

# Parent Connection

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## SPECIAL POINTS OF INTEREST:

- Back to School
- Health Fair
- Screenings
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## Back to School

I dreamed I stood in a studio and watched two sculptors there, The clay they used was a young child's mind, and they fashioned it with care One was a teacher, the tools he used were books, music, and art; One was a parent, who worked with a guiding hand, and a gentle, loving heart. Day after day the teacher toiled, with a

touch that was deft and sure While the parent labored by her side and polished and smoothed it o'er. And then at last their



task was done, They were proud of what they had wrought, for the things they had molded into the child could never be sold or bought. And each agreed they would have failed if he had worked alone, For behind the teacher stood the school and behind the parent, the home.

## 2nd Annual Maricopa Integrated Health System Health Fair

August holds national Health Center Week and Maricopa Integrated health System will be hosting a community health fair on Saturday, August 14 from 9 am- 12 pm/ the health fair will be held inside the Comprehensive Healthcare Center located at 2525 E Roosevelt St.

There will be free health screenings such as blood pressure checks, body fat analysis, pregnancy testing, cholesterol testing, vision testing, hearing screening and more. There will also be educational information on first aid, nutrition, water safety, breastfeeding, diabetes and

more.

The Family Learning Centers will be giving out backpacks with school supplies. Children must be present to receive a backpack and they will be available while supplies last.

We hope you join the FLC for the health fair!



## Free Developmental / Literacy Screenings

Improving Literacy in Arizona, Arizona Literacy & Learning Center offers free developmental and literacy screenings.

Children will be screened in : hearing, vision, speech (articulation)/ language, concepts, gross/fine motor skills, social/self help develop-

ment.

These Screenings help rule out potential problems and provide insight at an early age.

Call to schedule your appointment today!

Arizona Literacy & Learning Cen-

ter

14001 N 7th St.. Ste. F-112

Phoenix, AZ 85022

602-212-1089 x 201

www.azlit.org



# Appropriate Chores



Try to make chores fun for everyone involved!

Many toddlers are eager to help with chores, and while their "helping" may not always be appreciated, keeping their excitement and the habit of helping out alive, should be. Sticker charts are a great way to keep toddlers excited about helping.

Their chores may have to be completed with you helping every step of the way, but you are laying the groundwork for children that find chores and helping a way of life. Chores include:

- Help Make the Bed
- Pick up toys and Books
- Take laundry to the laundry room
  - Help feed the pets
  - Help wipe up messes
  - Dust with socks on their hands
- Mop in areas with help

### Ages 4-5

Preschoolers still find helping to be an exciting venture and usually are thrilled when time is taken to teach them new chores. They are ready to do some chores without constant supervision. Rewards at this age are very motivating. A sticker chart that allows you to build up to bigger rewards can be appropriate. For some preschoolers, tying chores to an allowance is a great option and fosters independence in choos-

ing a reward. Chores include:

- Clear and set the table
  - Dust
- Help out in cooking and preparing food
- Carrying and putting away groceries

### Ages 6-8

These school age kids may or may not still have their childlike enthusiasm for completing chores. What they do have, however, is an overwhelming desire to be independent. Parents and caregivers can guide children to become independent in their chores, using chore charts to keep track of their responsibilities both completed and pending. Chores include:

- Take care of pets
- Vacuum and Mop
- Take out Trash
- Fold and put away laundry

### Ages 9-12

Children in this preteen age are capable of increasing responsibility where chores are concerned. Keep in mind that many children this age rely on continuity. Find a system that works for your family and do not change it without the input and support of the people it directly affects. Make sure that you factor in rewards and consequences and address those issues with your children. Let them know the consequences of not completing chores, as

well as the rewards for fulfilling their responsibilities. Chores include:

- Help wash the car
- Learn to wash dishes
- Help prepare simple meals
- Clean the bathroom
  - Rake leaves
- Operate the washer and dryer

### Ages 13-17

Teenagers are developmentally ready to handle almost any chore in the home. At the same time a teenager's schedule can sometimes become quite hectic, leaving little time for chores. Make sure that the workload of your teenagers is manageable.

Chores Include:

- Replace light bulbs and vacuum cleaner bags
- All parts of the laundry
  - Wash windows
- Clean out refrigerator and other kitchen appliances
  - Prepare meals
  - Prepare grocery lists

Remember that children mature at their own pace and not all kids will be capable of advanced chores at the same age, just as some children may be ready for more difficult chores at a younger age. The most important guidelines are supervision and evaluation of your child's needs and abilities.

In order to make chores fun for kids of all ages, use these 5 tips: 1. Clean together 2. Turn on the Music 3. Make it a game 4. Set a timer 5. Take a break but don't forget, HAVE FUN!!!

