



MY CHILD'S ACADEMIC SUCCESS
Helping Your Child Become A Reader



[programs/pirc/index/html](#)

📖 **National Institute for Literacy:**
www.nifl.gov

📖 **National Institute on Early Childhood Development and Education:** www.ed.gov/offices/OERI/ECI

📖 MY CHILD'S ACADEMIC SUCCESS, Helping Your Child Series. Helping Your Child publication series aims to provide parents with the tools and information necessary to help their children succeed in school and life.

📖 *The Helping Your Child* publication series aims to provide parents with the tools and information necessary to help their children succeed in school and life. These booklets feature practical lessons and activities to help their school aged and preschool children master reading, understand the value of homework and develop the skills and values necessary to achieve and grow. They are available in PDF format, free of charge - English and Spanish.

📖 Helping Your Child Learn Science: Every day is filled with opportunities to learn science - without expensive chemistry sets or books. Parents don't

"As parents, the most important thing we can do is read to our children early and often. Reading is the path to success in school and life. When children learn to love books, they learn to love learning." Ms. Laura Bush.

One of the most important things parent can do, other than to help their children grow up healthy and happy, is to help them develop strong reading skills. It is no exaggeration to say that how well children learn to read directly affects not only how well they perform in school but also how successful they are throughout their lives. When children learn to read, they have the key that opens doors to all the knowledge in the world. Although well-trained teachers and research-based reading instructions are important, the foundation for learning how to read must be built long before children begin school. There are steps that parents and families can take to ensure that their children are on track to becoming successful readers. This reading adventure is one that parents will not want to miss because the benefits for their children will last a lifetime. Starting a home library shows your child the importance of books. Having books that your child owns and keeps in a special place increases the chance that he or she will want to read and provides the opportunity to read with you everyday.

WHAT TO DO:

- Books from bookstores, garage sales, flea markets, used bookstores, or sales at your local library;

- Borrow books from your local library. Go to the children's section and spend time with your child reading and selecting books to take home.

- Encourage family members and friends to give your child books for birthdays and other occasions.

RESOURCES:

For more information on how to help your child with reading-along with a wide range of other subjects visit the Helping Your Child series website at: www.ed.gov/parents/academic/help/hyc.html

For more information on how you can help your child become a reader, take a look at the following resources from the U.S. Department of Education and other organizations:

📖 **U.S. Department of Education:**
www.ed.gov or 1-800-USA-LEARN

📖 **The Parents Portal:**
www.ed.gov/parents/landing.jhtml

📖 **Federal Resources for Educational Excellence (FREE):**
www.ed.gov/free/index.html

📖 **Parental Information and Resource Centers:** www.ed.gov/

**The quieter you become,
the more you can hear.**
Ram Dass



need degrees in chemistry or physics to help their children learn science. All that is needed is a willingness to observe and learn with them, and, above all, to make an effort and take the time to nurture their natural curiosity. This booklet provides parents of children ages 3 through 10 with information, tools and activities they can use in the home and community to help their child develop an interest in the sciences and learn about the world about them (March 2004).

📖 Helping Your Child Learn Mathematics. Our increasingly technological world demands strong skills in mathematics, not only in the workforce but also in everyday life, and these demands will only increase over the lifetimes of our children. The major portion of this booklet is made up of fun activities that parents can use with children from preschool age through grade 5 to strengthen their math skills and build strong positive attitudes toward math. March 2004)

📖 Helping Your Child Become a Reader. Other than helping your children to grow up healthy and happy, the most important thing that you can do for them is to help them develop their reading skills. This booklet offers pointers on how to build the language skills of young children, and includes a list of typical language accomplishments for different age groups, suggestions for books, and resource for children with reading problems or learning disabilities (August 2002)

📖 Helping Your Child with Homework. Homework can help children to develop positive study skills and habits, improve their thinking and memory abilities and encourage them to use time well, learn independently, and take responsibility for their work. This booklet helps parents of elementary and junior high school students understand why homework is important and makes suggestions for helping children complete assignments suc-

cessfully. (August 2002)

