



# Montcalm County Great Start Collaborative



Volume 3, Issue 10

NEWSLETTER

July, 2015

## Parenting Your School Aged Child

### What's Happening

Children ages 6 to 12 go through big changes. As they spend more time at school and away from home, they are working to develop an identity of their own. Their bodies are growing stronger and changing quickly, a process that will continue through puberty and the teen years. They are learning to control their feelings, use reason, and solve problems. Yet children in this age group still need rules and structure and, most of all, their parents' love and support.

### What You Might Be Seeing

Normal school-age children:

- Mature unevenly. Their bodies may be growing, but they are still capable of having temper tantrums and need reminders to take baths and brush their teeth.
- See things in black and white. They are concerned about fairness and rules.
- Are capable of doing chores and homework more independently but may need you to remind and teach them (not do it for them).
- Get distracted easily and may lack organizational skills.
- Develop deeper relationships with peers and care deeply about "fitting in."

**Remember:** Talk to your children, and listen to what they have to say. School-age children may sometimes act like they don't care what their parents say, but they still want your love, attention, and guidance!

### What You Can Do

- **Model the behavior you want to see.** Your children are watching and learning from you. Meet your responsibilities, follow house rules, and communicate with respect.
- **Make a few important rules and enforce them every time.** Remember, children want freedom, so give them choices in smaller matters (e.g., clothing, room decorations).
- **Talk to children about what you expect.** Post rules and routines where everyone can see them. Fewer "grey areas" mean less to argue about.
- **Support their growing bodies.** Children this age still need nutritious meals (especially breakfast) and 10 hours of sleep each night.
- **Limit time spent watching TV, playing video games, or using the computer.** Monitor Internet use for safety, and encourage your children to participate in hobbies and sports.
- **Be involved with your children's school.** Talk to their teachers and attend parents' night and school conferences. Show that school is important to you by providing a quiet space for homework, volunteering in your child's school, and celebrating your child's hard work.
- **Offer support and understanding when your child has problems with peers.** Explore ways to resolve conflicts, but do not interfere. If your child is being bullied at school, alert school staff and work with them to keep your child safe.
- **Don't wait for your children to learn about sex, alcohol, and drugs from peers.** Educate yourself and talk to your children about your values. Help them practice ways to resist peer pressure.

This tip sheet was adapted using information from Prevent Child Abuse America, the National Child Traumatic Stress Network, the Enough Abuse Campaign, and Stop It Now. At <https://www.childwelfare.gov/topics/preventing/promoting/parenting> you can download this tip sheet and get more parenting tips, or call 800.394.3366.

## Parent Coalition

### Kindergarten Registration for 2015-16 School Year

Kindergarten registration occurred March-May 2015 at Your Local School District. If you have not already registered your child for Kindergarten next year please contact your local district as soon as possible.

Carson City–Crystal: (989) 584-3130  
Central Montcalm: (989) 831-2500  
Greenville: (616) 754-3688  
Lakeview: (989) 352-8021  
Montabella: (989) 427-5414  
Tri-County: (231) 937-4380  
Vestaburg: (989) 268-5284

### Preschool Registration for 2015-16 School Year

NOW ENROLLING! No and low cost public preschool opportunities are available in all Montcalm Area School Districts. One application is used for Head Start and Great Start Readiness Programs. For more information or to get an application contact (866) 754-9315, ext 3396. You can also register online at: [www.GreatStartMontcalm.org](http://www.GreatStartMontcalm.org).

## Family Support

Finding childcare can be easy, [www.GreatStartToQuality.org](http://www.GreatStartToQuality.org) is the one stop resource to see quality ratings of all licensed and registered childcare and preschool providers in Montcalm County. Use your zip code to search for providers who accept payments from the state or children with special needs from peanut allergies to handicap-accessible play areas. To find the best childcare or preschool, you should visit more than one program with your child if possible. Asking about important concerns such as policies on visitors, discipline, activities or even meals, will help you make a decision that is best for your child and you.

