

Summer time goes by fast! Read below to make the best of it! Ideas for parents, trainings for professionals, and information for community members.

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Developing healthy, independent and successful children and families.



Have you heard this already? "I'm Bored!!" There are lots of fun activities to do during the summer months and beyond!! Look below for a few ideas:

- Have each family member create their own Drive-In Movie Car made out of a cardboard box
- Boogie down in your living room or yard to songs picked by the

Summer Fun

Getting Child Ready for Kindergarten

Summer is a time for children to get outside and explore the world around them. This time of exploration is also when they learn life-long skills that get them ready for the "big time" - kindergarten! There are lots of ways you can help your child get ready for their new stage in life.

How do you know if your child is ready for kindergarten? Check out some of these websites for things to do early in a child's development and through out the summer months.

- [Getting Ready to Read](#)
- [Developmental Milestones](#) (2 months to 5 years)

- whole family
- Take time to Chill Out! Do a few Yoga poses together
- Collect fireflies in a jar - keep them for a few minutes to see how many times they light up in a minute... or how long their light stays on. Then let them go!

Stuck in the Car?! No fear...

- Run through the alphabet with a game of I Spy
- Let your child navigate for a few miles, minutes, or longer! See where you end up and what amazing adventures await you there!
- Count EVERYTHING! How many cows, birds, cars, poles, etc are there?



Professional Development and Other Training Opportunities

Building Families believes that it's important for professionals to have access to trainings that

- [Hitos del desarrollo y crecimiento](#)

Need more information? Contact Building Families for additional resources and information: 515.602.6371 or [email](#) us!

Did You Know? There are approximately 2,000 days between birth and the 1st day of kindergarten. Experiences during these 2,000 days have a lasting impact on later learning, health and success. That is because children's earliest experiences literally determine how their brains are wired; lay the groundwork for future health; and form the foundation of the social and emotional skills needed for academic and workplace success.



Here are a few tips to keep children safe if you're inside, outside, poolside, or on the "other" side!

- Put sunscreen on anytime you go outside.
- Have a 1st Aid kit that is updated and handy wherever you are - the playground, yard, pool, or at your campsite. Take a 1st Aid class together so you all know how to use it!
- Focus on Driving: Put down the cell phone while you're on the road.
- Worried you may forget the precious cargo in the back seat? Place a brightly colored stuffed animal in the car seat when your

benefit themselves as well as our young people and families.

Upcoming Training:

July 8th - 5:30-8:30PM in Eagle Grove, United Methodist Church, 421 W. Broadway: ***Tips and Tricks for Working with Children with Autism and Related Disorders.*** Free. Registration is Required. Contact Angela Wesselink at awesselink@co.wright.ia.us or 515.293.0652 [More Details Here.](#)

child isn't in it. Put in up front with you when your child is.

Check out the [American Academy of Pediatrics](#) for more summer safety.



Become a Member of the Building

Families Board

Do you have a passion for early childhood or investing in programs that develop healthy, successful and independent children and families?

Building Families is accepting applications for new Board members as it starts the 2015 Fiscal Year. If you are interested please contact a [current Board member](#) or Michelle Walters (Director) at 515.602.6371 or via [email](#).

Basic Qualifications

- Live in Hamilton, Humboldt or Wright County
- Passion about early childhood and a desire to enhance it
- Attend Board meetings - 6 per year; every other month from 3-4:30 PM at our Clarion office

If you are interested in applying, please download the application [here](#) and mail it to Michelle Walters, 120 1st Ave NW, Suite #14, Clarion, IA 50525 or send via [email](#).

Our Next Meeting

August 25, 2014 - 3:00-4:30 PM

First meeting of the new year. Nomination of officers and new Board members are a few exciting things on our agenda. Also we will have the final reading for the changes in our Policy and Procedure Manual and Bylaws.

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