📖 Helping Your Preschool Child How well children will learn and develop and how well they will do in school depends on a number of things including their health and physical well-being, social and emotional preparation, and language skills and general knowledge of the world. This booklet highlights techniques parents can use to encourage their children to develop the skills necessary for success in school and life by focusing on activities that make learning fun. (August 2002)

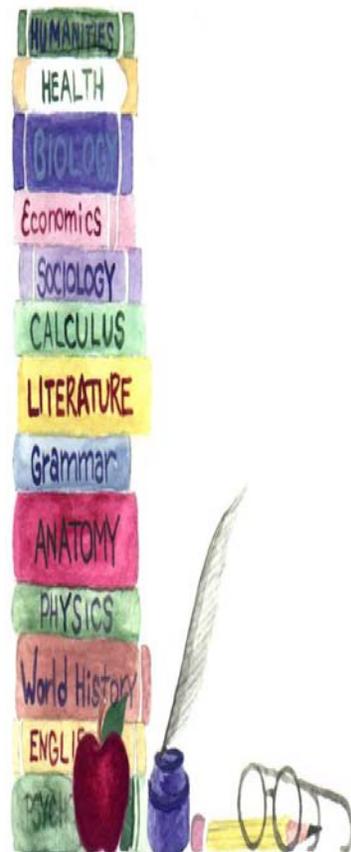
📖 Helping Your Child Success in School Every child has the power to succeed in school and in life and every parent, family member and caregiver can help. This booklet provides parents with information, tools and activities they can use in the home to help their child develop the skills critical to academic success. (Sept. 2002)

📖 Helping Your Child Through Early Adolescence: Learning as much as you can about the world of early adolescents in an important step toward helping your child through the fascinating, confusing and wonderful years from ages 10 through 14. Based on the latest research in adolescent development and learning, this booklet addresses questions, provides suggestions and tackles issues that parents of young teens generally find most challenging (Sept. 2002)

📖 Helping Your Child Become a Responsible Citizen: Just as children must be taught to read and write, solve math problems, and understand science concepts and events in history, so must they be guided in developing the qualities of character that are valued by their families and by the communities in which they live. This booklet provides information about the values and skills that make up character and good citizenship and what you can do to help your child develop strong character. It suggests activities that you and your school aged children can

do to put those values to work in your daily live and tips for working with teachers and schools to ensure that you act together to promote the basic values that you want your child to learn and use. (March 2003)

📖 Helping Your Child Learn History: The booklet is designed to help families prepare their children to achieve the lifelong task of finding their place in history by helping them learn what shaped the world into which they were born. Employing the latest research, the booklet is largely comprised of activities that can be experienced at home or in the community for children in preschool to grade 5, yet also features information about the basics of history; practical suggestions for how to work with teachers and schools to help children succeed in school; and a list of federal sources, helpful Web sites and suggested books for parents and children (June 2004)



Establishing Reasonable Structure in a Teen's Life

Teens want structure in their lives. To begin building structure, teens need love and trust. They need to know that their parents are there to give them needed love and support. Teens want to be sure that nothing can shake parental commitment to them—not their growing maturity, moods, misbehavior, nor anger at something they have done. Teens want parents to *keep authority* while allowing them to make some decisions.

Some ways you can help your teen establish reasonable structure and remain close is by spending time together. Parents often misinterpret the teens increased interest in friends as a disinterest in the family. Teens would like to spend more time doing things with their parents. *Watching TV does not count as spending time together.* As your teen matures, it is important you and your teen spend time alone together, one-to-one. Your teen needs time to talk to you alone without any other family member present.

Talk with your teen about his interests and concerns. Make sure you show genuine interest in what is happening. When talking with your teen give full attention to the talk, respond to statements, and do not interrupt.