## Early Care and Education

Read Aloud 15 MINUTES will kick off their *Seize the Summer* Campaign Pulse on Sunday, July 5. We will have the opportunity to make sure every mom, dad and caregiver is reminded to make reading aloud part of their daily summer routine. From July 5- August 4, be sure to visit our DPIL Facebook page for daily Read Aloud summer messaging that will remind every parent to be their child's first and most important teacher and help more children avoid the summer slide.

## Family Wellness

Did you set a goal to become more physically fit this year? Don't give up summer is a great time to renew that goal! Make physical activity a priority for the whole family! We have a lot of great resources in our community:

- Fred Meijer Heartland Trail for walking, running, biking and rollerblading:  
<http://www.trailink.com/trail/fred-meijer-heartland-trail.aspx>
- Many Parks in Montcalm County!  
<http://www.montcalm.org/parks.asp>

### Don't let rainy days get you down either:

- The Club Fitness Center in Greenville, Great Start Newsletter Members receive a free 1 week trial. Don't forget they offer childcare on-site!  
<https://www.dropbox.com/s/uqzs81rnrxw92r11/Club%20Discount%20-%20Ongoing%20for%20email.pdf?dl=0>
- SNAP Fitness 30 day trial for \$8.95.  
<http://www.snapfitness.com/30-day-trial>
- Fresh Start Fitness in Greenville has a FREE 7 day pass available:  
<http://www.freshstartfitness247.com/7-day-free-pass/>

If you have additional ideas to share on how to stay active visit our facebook page and share! [www.facebook.com/greatstartmontcalmcounty](http://www.facebook.com/greatstartmontcalmcounty)

And coming this fall there will be a low cost option in Stanton, watch the newsletter for more information!

## Dolly Parton Imagination Library

A child needs to hear 1000 stories before they will learn to read.

Children who are read to gain insight and understanding into printed text. They also start to recognize words in their own time. It's a goal and no doubt that once book sharing is a habit, it will continue in families.



## CALENDAR OF EVENTS

Below is a listing of all Montcalm County Great Start activities this month. We have many more activities hosted by our Community Partners listed on our website calendar. Visit often as this calendar is constantly being updated!



[www.GreatStartMontcalm.org](http://www.GreatStartMontcalm.org)

### **Playgroup at the MACC for children and parents**

July 9 and 23, 10:00-11:30am

At Montcalm Area Career Center, 1550 W Sidney Rd, Sidney, MI 48885.

Playgroup will meet twice a month on Thursdays at the Montcalm Area Career Center.

Any family with children birth to 4 years of age living in the Montcalm Area Intermediate School District is welcome to attend. Call (616) 225-6146 for more information and to register.

### **Early Childhood Celebration – Ice Cream Social**

**August 6th, 4:00-6:00pm**

Anderson and Girls Orchards, 2985 N Sheridan Rd, Stanton Families with young children join us for a hayride, talk with service providers at their booths, petting zoo, ice cream, and much more! Free to all families in Montcalm County, hosted by the Great Start Parent Coalition and 0-5 Head Start.

### **Playgroup at the MACC for children and parents**

August 13 and 27, 10:00-11:30am

At Montcalm Area Career Center, 1550 W Sidney Rd, Sidney, MI 48885.

Playgroup will meet twice a month on Thursdays at the Montcalm Area Career Center.

Any family with children birth to 4 years of age living in the Montcalm Area Intermediate School District is welcome to attend. Call (616) 225-6146 for more information and to register.

### **Milk & Cookies Breastfeeding Support Group**

Every Tuesday from 1:30-2:30 p.m. at Spectrum Health United Lifestyles, 701 S. Greenville West Drive, Suite 1, Greenville, MI

Take time to meet other breastfeeding mothers and receive help from Certified Lactation Counselors. Surrounding yourself with others who share your same situation can be very supporting and helpful. For more information call (616) 754-6185.

### **Additional Information**

We are continually getting information on no/low cost family friendly activities, events, classes, local playgroups, MOPS groups and Library Programs. Visit our calendar online any time for the most up to date information at [www.GreatStartMontcalm.org](http://www.GreatStartMontcalm.org).

