

Links

How to Keep Your Child Engaged This Summer

Adapted from Lowenstein & Associates

Avoid “Summer Slide” by Keeping Kids Engaged in Learning All Summer Long

Something is waiting for your kids this summer, and most parents don't even know it's out there. It's called "summer slide," and it's what happens when young minds sit idle for three months. As parents approach the summer break, most are thinking about the family vacation, the kid's camp, swimming lessons, and how to juggle it all. What they might not be focusing on is how much educational ground their kids will lose during the three-month break from school, particularly when it comes to reading.

Reading Is Fundamental (RIF), the nation's oldest and largest children's and family literacy organization, says there is no better time than this summer to begin helping kids bridge the gap. Motivating children to read throughout the year is essential to building

lifelong readers and reading is the doorway to all other learning. According to the 2004 report from Johns Hopkins Center for Summer Learning, a conservative estimate of lost instructional

Reading is the doorway to all other learning

time was approximately two months or roughly 22% of the school year (one month spent re-teaching and one month not spent on new instruction). “Summer slide” affects millions of children each year in this country-but it doesn't have to.

linking kinship caregivers

With these few easy steps, parents and caregivers can keep their kids from losing ground in their academic progress:

1. Combine activities with books. Encourage kids to read about summer activities.
2. Visit the library. Help your child get a library card.
3. Lead by example. Show your kids the fun you have reading!
4. Talk it up. Talk with your kids about what you read.
5. Relax the rules for summer. Let summer be a time when children can read what, when, and how they please.
6. Have plenty of reading materials on hand like storybooks, newspapers, magazines, and informational texts.
7. Use books to break the boredom. Get books that teach kids how to make or do something.
8. Read aloud with kids. Take your children to see a local storyteller or, better yet, be one yourself!



The Dayton Metro Library is a great resource for your child during the summer. Most of the branches have free activities going on for children and summer reading clubs for all ages. Find a branch nearest you and begin your reading!

For additional information on branch locations visit www.daytonmetrolibrary.org. ✦

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Current News

Bike Helmet Use Could Prevent 45,000 Head Injuries to Kids

Contributed by: Jessica Saunders, Children's Medical Center
Warm weather has arrived and families are gearing up to enjoy the outdoors on their bikes.



While inflating the tires and checking the brakes are important - a helmet is essential. Dayton Children's and Safe Kids Greater Dayton urge parents, caregivers and children to use their helmet each time they ride their bike - no matter how long or short the distance traveled.

Each year, approximately 135 children die from bicycle-related injuries and more than 267,000 nonfatal bicycle injuries occur. Helmets can reduce the risk of severe brain injuries by 88 percent; however, only 15 to 25 percent of children 14 and younger usually wear a bicycle helmet.

In 2008, 261 children were treated in The Regional Pediatric Trauma and Emergency Center at Dayton Children's for injuries from bike crashes.

In Dayton, children younger than age 13 are required by law to wear a helmet at all times while riding a bicycle.

"A bike helmet is essential safety gear," says Jessica Saunders, injury prevention coordinator at Dayton Children's and Safe Kids Greater Dayton coordinator. "Helmets could prevent an estimated 75 percent of fatal head injuries and up to 45,000 head injuries to children who ride bikes each year."

Sometimes children mistakenly believe that they don't need to wear helmets when they're riding

near home. Unfortunately, about 53 percent of vehicle-related bike deaths to children happen on minor roads and residential streets. "Teach kids to obey traffic signs and the rules of the road. Kids should not ride without supervision until they have demonstrated that they always follow the rules," says Saunders.

A helmet should also be labeled to indicate that it meets the standards set by the U.S. Consumer Product Safety Commission.

"As long as it's certified, let kids pick out their own helmets," Saunders says. "If they think a helmet looks cool, they'll be more likely to wear it when an adult is not around."