One way to help your teen become an adult is to let your teen into your world. Sharing your feelings and concerns with your teen is important. Avoid causing needless worry.

We must trust teens. Don't expect the worst, assume the best. It is very important that you treat your teen with respect. Teens need the same civility that adults daily extend to total strangers. Don't talk down to your teen.

You need to be supportive of your teens. What may be a small problem to you may be troubling to your teen. Teens lack the experiences that adults have had. Let the teens know that you understand how much it hurts when something happens that is upsetting or hurtful to them.

Don't let gender alienate you from your teen. The teen's gender should not determine how you relate to your teen. It is okay for a teen girl to do things with her father and for a teen boy to do something with his mother. It is also okay for the young men to help with the cooking and dishes and the young women to help with the lawn and car care.

The most important things to remember are: talk with your teen, listen to their concerns and offer suggestions when requested. This will give structure to the teen's life.

Some ideas that may be helpful:

- Do allow teenagers to become more independent.
- Be tolerant, but do not be overly permissive.
- Have reasonable rules. Be ready to readjust your rules for special circumstances.
- Be ready to provide or allow for natural consequences when rules are not followed.
- Have an open mind. Be patient.
- Be interested in their lives, but respect their privacy.
- Talk with your teens about what you value. Discuss drugs and sex with your teenagers.
- Be there when your teenager needs you. Give advice when asked but **do not lecture!**

And remember that the teen years eventually come to an end!
Source: University of Illinois Extension—Family Works



FEDERAL RESERVE press release



Release Date: June 15, 2010

The Federal Reserve Board on Tuesday approved a final rule to protect credit card users from unreasonable late payment and other penalty fees and to require credit card issuers to reconsider interest rate increases imposed since the beginning of last year.

"The new rules require that late payment and other penalty fees be assessed in a way that is fairer and generally less costly for consumers," said Federal Reserve Governor Elizabeth A. Duke. "Card issuers must also reevaluate recent interest rate increases and, if appropriate, reduce the rate."

Among other things, the final rule, which amends Regulation Z (Truth in Lending):

- Prohibits credit card issuers from charging a penalty fee of more than \$25 for paying late or otherwise violating the account's terms unless the consumer has engaged in repeated violations or the issuer can show that a higher fee represents a reasonable proportion of the costs it incurs as a result of violations.
- Prohibits credit card issuers from charging penalty fees that exceed the dollar amount associated with the consumer's violation. For example, card issuers will no longer be permitted to charge a \$39 fee when a consumer is late making a \$20 minimum payment. Instead, the fee cannot exceed \$20.
- Bans "inactivity" fees, such as fees based on the consumer's failure to use the account to make new purchases.
- Prevents issuers from charging multiple penalty fees based on a single late payment or other violation of the account terms.
- Requires issuers that have increased rates since January 1, 2009 to evaluate whether the reasons for the increase have changed and, if appropriate, to reduce the rate.

The final rule represents the third stage of the Federal Reserve's implementation of the Credit Card Accountability Responsibility and Disclosure Act of 2009, which was enacted in May 2009. The provisions of the Act addressed in this rule will generally go into effect on August 22, 2010.

Consumers can learn more about changes to their credit card accounts by accessing a new online publication, "[What You Need to Know: New Credit Card Rules Effective Aug. 22.](#)" It explains key changes consumers can expect from their credit card companies as a result of the third phase of the new credit card rules. Additional information about credit cards can be found on the Board's website at: <http://www.federalreserve.gov/creditcard/>.



Are you Playing Russian Roulette with your Food?

Rebecca Dittmar Extension Program Specialist - Food Protection Management

Food borne illnesses affect the lives of thousands of Americans every year, and its effects can vary from down right discomfort to life threatening. Each year on the news we hear of outbreaks of diseases from various sections of our agricultural fields and restaurants, but by far the more common sources of food illnesses come from our own homes. An article by Liz Spittler in the ADA Times provides us with some chilling details.

