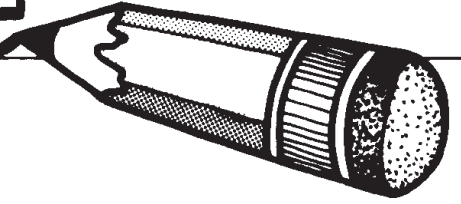


Parenting Pipeline

*A newsletter for parents of second-grade children
from the North Dakota State University Extension Service*



Getting Ready for Summer

Soon your second-grader will be home for summer vacation. Here are a few tips to help you and your family have a happy and safe summer.

Water Safety Tips

Swimming and wading pools will soon be popular sites for your second-grader. The following are some sound and simple rules to follow while your child is using the pool.

1. Never leave your child unattended in or near the water, even if she is wearing a personal flotation device.
2. An adult should be on hand who knows CPR (cardiopulmonary resuscitation) and other water safety skills.
3. Teach your child what to do if there is an emergency.

4. Make sure the pool rules are understood and followed by everyone.
5. Always let your child know you are pleased with his progress, and encourage him to improve his skills to the best of his ability.
6. Make sure the "buddy system" is followed. Never swim alone.
7. If your child does swallow water or become frightened, remain calm and encourage her to try again. Try to remain in the water until she can leave the pool feeling positive about the experience.
8. Try this fun game that also helps develop swimming skills. Have your child locate and retrieve objects under water. At an advanced level of the game, the child can locate the items with eyes open under water.

I'm Thirsty

Try these beverages as healthier alternatives to soda pop with your second-grader:

Water – Keep a pitcher in the refrigerator or a specially marked container for each child

Orange juice

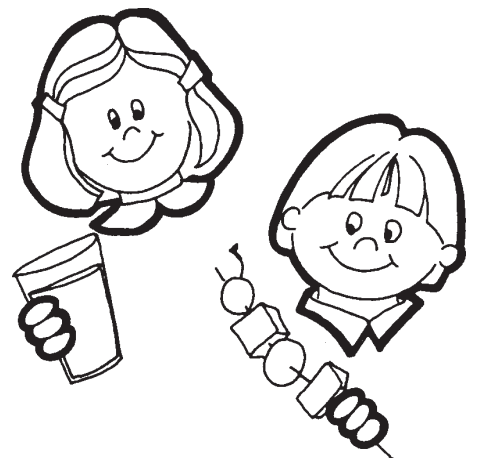
Milk

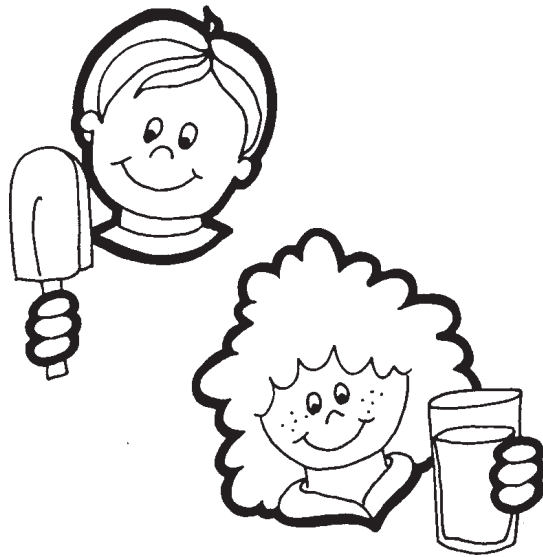
Tomato or other vegetable juice

Apple juice
(with no sugar added)

Grape juice
(with no sugar added)

Fruit nectars





I'm Hungry

When you hear this statement, try these quick and easy ideas that can be made with or by your children:

Fruit kabobs — Slide fresh fruit pieces onto toothpicks or pretzel sticks. Freeze for an extra cool treat on hot days.

Meal on a skewer — Try cubes of cheese, ham, other meats, pineapple chunks or pickles on a pretzel stick.

Make sandwiches more fun by cutting bread, meat and cheese with a cookie cutter. Use a variety of breads including bagels and pita pockets.

Pudding pops — Mix instant pudding according to package directions. Pour mixture into plastic drinking cups or popsicle molds. Put in a popsicle stick and freeze.

Use fresh fruit pieces on breakfast cereal.

Try cream cheese and jam on waffles instead of syrup.

Ice cream sandwiches — Spread softened ice cream between cookies or graham crackers. Wrap and freeze.

Top a favorite yogurt with fresh fruit. Add granola and cinnamon, if desired.

Frozen yogurt with fresh fruit and nuts.

Easy pizza — Split an English muffin, spread on spaghetti sauce, top with grated mozzarella cheese and microwave until bubbly.

String cheese.

Being a Parent

Take time out now and then to think about your role as a parent. What do you believe is your most important role? What attitude do you have toward your children as you help them learn and grow each day? It has been said that life is 10 percent what happens to us and 90 percent our *attitude* about what happens to us.

You and your child *are* going to have arguments, crabby times, different ideas about what is important. What's your reaction? Reminding your child how stupid he is? Losing your temper and walking away? When you are very frustrated, it's hard to keep your role as your child's teacher and friend in mind. But if life is really 10 percent what happens and 90 percent attitude, we can solve most of our problems.

If you provide rules for your children that are fair and appropriate for their ages that are consistently used and that you explain to them often, you will be on the right track to teaching your children. This teaching is your most important role.

Think about your attitude toward children. Children need parents who believe they can make decisions, who permit choices within limits and who encourage them when they are successful as well as their *efforts* when they are not. Children must be taught how to solve problems, and they learn from the adults in their lives.

Reading books, attending workshops and talking to other parents are great ways to get new ideas that can help parent and child grow together instead of apart.

This newsletter is published for North Dakota families with second-graders by the NDSU Extension Service and distributed through your county extension office. See your extension agent for more parenting information and other home economics programs.