Top tips to get your child to wear his/her helmet:

1. Establish the helmet habit early when your child gets his or her first bike. If they learn to wear helmets whenever they ride, it will become a habit for a lifetime. If possible, start them off with helmets while they are still on tricycles to establish the link between wheeled vehicles, pavement and helmets. It's never too late, however, to get your children into helmets.
2. Let them pick the helmet out. If they make the decision, they are more likely to buy into the idea.
3. Wear one yourself. Be a role model for your kids; they learn best by watching you. Put on your helmet whenever you ride your bike. Show them that you hold yourself and your brains in high esteem.
4. Encourage their friends to wear helmets. Peer pressure can be used in a positive way if several families in the neighborhood start making helmet use a regular habit at the same time. If no other kid in your neighborhood uses a helmet, your job will be a lot harder.
5. Talk to children about why you want them to protect their heads. Let kids know that you love them and value them and their intelligence.
6. Give your child a short course in bike safety. Placing the helmet in the context of a safety program shows that it is not just an arbitrary rule and helps underscore why you are requiring it. It is not enough to put a helmet on the child and send them off without some basic safety instruction.
7. Point out when watching sports events how many professional athletes use helmets. Football and hockey players, baseball batters and race car drivers all wear helmets.
8. Take your child to a bicycle race. Bicycle racers are required to use helmets in the US, the Tour de France and almost everywhere. They will see--usually close up--really cool riders, competing in a hotly contested event, all of them using helmets.

Current News

Ohio Kinship Permanency Incentive (KPI) Program at Risk

According to the Ohio Department of Jobs and Family Services (ODJFS), in January of 2004, there were 63,166 children living with relative caregivers or legal custodians, and receiving Child Only TANF grants - cash assistance of \$245/ month, plus about \$77 for each additional sibling in the household. Public Children Services Agencies have custody each day of nearly 6,000 children who are placed in relative homes.

Effective January 2006, the Ohio Legislature voted to provide additional fiscal support from Ohio's TANF funds in the amount of \$10 million per year to qualifying kinship families. Called the Kinship Permanency Incentive program or KPI, the program is designed to promote a permanent commitment by the kinship caregiver by becoming a guardian and custodian over a minor child who would otherwise be unsafe or at risk of harm if the child remained in his/her own home. The Kinship Permanency Incentive program provides time-limited incentive payments to families caring for their kin. Eligible families receive an initial payment of \$1,000 per child, followed by \$500 per child every six months thereafter for a total of 36 months (\$3,500 limit).

KPI Program at Risk cont. on page 7

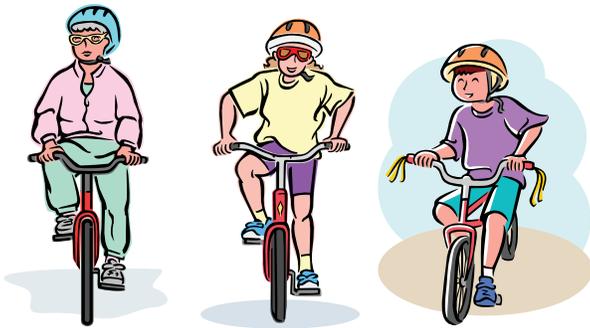
¹ Public Children Services Association of Ohio, www.pcsao.org/KinshipSupports.htm

9. Reward your kids for wearing helmets. Praise them; give them a special treat or privilege when they wear helmets without having to be told.

10. Don't let them ride their bikes unless they wear their helmets. Be consistent. If you allow your children to ride occasionally without their helmets, they will not believe your messages about the importance of wearing them. Tell them they have to find another way to play, or must walk or take a bus to get somewhere if they don't want to use helmets.

11. Plan bicycle outings together when all family members wear their helmets. Ride with a local bike club if you can, where all riders will probably be wearing helmets and many of them, like the racers, are accomplished riders.

Remember: Crashes causing head injuries can occur on sidewalks, driveways, bike paths and parks as well as streets. You and your children cannot predict when a situation will occur that will end in a fall from a bike. It is important to wear a helmet whenever riding even if it's just down the street or on a bike trail. ✦



Links

is a publication of the Kinship Caregiver Coalition (KCC), an initiative of the Center for Healthy Communities.