In a study on Americans it was found that 65 percent of participants did not know what the proper temperature for a refrigerator should be. The maximum temperature a refrigerator should be is 40°F. In the same study it showed that only 15 percent of participants knew the current temperature of their refrigerator, and of those people only 1 percent had a thermometer in the refrigerator. The rest had confused the thermostat with the thermometer.

In order to prevent bacterial growth the temperature needs to be below 40°F. In the same study, refrigerators were checked in three places to see if they were cooling properly; of the refrigerator tested 76 percent were too warm in the back, 91 percent were too warm at the door, and 57 percent were too warm along the bottom shelf. This information, in fact, adds up when you consider that 34 percent of people had unsealed or uncovered food in their fridge, 29 percent had moldy or spoiled food in the fridge, and almost nobody (98 percent) dated their leftovers.

Swabs taken from the examined refrigerators indicate that the worst spot was the produce drawer. These are very threatening bacteria; greater than 30 percent of the bacteria collected had resistance to at least one antibiotic. This is partially caused by the fact that Americans do not seem to be cleaning the refrigerator out as much as they should. In this study 57 percent of the people said that they clean their fridge out once a week, 21 percent said that they empty their fridge, clean the interior, remove the bins and shelves, and wash and dry them at least once every two weeks. Researchers question the actual numbers being as high as reported.

Another common issue that caused problems was the seal on the door not functioning properly, even on models less than ten years old. This caused temperature fluctuations and mold growth in the fridge. And while that may be disconcerting, the study found that many Americans put things other than food in their refrigerators. These non - food items ranged from batteries to airplane tickets, wet paint brushes to bait worms.

Are you are asking yourself what you can do to not become one of these statistics? If so, let us help. Keep your refrigerator set at 40°F or below at all times. Clean and sanitize shelves and drawers often to eliminate bacteria growth. Check to make sure the refrigerator is in working order; check the water filter, thermostat, door seal, drawers, and ice maker. Each of these areas can cause contamination of food possibly leading to a food borne illness. Lastly do not place house hold items in the refrigerator, keep all non food items out! It seems like everyone has a bit of cleaning



Diabetes Diet Treats



Very Berry Trifle

Patti LaBelle's *Lite Cuisine*

Makes 12 servings

When you have a crowd coming for dinner and you need a glamorous-as-it-is-delicious dessert, you can't do better than this one. It is *gorgeous*.

Angel Food Cake or Pound Cake Mix (follow instructions according to cake mix)

1 - 1 ounce package fat free sugar free instant vanilla pudding mix

2 cups fat free milk

1 1/2 cups frozen light whipped topping, such as cool whip, thawed

2 cups hulled and halved fresh strawberries

2 cups fresh blueberries

2 cups fresh blackberries

2 tablespoons sugar substitute, such as *DiabetiSweet* or *Splenda*

Prepare pound cake according to the recipe directions. Let cool completely, then cut half of the cake into 1 1/2 inch cubes, Save the remaining cake for another use.

In a medium bowl, whisk the pudding mix into the milk until it begins to thicken, about 2 minutes. Fold in the whipped topping. Cover and refrigerate for 1 hour. Meanwhile, in a large bowl, toss together the strawberries, blueberries, blackberries and sugar substitute. Layer half of the cake cubes in the bottom of a clear trifle bowl. Top with a third of the berries, then half of the pudding. Repeat the layers of cake, berries and pudding, topping with a final layer of berries.

Per serving: 150 calories, 4 g protein, 21 g carbohydrate, 6 g fat, 1.5 grams saturated fat, 20 mg cholesterol, 3 grams dietary fiber, 120 mg sodium

Diet Exchanges: 1 1/2 starches, 1 fat, or 1 1/2 carbohydrate choice



Protect YOUR Medicare Dollar\$\$ Don't fall for the "FREE" Scam!

Accepting services or items that are advertised "FREE" is an Invitation for others to commit Medicare Fraud and Abuse using YOUR Medicare Number!!!