### **Post-Partum Support Group**

2nd and 4th Thursdays 1:00-2:00pm

Spectrum Health United Lifestyles, 701 S. Greenville West Drive, Suite 1, Greenville, MI

Pregnancy, birth and caring for a new baby may bring many different emotions, feelings and challenges. You are not alone during this new transition in your life and there is help for you.

Please come and join this free support group. Registration is not necessary but encouraged. Pregnant women, moms, dads, babies and support persons are welcome. For more information please call 616-754-6185. For schedule changes around holidays or during inclement weather please call 616-754-6185.

### **Planting Seeds for the Future Early Childhood Conference**

September 19, 8:00-4:00pm

Greenville High School, 111 N Hillcrest St, Greenville

More information coming soon!

### **Community Festivals and Celebrations**

Events from Montcalm County and surrounding areas.

Check local schedules for exact dates and Kid day events!

- **Clifford Lake Pontoon Boat Parade**, July 4th weekend
- **Crystal Celebration**, Crystal Lake, July 4th weekend
- **Jubilee**, Six Lakes, July 4th weekend
- **Ice Cream Social**, Coral, last weekend in July
- **Ionia Free Fair**, Ionia, 3rd weekend in July
- **Heritage Village Celebration**, Sidney, 1st weekend in August
- **Stanton Old Fashion Days**, 2nd full weekend in August
- **Art Fest, Crystal Lake**, 2nd weekend in August
- **Danish Festival**, Greenville, 3rd full weekend of August
- **Potato Festival**, Edmore, last weekend in August
- **Belding Labor Day**, last weekend in August
- **Trufant Jubilee**, Labor Day Weekend
- **Harvest Festival**, Howard City, third weekend in September

## Training Opportunities

**greatstartCONNECT**

Connecting Families to High-Quality Early Learning & Care

FIND CHILD CARE & PRESCHOOL

Check out [www.GreatStartToQuality.org](http://www.GreatStartToQuality.org) for a description and more information as well as to register for these great trainings and so many more. Have Questions? Contact Grace at [1.800.396.0241 ext. 143](tel:1.800.396.0241)

- 101 Ways to Calm Kids Down Pt2, 7/27/2015 from 6:30 PM-8:30 PM
- Outsmarting the Picky Eater, 8/1/2015 From 10:00 AM - 12:00 PM
- Creative Curriculum, 8/8/2015 From 8:30 AM - 4:00 PM
- Tom Copeland- Family Child Care Business, 8/8/2015
- Using Math Creative Curriculum, 8/12/2015 from 6:00 PM - 8:00 PM
- Planting the Seeds for the Future, 9/19/2015, from 8:00 AM - 4:00 PM
- Early Childhood Mathematics, 9/21/2015 from 9:00 AM - 3:00 PM
- CPR & First Aid, 10/7/2015 from 6:00 PM - 9:30 PM
- Body, Brain, Ready, 10/13/2015 from 6:00 PM - 9:00 PM
- Hot Topics in Early Childhood Part 1, 10/21/2015 from 6:00 PM - 9:00 PM

## Where we need help



If you can help out with any of these events please contact Brandy Minikey at: [bminikey@maisd.com](mailto:bminikey@maisd.com) or (616) 225-6146.

- **Our Facebook Page is growing**, we reached 200 likes on our Facebook page! We are so excited that we are reaching out to so many families in Montcalm County. Can you help us to reach more?



## Have Material to Add?

Do you have information to share about an event or resource in Montcalm County? Send it to [bminikey@maisd.com](mailto:bminikey@maisd.com). We would be happy to include information in our newsletter and on our website!

## Contact Great Start Montcalm County

621 New Street, PO BOX 367  
Stanton, MI 48888  
Phone: (616) 225-6146

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### Website

[www.greatstartmontcalm.org](http://www.greatstartmontcalm.org)

### Facebook

[www.facebook.com/greatstartmontcalmcounty](http://www.facebook.com/greatstartmontcalmcounty)  
[www.facebook.com/MontcalmImaginationLibrary](http://www.facebook.com/MontcalmImaginationLibrary)