For more information or to make suggestions, please contact Dionne Simmons, Program Director, Kinship Caregiver Coalition, at the Center for Healthy Communities, 140 E. Monument Avenue, Room 315, Dayton, Ohio 45402; (937) 775-1116.

The Center for Healthy Communities is funded through Wright State University Boonshoft School of Medicine, Sinclair Community College, Area Health Education Centers (AHEC), Physicians Charitable Foundation, Junior League of Dayton, Montgomery County Sunrise Weed & Seed, Public Health Dayton - Montgomery County Ryan White, Montgomery County Department of Job and Family Services, Springfield Safe Schools/Healthy Students, Health Policy Institute of Ohio (HPIO), JXT, Ohio Commission on Minority Health, United States Department of Health and Human Services.

Charter funding: The W.K. Kellogg Foundation, Community Mutual Insurance Company, Ohio Board of Regents Action Fund, Ohio Department of Health, and the Dayton Foundation.



Can a Kinship Navigator help you?

Call the Kinship Navigator Intake Line at 937-775-1144 or visit: www.med.wright.edu/chc/kinship for kinship resources.

Resources

Summer Resources for Kids/Tweens/Teens

Summer Jobs for Youth

Youthworks has summer job opportunities for economically disadvantaged youth in Montgomery County to give you a chance to develop life skills for managing your personal growth, interpersonal relationships and career development. Youthworks is operated by the Montgomery County Department of Job & Family Services. Employment opportunities will occur in various locations throughout Montgomery County.

Who can participate?

Montgomery County residents ages 14 to 24 years old. Youthworks eligibility is based on gross monthly income and household size. You will work 20 hours a week and be paid \$8.00 an hour.

What types of jobs are available?

Youthworks tries to find the best fit possible for you and area employers looking for summer help. Jobs can include clerical, manufacturing, retail, maintenance, customer service and landscaping positions.

How do youths apply?

After 10:00 a.m. on Saturday, May 9th, you can apply a couple of different ways:

- Go to www.thejobcenter.org to complete an application
- No computer? Use one at any Dayton Metro Library branch (see list of locations)
- Call the Montgomery County Youthworks application line at 937-225-6202 to leave your name and phone number

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Dayton Metro Library branches:

Belmont Branch, 1041 Watervliet Ave.
Brookville Branch, 425 Rona Parkway
Burkhardt Branch, 4680 Burkhardt Ave.
Dayton View Branch, 1515 Salem Ave.
East Branch, 2008 Wyoming St.
EC Doren Branch, 701 Troy St.
Ft McKinley Branch, 3735 Salem Ave.
Huber Heights Branch, 6160 Chambersburg Rd.
Kettering Moraine Branch, 3496 Far Hills Ave.
Madden Hills Branch, 2542 Germantown St.
Main Library, 215 E. Third St.
Miami Township Branch, 2718 Lyons Rd.
Miamisburg Branch, 35 S. Fifth St.
New Lebanon Branch, 715 W. Main St.
Northmont Branch, 333 W. National Rd.
Northtown Branch, 35 Bennington Dr.
Trotwood Branch, 651 E. Main St.
Vandalia Branch, 500 S. Dixie Dr.
West Carrollton Branch, 300 E. Central Ave.
Westwood Branch, 3207 Hoover Ave.
Wilmington Stroop Branch, 3980 Wilmington Pike ↗

