



Come on, join in ... meet others ...

Kinship Activities May 2010

Judy attends Kinship Clubs & is one of the friendly voices on the phone urging you to attend too.

Grandparents and other relatives (of any age) raising children come meet other kinship families.

No charge—free meals, programs for adults, elementary aged children and teens; child care for infants and toddlers.

Mayores Kinship Club Thurs. May 6, 11:30 a.m.

Mayores Senior Center, Two Gonzalez Way
(Between The Trail and Broadway on South Street.)

TOPIC: “Act now to get your child services next year at school—come find out the best way to do this.”

Presenter: Jennifer Kirby, The Ability Center of Greater Toledo

West Kinship Club Fri., May 21, Noon

“Let’s talk—or just vent—about whatever you want!.”

Sylvania Senior Center, 7140 Sylvania Ave.

South Kinship Club Wed., May 26, 5:30 p.m.

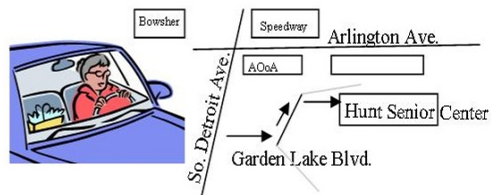
Hunt Senior Center, 2121 Garden Lake Parkway (See map at below.)

Adult TOPIC: “Find out how community agencies are working together to help your child.”

Presenter: Rachael Vandall-Hurley, NAMI

Children’s TOPIC: “Lying”

Teens TOPIC: “Positive Choices”



Are you new to this “kinship parenting” thing?

You are not alone! Come try one of the Kinship Clubs. Enjoy a meal, relax, meet others and get support. Meet the Kinship staff — they want to meet you! Questions? Call Lorri at 419-725-7042.

Cut Off Kinship Club Schedule & Post on the Fridge.



A Little TLC — A Time Just For You

Friday, May 14, 2010

11:30 a.m. to 1:30 p.m.

Lunch and Relaxing Entertainment.

Family Activities Club, American Caregivers
6202 Trust Drive

(Trust Drive is off Holland/Sylvania by the Kohl's near Airport Highway.)

Child care and lunch for pre-schoolers.

Reservations taken beginning May 3.

Reservations a must. For Kinship Caregivers Only.

Call Lorri at 419-725-7042. Please give the number of adults and pre-school children who will attend.

Area Office on Aging

Kinship Navigator Program

2155 Arlington Ave.
Toledo, Ohio 43609



The Kinship Navigator Program is supported by the Area Office on Aging of Northwestern Ohio, Inc., Lucas County Children’s Services, Lucas County Job & Family Services, and the Area Office on Aging’s Family Caregiver Support Program.



Answers For You

QUESTION: How can I encourage my kids to read? All they want to do is watch TV or play computer games.

ANSWER: Kids love TV and video games - they are entertaining, exciting and “friend” focused. The TV and game console are within easy reach so like cookies in the cookie jar, its easy gratification!

Your goal should be a gradual change in moderation. Some screen time is normal and ok. Try one or two tips below to make more reading happen at home:

- Visit the library and look for books/magazines that feature favorite TV characters. Even comic books based on Superheroes count!
- Read together and aloud EVEN IF THEY CAN READ THEMSELVES! Children CRAVE attention.
- Extend a TV watching experience with a book experience. Just finished a sci-fi show or video game? Gather craft supplies to make-your-own spaceship - then read a book based on Star Wars.
- If you find one story your child likes, ask your librarian to suggest other books in that series or books that are similar.
- Monkey see, monkey do! Do they see you choosing books or magazines?
- Put books in unexpected places. In the bathroom, in the back seat of the car.
- Think outside of a book. Other “reading” opportunities include following a recipe, making a grocery list from grocery ads or playing word games.

Source: Lori LeGendre, Reach Out and Read of Northwest Ohio University of Toledo Department of Pediatrics



Try the Calm Approach

Have you ever seen a small child go down to a lake and throw rocks in the water? Children can do that for hours, partly because the big splashes are a sign of their impact. They are making things happen.

What does rock tossing have to do with what happens at home? If your small child can get *big old you* all upset, your upset is the big splash for him. It's not that he has no conscience and is going to grow up to be a criminal. It's just that having all that power temporarily rewards—or feels good to the child.

Parents who say, "It drives me absolutely crazy when she eats her dinner with her fingers. Why does she do that?" may have already answered their own question. She may do that at least partly **BECAUSE IT DRIVES YOU CRAZY.**



There are certainly other discipline systems other than **1-2-3 Magic**, but you can ruin any of them by talking too much and getting too excited. These two mistakes, of course, usually go hand in hand, and the emotion is usually anger.

Some parents can turn off the talking and the emotional upset like a faucet, and others have to work like dogs to get the job done. Even then, they often have to remind themselves over and over that talking and arguing and yelling and screaming don't really help. These tactics merely blow off steam for a few seconds. If parents find that they can't shake these habits, some sort of parenting class and/or counseling is indicated.

Source: ParentMagic Newsletter by Dr. Thomas Phelan © 2010. For more simple, straight-forward parenting advice and helpful tips from Dr. Thomas Phelan's best-selling parenting programs visit: www.ParentMagic.com

Learn How Agencies Are Working Together to Help Your Children

During the latter part of this year, a new process will be put in place in Lucas County to help you if your child is having serious behavior problems. The process is called *wraparound* because its goal is to have all the professionals who work with the family to be *wrapped around*—connected and communicating with each other and the family—to bring about positive results and success for the child. **To learn more, plan to attend the South Kinship Club May 26—see the schedule on the other side of this newsletter.**

Spring Fling

Plan on attending Spring Fling, Tuesday, May 18, 10 a.m.—2 p.m. at the Sylvania Exhibition Center at Tam-O-Shanter, 7060 Sylvania Ave.

It's a day of information and fun for older adults. More than 100 agencies, businesses and organizations will be on hand to share information about their products and services. Enjoy free health screenings, demonstrations and entertainment. A box lunch will be served. Tickets for the lunch are \$2.50 for those 60+ and \$5.50 for non-seniors. Tickets can be purchased at local senior centers, nutrition sites and The Area Office on Aging front desk at 2155 Arlington Ave. during normal business hours. Call Sherry Secoy at 419.725.6957 for more information.



Connect with Kinship

www.areaofficeonaging.com/kinship.html
www.kinshipohio.org



It's FREE!
Mud Hens Game
Tuesday
June 1st— 7 p.m.

Starting May 3rd
call Lorri at 419-725-7042
for your tickets and to arrange
for ticket pick-up.

Summer Fun

For Lucas County residents, admission to **The Toledo Zoo** on Mondays (excluding holidays) from 10 a.m. to noon is free. Parking is \$6 per car, \$10 for vehicles that take more than one space. 419-385-5721. www.toledozoo.org

The **Toledo Lucas County Public Libraries** are always free and are filled with wonderful books for all ages, computers & internet access, televisions, and more. 419-259-5207 www.toledolibrary.org

The **Toledo Museum of Art** is always free—fees are charged for special exhibits. Don't try to see everything — mummies one time, modern art the next, etc. Just walk the grounds looking at the sculpture pieces. 419-255-8000. www.toledomuseum.org

Twelve **Metroparks** are open every day from 7 a.m. to dark. The kids can run without a care and all can enjoy nature. 419-407-9700 www.metroparkstoledo.com

The **Kinship Summer Series** will start July 6 and run Tuesdays and Thursdays until Aug. 10, 10:30 a.m. to 1 p.m. More on the Summer Series in June's newsletter.