One of the most popular ways to steal Medicare dollars are through programs offering FREE:

Scooters Blood Pressure Checks Cholesterol Screening Ambulance Rides

These unscrupulous suppliers use a variety of means to obtain Medicare numbers such as:

- Calling beneficiaries under the guise of conducting a health survey. One of the questions is "What is your Medicare number?"
- Offering beneficiaries a "free health screening" like blood pressure check or a cholesterol test and asking for the Medicare number .
- Paying beneficiaries for their Medicare number.
- Offering beneficiaries "free" services or supplies like milk, bread or clothing and even cash in exchange for a Medicare number .
- Getting your Medicare number to see if you "pre-qualify" for a service or scooter.

If Medicare pays for it, what is wrong with getting something for FREE?

BECAUSE.....

1. Usually the item charged to Medicare is not the one you receive. The unscrupulous company charges for the high priced item.....but gives you the low cost one.
2. It is dishonest to accept a product you don't need or will not use.
3. Giving personal information to unknown individuals puts you and your property at risk for identity theft.
4. The more Medicare funds wasted, the less there is to go around for your children and grandchildren.
5. Wasted funds can lead to a reduction in benefits to you and to health care providers.

***If you need an item offered as free, including a scooter, you should have it!
But work with your own doctor to arrange for approval, NOT with a
group of strangers...no matter how nice they are!***

**For questions or to report Medicare Fraud
call 713-341-6184 or TOLL FREE 1-888-341-6187**



The Texas SMP is a program of the Better Business Bureau
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In Today's Medical News. . .

Andrew B. Crocker, Extension Program Specialist – Gerontology and Health
Carol A. Rice, Professor and Health Specialist

The recent revision of the recommendations for women receiving mammograms by the US Preventive Services Taskforce (USPSTF) has created a lot of controversy. While guidelines for preventive testing and screening measures are certainly important, they cannot and should not replace a long-term, trusted relationship with a primary care provider to aid in decision-making. Guidelines come, go and change – your health provider's knowledge of your family health history and your current health status is best able to recommend preventive screening measures.

Everyone is different, and thank goodness for that! As such, "one size fits all" medical recommendations may not be right for you given your particular family health history, health status, environmental conditions, etc. Groups such as USPSTF conduct impartial assessments of the scientific evidence for the effectiveness of a broad range of clinical preventive services, including screening, counseling, and preventive medications. Its recommendations are considered the "gold standard" for clinical preventive services; however, individual needs and health status may vary.

The recommendations that come from groups such as the USPSTF do not represent official policy on any level. Certainly, these recommendations may result in some policy changes sometime in the future but that is to be seen – recommendations may also be ignored. Many groups within the health care establishment are against the new recommendations for mammography. Until the issue is resolved, plan for check-ups and mammograms as scheduled and talk to your health provider about your concerns. Further, if you are in a high risk for breast cancer or suspect you might be, make that known when calling for an appointment.

It is important to remember that having a primary provider is one of the best ways to ensure your good health. This doctor knows you and what your health normally is like. He or she can help you make medical decisions that suit your values and daily habits and can keep in touch with other medical specialists and health care providers you may need. Finding a primary care provider, or main doctor, may be a difficult task. The first step is finding a doctor with whom you can talk. You may find that your choice of a doctor may depend on your insurance. If you don't have a primary doctor or are not at ease with the one you currently see, now may be the time to find a new doctor.

Some tips that may help you find a provider who meets your needs include, but are not limited to

- Decide what you are looking for in a doctor.
- Identify several possible doctors.
- Consult reference sources, including friends and family.
- Learn more about the doctors you are considering.
- Make a choice.

Your health provider, whether new or existing, should know about your illnesses or operations, medical conditions that run in your family and other doctors you see. You may want to ask for and fill out a copy of the medical history form before your visit so you have all the time and information you need to complete it.

