
- ◆ less alcohol and drug abuse in the teen years
- ◆ lower school drop-out rates
- ◆ healthier relationships

## **Before your baby is born**

You are a positive force in your child's life, and your influence begins even before your child is born. When you offer your baby's mother your strength and support while she is pregnant, you set the stage for getting to know your child. You begin to form the bond that will grow into love and protection even before your baby is born.

## **Your infant**

These days, more dads are able to be present at their babies' births and can care for them from the very start. Men can give tender loving care to infants just as women can. It will feel different to your baby when you hold him because your size and muscles are different. He will hear that your voice is lower than his mother's. These differences prepare him for other differences he will encounter in life. Your young baby needs your love, care and active involvement in his life from the very start.

## **Your toddler**

It won't be long before your little son or daughter is up and moving. You'll hear your child's first words, and most often they include "Dada." You have a great opportunity to play with your active toddler. Dads play differently than moms do; they are more spontaneous and more physical in their play with children. Mothers are more likely to use toys and props. Both kinds of play are important for healthy brain development. Children who are read to by fathers are more likely to be good readers themselves. Toddlerhood is a good time to establish solid routines for reading to your child.



## **Your preschooler**

As your child moves toward kindergarten, she will need many experiences to help her be ready. Fathers are able to walk along side their children and show them how the world works. You have many interests you can share with your child. Keep in mind your child's developmental and skill level and make activities you do together fun and a little bit challenging without being frustrating. Reading takes on new meaning in the preschool years. Children can listen to longer stories and enjoy non-fiction books, too. Share your interests with your child through reading together.

## **It's worth it!**

Dad, you are so important in your child's life. He doesn't need fancy toys or expensive computer games. He needs you to be his dad and to spend time with him. Keep the lines of communication open with your child's mother and let her know you want to be actively involved in your child's care and experiences. No one can replace you and the contribution you make to your child's future.



# Family Events in Dare County

Visit [darekids.org](http://darekids.org) and search the community events calendar for more information about upcoming family events in Dare County.

## Roanoke Island Festival Park Performance Series

**Western Carolina Presents Sesame Street Children's Show - Indoor Theatre**  
July 6, 7, 8, 13, 14, 15 at 10:30 a.m.

**Western Carolina Presents Charlie Brown**  
July 6, 7, 8 at 8 p.m. - Outdoor Pavilion  
The comic strip "Peanuts" by Charles Schulz remains a beloved entertainment for both children and adults. Western Carolina University's Musical Theatre brings "You're A Good Man Charlie Brown," based on Schulz's legendary comic strip to Roanoke Island Festival Park.

The performances are a part of RIFP's Performance Series and are free and open to the public.

## [Fee Free Summer Weekend 2010 at Wright Brothers National Memorial](#)

On Saturday & Sunday, August 14-15, 2010 entrance fees for Wright Brothers National Memorial will be waived for park visitors.

The National Park Service, national wildlife refuges, and certain Bureau of Land Management sites will offer a "fee-free" weekend this summer to encourage Americans to connect with the outdoors and engage in healthy activities while visiting national parks and other federal lands.



## Summer Reading Program at the Dare County Library

### TUESDAYS (June 29 through July 27)

10:00 am - 10:30 am - Story Time for 2 year olds at the Hatteras Library

11:00 am - 11:45 am - Story Time for 3-5 year olds at the Hatteras Library

1:00 pm - 2:00 pm - Summer Reading program for children in kindergarten through grade 5 at the Hatteras Library

6:00 pm - 6:45 pm - Summer Reading program for children in kindergarten through grade 5 at the Kill Devil Hills Library

### WEDNESDAYS (June 30- July 28)

10:00 am - 10:30 am - "Growing Readers" Story Time for 2 year olds at the Manteo Library

11:00 am - 11:45 am - "Growing Readers" Story Time for 3-5 year olds at the Manteo Library

3:00 pm - 4:00 pm - Summer Reading program for children in kindergarten through grade 5 at the Manteo Library

6:00 pm - 6:45 pm - Summer Reading program for children in kindergarten through grade 5 at the Kill Devil hills Library

### THURSDAYS (July 1 through July 29)

10:00 am - 10:30 am - "Growing Readers" Story Time for 2 year olds at the Kill Devil Hills Library

11:00 am - 11:45 am - "Growing Readers" Story Time for 3-5 year olds at the Kill Devil Hills Library

Additional special programs are scheduled for this summer: Music Show with "C. Shells" (June 25) Story Teller Fred Motley (July 9), Donna Pruett "the balloon Lady" (July 16) , and Krendl the Magician. (Aug 3rd).





## All About Me & You Book

### Materials

- ◆ Cardstock
- ◆ Paper
- ◆ Crayons or markers
- ◆ Ribbon or yarn
- ◆ Hole punch

Make the cover by folding the card stock in half. To make the pages, stack white paper, fold in half, and set the paper inside the card stock. Punch holes through the paper and card stock and thread ribbon to bind. If you write on the left page "My Favorite Foods," then write on the opposite page, "Your Favorite Foods." Let your child draw or write in their answers on each page, leaving the other side blank for dad/mom to complete. Other topics might be favorite books/colors/hobbies, special places or things you love about the other person.

## With Love

*Sometimes you get discouraged  
Because I am so small  
And always leave my fingerprints  
On furniture and walls.*

*All those messy prints,  
when I am grown someday,  
will only be a memory that  
has been washed away.*

*So here's a set of prints,  
to help you to recall,  
just how those hands looked  
when they were very small.*



## Parenting Tips: Potty Training

*The big question is: how do you know when your child is ready?*



### Signs of readiness:

- \* Stays dry for 2h at a time
- \* Waking up from nap with a dry diaper
- \* Can follow some directions
- \* Complaining when wet or dirty
- \* Around 2 ½- 3 years of age

*"..the timetable for learning to use the potty is as individual as learning to walk & talk.*

*Expecting too much too soon can lead to frustration for both parents & children. "*

**Fred Rogers**

### Preparing your child:

- \* Teach him/her words such as pee, poop, wet, dry & potty
- \* Read a book about toilet learning ("Going to the Potty", by Fred Rogers)
- \* Get a potty chair (floor level types are recommended)
- \* Let your child become familiar with the potty chair by sitting on it wearing his/her clothes/diaper.
- \* Teach your child to take his/her clothes off and put them on.

### Start training:

- When your child has developed good feelings for the potty chair, proceed with the toilet training.
- \* Establish a potty routine (morning, before/after meals/naps etc)
- \* Encourage your child to try to sit on the potty after being dry for 2 h
- \* Make sure your child is wearing clothing he/she easily can put on and take off.
- \* Praise your child for every attempt to use the potty, even if he/she doesn't do anything.

**Check out our Resource & Lending Library for more information on potty training and other topics of interest. Resources can be checked out for FREE for up to 2 weeks! The Resource & Lending Library is stocked with books, toys and themed kits that are developmentally appropriate for children ages 0-5. For more information visit [www.darekids.org](http://www.darekids.org) or call Children & Youth Partnership for Dare County at 441-0614.**