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We would like to wish a Special

**HAPPY BIRTHDAY**

to all of our Family and Friends who have Birthdays this month!

**Lori Foulks 8/1**

**Melisa Caschetta 8/2**

**Pamela Holden 8/7**

Reina Navejar 8/8

**Elsa Jones 8/9**

**Elijah Belcher 8/11**

**Natasha Lankford 8/13**

**David Patterson III 8/18**

**Jaqueline Zavala 8/20**

**Vanessa Cruz 8/22**

**Nathan Gonzalez 8/23**

**Sandra Turkanovic 8/23**

**Judy McPherson 8/23**

**Christopher Branstetter 8/23**

Aujre Colter 8/24

**Luis Vargas 8/29**

**Glendy Moreno 8/30**

**Eve Berry 8/30**



*If we missed your birthday we are truly sorry, it just means we don't have it! Please contact us to fix it! Thanks!*

## In the Kitchen: Spinach Ravioli, 4 Ingredient Meal

**Ingredients:**

- 10 oz. pkg. frozen creamed spinach
- 24 oz. pkg. frozen cheese ravioli
- 16 oz. jar alfredo sauce
- 1/2 cup shredded Parmesan Cheese

**Preparation:**

1. In large pot, bring 2 cups wa-

ter to a boil. Add spinach pouch and bring back to boil. Cook for 3 minutes. Then add ravioli, return to a boil. Reduce heat and simmer for 5 minutes until ravioli float. Pour contents of pot into colander. Remove spinach pouch from ravioli.

2. Cut open spinach pouch and pour into large skillet. Add alfredo sauce and mix gently to blend. Heat over medium

heat 4-5 minutes until the mixture just begins to bubble, stirring frequently. Add cooked ravioli and stir to coat. Heat gently. Sprinkle with 1/2 cup cheese.

**Prep Time:** 15 minutes **Cook Time:** 15 Minutes **Servings:** 6

**Serve with a side salad and a little garlic bread and you have yourself a delicious and easy meal!**



## Alternative Remedies

- Did you know that drinking two glasses of Gatorade can relieve headache pain almost immediately-without the unpleasant side effects caused by traditional pain relievers?
- Did you know that Colgate Toothpaste makes an excel-

lent salve for burns?

- Before you head to the drug-store for a high priced inhaler filled with mysterious chemicals, try chewing on a couple of curiously strong Altoids peppermints. They'll clear up your stuffed nose.
- Achy muscles from a bout of the flu? Mix 1 tablespoon

horseradish in 1 cup of olive oil. Let the mixture sit for 30 minutes, then apply it as a massage oil for instant relief for aching muscles.

- Sore throat? Just mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 tablespoon six times a day. The vinegar kills the bacteria.



## Within the Community



### **Board Game Night** **Bookmans,** **8034 N 19th Ave**

**602-433-  
0255**

**Tuesday, August 10, 5-9 pm**

Come alone or bring the whole family and play board games. Enjoy some familiar games or try your hand at new ones.

### **Wildflower Kids**

#### **Wildflower Bread Company**

**2805 W Agua Fria Freeway, 623-  
879-6819**

**Ongoing Wednesdays, 3:30-4 pm**

A craft time for children. Free milk and cookies served.

### **CityNorth Kids Club**

**CityNorth, 5515 E Deer Valley  
Dr. 480-319-8700**

**Third Thursday of Every Month,  
4-5 pm**

Every third Thursday of the month, parents and children ages 2-13 are invited to High Street at CityCenter of CityNorth for "Shop, Rock 'n' Roll," part of the new CityNorth Kids Club. Each month, events feature indoor and outdoor activities for kids including dancing, interactive games and craft projects. No registration is needed.

### **Family Learning Center**

**2525 E Roosevelt St, 2nd Floor**

**602-344-1352**

Fitness Fun: Wednesday, August 18

Are you trying to find ways to get rid

of a little extra weight but are having a hard time finding ways to be active without having to be in the AZ heat? Do your kids need to work off some energy? Quit putting off the exercise and come and learn about ways to work out indoors and still have fun doing it.

### **Westcor Kid's Club,**

Costumed characters read to kids 14 and younger. Registration is required and can be done onsite.

### **Arrowhead Towne Center**

First Wednesday of every month at 10am JCPenney Court, 623-979-7777

### **Desert Sky Mall**

Every Thursday at 5:30pm in Center Court, 623- 245-1400

### **Paradise Valley Mall**

Every first Friday of the month in the Children's Play Area starting at 10:30am, 602-996-8846