Resources for Kettering Residents

Automated Telephone Call

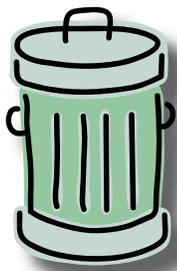
Kettering residents may be eligible for a telephone response system that can call a person up to two times per day. This service is open to persons of all ages who have no one that checks in on them on a regular basis and is FREE to all Kettering residents regardless of income. How does it work? It is an automated system. The individual schedules to receive a call at a designated time every day. They must respond to it by pressing the number 1 if they are o.k. or the number 9 if they need assistance. If they press 9, an officer will be dispatched immediately. If they do not answer the



phone, it will try back 2 additional times. If they do not answer by the third try, a loved one or neighbor is called and they receive 3 calls as well. If the loved one or neighbor does not respond, an officer will be dispatched. This system will not replace a life line system as participants only get checked on and are not monitored other than through the telephone call. This system requires that the person be able to hear on the phone and press the appropriate numbers. There is an assessment of needs completed by Vickie Carraher (Senior Service Coordinator - City of Kettering) to determine if any other program may be of benefit to residents. Call Vickie Carraher for more information, 937-296-3356. †

Low Volume Trash Service

All Kettering residents 65 and over with an annual income of \$30,000 or less are eligible for low volume trash service. This service will cost the senior only \$9.00 a quarter. Service is limited to one large can and unlimited recycling. Seniors can also have large items removed up to one time a week. The program will begin July 1, 2009. Seniors would receive their discounted bill in June for July, August and September. For an interview for trash service the senior coordinator can come to the home for homebound individuals. To register for this service, call Vickie Carraher at 937-296-3356 or go to Engineers Department in Government Center at 3600 Shroyer Road, Dayton, Ohio 45429. If you are homebound, Vickie is willing to do a home visit to verify income. †



New Benefits Bank Site

The Kettering Connection in Town and Country shopping center is now a Benefits Bank site. Benefits Bank is a web-based program that will allow a counselor to gather the information and assist the individual in determining their eligibility for benefits such as health care coverage, home energy assistance, childcare subsidies, and food stamps. The counselor will print up the forms as well as complete a list of all items needed when turning in an application. This assessment takes up to 2 hours to get through but is very comprehensive. Individuals are required to make an appointment to avoid long lines. Call Vickie Carraher at 937-296-3356 to make an appointment. †

Kinship Stories

Conversations with Grandmothers

I would like to express my gratitude for your help and guidance with the Kinship Care program. This program makes the difference sometimes in a child going to foster care and being with a relative. Sometimes a stepping-stone is all we need.

In my case, it was 4 children who were previously afraid to go out of their inner circle and now are in sports, choir, graduation and going to the Navy in July.

My oldest grandson Art was made to raise his brothers and would just stay to himself when I first got them. I had to keep assuring him that's not his job anymore. The others were so afraid they would have to go back to their mother they would hardly leave the house.

Now with the help of the Kinship I am able to get clothes and shoes every 6 months which they so need. They are also able to participate in all their activities and I am able to fill the freezer for a couple months. I am so grateful to be able to help build their self-esteem. I couldn't have done this without the help of the Kinship Care program.

Everyone I interacted with was so kind, caring and empathetic. It was hard to come and ask for help when I didn't know where to turn. But all of you did it effortlessly.

Again thank you †



Mark Your Calendar

Summer Camps for Kids

Summer Camps	Phone	Zip Code	Ages	Dates	Prices
Lohrey Center	937-333-3131	45420	6-12	6/9 - 8/1	\$65.00/weekly or income based
Northwest Center	937-333-3322	45406	6-12	6/9 - 8/1	\$65.00/weekly or income based
Cruis'n With Kids Camp	937-415-2340 937-415-2339	45414	6-12	6/9 - 8/22	\$90.00-\$100.00 weekly
YMCA Downtown	937-223-7711	45402	5-12	6/8-8/14	Title XX Accepted/ Financial aide
Fairborn YMCA	937-754-9622	45324	5-12	6/8-8/14	Title XX accepted/ Financial aide
Kleptz YMCA in Englewood	937-836-9622	45322	5-12	6/8-8/14	Title XX Accepted/ Financial aide
Neighborhood Development Center - Trotwood	937-854-9622	45426	5-12	6/8-8/14	Title XX accepted/ Financial aide
Dakota Center	937-228-8961	45402	7-12	6/22-7/31	\$65.00 per session
Huber Heights YMCA	937-236-9622	45424	5-12	6/8-8/14	Title XX accepted/ Financial aide
YWCA Dayton	937-461-5550 ext.135	45402	Girls 12 to 15	6/22- 7/31	Scholarships available
South YMCA in Kettering	434-1964	45429	4-12	6/8-8/14	Title XX accepted / Financial aide
West Carrollton YMCA	937-866-9622	45449	3-14	6/8-8/14	Title XX accepted/ Financial aide
East End Community Services	937-259-1898	45410	5-10	After school and all summer	Free for low income families
Boonshoft Museum of Discovery	937-275-7431	45414	5-15	6/15-7/24	\$75.00-\$149.00/weekly *scholarships available
Our Magical Self	937-262-9912	45426	6-18	6/15-8/14	\$160.00/ income based
Upward Bound Program	937-775-3135	45435	9th-10th grade	Students will live on campus for 6 weeks	Free for low income families
4-H Camp Graham	937-224-9654	45402	8-14	6/29-7/3	\$175.00 or income based