A family health history is a record of illnesses and medical conditions affecting your family members. Similar to a family tree, a family health history includes information for each person about diseases, causes of death and other health information. Though a family health history cannot predict your future health, it may provide information about risk. Your health provider may use your family health history to

- Assess your risk of certain diseases.
- Recommend changes in diet or other lifestyle habits that can lower disease risk.
- Determine diagnostic tests to order and recommend treatments.
- Determine the type and frequency of screening tests.
- Determine whether you or family members should get a specific test.

TODAY'S MEDICAL NEWS (continued)



A family health history should include at least three generations. Compile information about your grandparents, parents, uncles and aunts, siblings, cousins, children, nieces and nephews and grandchildren. Gather as much accurate information as possible and do not expect to find answers to all your questions. Include information about race and ethnicity because the risk of a particular disorder may be greater in one group than in others. Ask about the occurrence of diseases and medical conditions often associated with genetics.

Give your health provider a copy of your family health history and ask him or her to review it with you. Your health provider may ask you questions for clarification and may help you interpret the relevance of certain patterns. Update your family health history every couple of years and provide your health provider with a revised copy. The Surgeon General has created a computerized tool to help make it fun and easy to create. My Family Health Portrait that provides a template in both English and Spanish for inputting information and generating a family health history. My Family Health Portrait helps users organize information and then print it for their health provider. In addition, the tool helps users save their information to their own computer and even share with other family members. This free tool may be accessed at <http://familyhistory.hhs.gov>

Clear communication between you and your health providers is essential to quality health care. Health providers train for a very long time learning the science of medicine, but they cannot learn from a book the individual nature of your personal health status. It is important for you and your health provider to understand what is going on in your body so that you achieve or maintain your best overall health. For more information, contact your County Extension Agent.

CAUTION!

Safety Tips for Social Networking Sites



1. Never post your personal information, such as cell phone number, address, or the name of your school or school team.
2. Put everything you can behind password protected walls, where only friends can see.
3. Be aware that information you give out in blogs could also put you at risk of victimization. People looking to harm you could use the information you post to gain your trust. They can also deceive you by pretending they know you.
4. Never give out your password to anyone other than your parent or guardian.
5. Only add people as friends to your site if you know them in real life.
6. Never meet in person with anyone you first "met" on a social networking site. Some people may not be who they say they are.
7. Think before posting your photos. Personal photos should not have revealing information, such as school names or locations. Look at the backgrounds of the pictures to make sure you are not giving out any identifying information without realizing it. The name of a mall, the license plate of your car, signs or the name of your sports team on your jersey or clothing all contain information that can give your location away. Also, blur or morph your photos a bit so they won't be abused by cyber bullies or predators.
8. Never respond to harassing or rude comments posted on your profile. Delete any unwanted messages or friends who continuously leave inappropriate comments. Report these comments to the networking site if they violate that site's terms of service. Don't say anything online that you would not say offline!
9. Check the privacy setting of the social networking sites that you use:
 1. Set it so that people can only be added as your friend if you approve it.
 2. Set it so that people can only view your profile if you have approved them as a friend
10. Remember that posting information about your friends could put them at risk. Protect your friends by not posting any names, passwords, ages, phone numbers, School names, or locations. Refrain from making or posting plans and activities on your site.
11. Check what your friends are posting/saying about you. Even if you are careful, they may not be and may be putting you at risk.
12. Consider going through your blog and profile and removing information that could put you at risk. Remember, anyone has access to your blog and profile, not just people you know.
13. Unless you're prepared to attach your page to your college/job/internship/scholarship or sports team application...don't post it publicly!



Improving Lives. Improving Texas.

A handwritten signature in black ink that reads "B.A. Evan".

Barbara A. Evan CEA/FCS
1225 Pearl Street, Suite 200
Beaumont, Texas 77701
409-835-8461 or
toll free 727-2191 ext. 8461



Catch Us on the Web!
<http://Jefferson-tx.tamu.edu>