The Third Annual Kinship Family Fair will be held on

Saturday, August 22, 2009. To reserve space for you and your children, call the Kinship Navigator Intake Line at 937-775-1144. The event will be held at the Adventure Central at Wesleyan Metro Park. Free workshops, lunch and school supplies will be provided.

Ohio Grandparent Kinship Coalition will host the **Second Annual Ohio Kinship Conference** on Friday, September 18, 2009 at the Crown Plaza Columbus-North. For additional information, contact Co-Presidents Maridell Couture at 216-348-3978, email coutum@odjfs.state.oh.us or Denise Harris at 614-222-1501, email dstephie@wowway.com

The **8th Annual African American Wellness Walk** will take place on Saturday, June 27, 2009 at Island Metro Park. This is a **FREE** non-competitive walking event. Registration will open at 8:00a.m. Registration is on-site only. The first 1,000 registered participants will receive **FREE T-Shirts**. Bring the kids out to enjoy the **KIDZ KORNER** where kids will learn how to play!



AAWW 2008

Mark Your Calendar

Explore the OUTDOORS



Five Rivers MetroParks is participating in Ohio Department of Natural Resources Explore the Outdoors program www.exploretheoutdoorsohio.com.

Explore the Outdoors is an exciting, hands-on family program that gives Ohio children the opportunity to reunite with nature, improve their physical and emotional health and discover the rewards of becoming environmental stewards.

Go to www.metroparks.org/GetEducated/explore.aspx for more information and a list of locations.

KPI Program at Risk continued from page 3

The initial eligibility requirements for KPI were very strict (for example, the child had to be adjudicated by juvenile court as being abused, neglected, dependent or unruly) and few families qualified, so in 2007, ODJFS removed some of the more restrictive requirements and raised income eligibility from 200 percent of the federal poverty guidelines to 300 percent.

This program is now providing incentives/fiscal support to over 6,000 children being raised by grandparents and other kin caregivers. With a small amount of funding, the KPI program helps caregivers accept custody of their relative children, thus avoiding more traumatic and costly placement in non-related foster homes. In its current effort to balance the state biennial budget, however, the Ohio Legislature cut the Kinship Permanency Incentive and many other kinship-related line items. Through the efforts of the Public Children Services Association of Ohio (PCSAO) and other concerned organizations in the state, the Ohio House restored \$5 million (of the original \$10 million/year) of KPI funding to the budget. Efforts will continue to keep this and other kinship state support in the budget in the coming months. ✦

Support Groups for Kinship Caregivers/Children

Trotwood Branch Metro Library

615 E Main St., Trotwood

Contact: Marsha Jones at 937-770-2137

or marsha.jones@wright.edu

Christ United Methodist Church

3440 Shroyer Rd, Kettering

Contact: Judy Hadley at

937-293-3151 x 110

Dayton Urban League -

907 West Fifth St, Dayton

Resilient Young Ladies

(Self Expressions, girls only)

Contact Yolanda Boyd 937-220-6650

Resilient Young Men

(Male Responsibility Program)

Contact: Tammy Owens 937-220-6650