

Child Care Matters

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Why Children Need Summer Camp

We are quickly approaching the summer months and it's time to choose a summer camp for your children. As a parent, you know summer camp will open a world of opportunities, growth, fun and creativity for them. Summer camp promotes community and friendships. It is an environment that offers children the freedom to explore their natural abilities and talents in a unique way. Summer camps are known for providing a safe environment where children gain self-confidence as they learn new skills.

Understanding your goals for the camp experience will help you narrow down the type of camp that is best for your child. You want to be mindful of your child's interest and comfort level, location and your schedule.

Raising Fit Kids

Physical activity helps your kids develop stronger muscles, bones and have leaner bodies. Your Plan: Be active together as a family, Work at setting up a regular schedule for physical activities. Focus on the 3 elements of fitness, endurance, strength and flexibility: Endurance: develops when your kids



There are many different types of camps: single sex, co-ed, residential, day, all-around activity or sports focused or specialty focused, such as art, drama, martial arts and even knitting. Summer camps that offer hands-on learning experience in STEAM subjects- science, technology, engineering, art and math are on the rise. STEAM classes might include computer programming, filmmaking, digital media and robotics.

We are all familiar with summer learning loss. Most students lose about two months of grade level equivalency in

reading and math skills over the summer months. If you want your kid to retain their achievement from the previous school year, it's important to make sure they keep learning and thinking over the summer.

Many parents also feel that kids don't get enough physical activity during the summer months as well. So if you are considering summer academic enrichment camps, look for ones that offer field trips, sports and a variety of creative physical activities.

What makes camp a special community just for kids is its focus on celebrating effort. In this less pressured atmosphere, free of failing grades worry, children can learn and satisfy their basic need for connectedness, belonging, acceptance, safety and appreciation.

regularly get aerobic activity. Aerobic activities include: dancing, soccer, swimming, walking, jogging, and running. Strength: muscle and bone strength develop when your kids climb, do a handstand, wrestle, play tag, walk to school, skate and ride their bikes. Flexibility: Stretching

exercises enable kids to improve flexibility, allowing muscles and joints to bend and move easily. Kids get chances every day to stretch when they reach for a toy, throw, catch or do a cartwheel. *All Kids need daily exercise. Active Play starts from birth.*

Your Voice: A REPORT ON BUILDING A CULTURE OF HEALTH FOR NEW JERSEY

New Jersey does well in many ways when it comes to efforts to build healthy communities, resulting in high enrollment in early childhood education, generous paid family-leave policies, and low smoking rates among adults.

But these strengths mask significant health disparities related to race, income and geography, according to a new report from the Robert Wood Johnson Foundation and Rutgers University. Existing programs often don't serve all who are eligible. Together, these gaps in care take a toll on the health of communities and contribute to the nearly 6,400 unnecessary deaths

each year in the Garden State.

Among other things, the report flags the need to improve maternal and infant health outcomes, in which New Jersey has among the worst racial disparities nationwide. (Black mothers here are more than three times more likely to die from pregnancy-related issues as white women.) Expanding affordable housing is also a priority, it said, since the Garden State has among the highest costs of living and a foreclosure rate twice the national average.

The report further urged the state to: Do more to boost enrollment in existing programs, including the

earned-income tax credit, which benefits low- and moderate-income workers; one in five eligible residents does not claim this credit, according to the report. And officials need to better promote food-assistance programs like Women and Infant Children (WIC), a program that reaches just half of those who qualify.

Ensure that the state's ongoing effort to reduce maternal mortality is truly inclusive, with a full continuum of maternal care (including before women conceive and between child-births), and expanded home health visits for new mothers.



Tu Voz: UN INFORME SOBRE LA CONSTRUCCIÓN DE UNA CULTURA DE SALUD PARA NEW JERSEY

Nueva Jersey se desempeña bien de muchas maneras en lo que respecta a los esfuerzos por construir comunidades saludables, lo que se traduce en una alta inscripción en la educación de la primera infancia, políticas generosas de licencia familiar remunerada y tasa bajas de fumadores entre los adultos.

Pero estas fortalezas enmascaran las importantes disparidades de salud relacionadas con la raza, el ingreso y la geografía, según un nuevo informe de la Fundación Robert Wood Johnson y la Universidad de Rutgers. Y los progra-

mas existentes a menudo no sirven a todos los que son elegibles. En conjunto, estas brechas en la atención afectan la salud de las comunidades y contribuyen a las casi 6,400 muertes innecesarias cada año en el Estado Jardín.

Entre otras cosas, el informe señala la necesidad de mejorar los resultados de salud materna e infantil, en los que Nueva Jersey tiene entre las peores disparidades raciales en todo el país. (Las madres de color aquí tienen más de tres veces más probabilidades de

morir a causa de problemas relacionados con el embarazo que las mujeres blancas). La expansión de la vivienda asequible también es una prioridad, dijo, ya que Garden State tiene uno de los costos de vida más altos y una tasa de ejecución hipotecaria dos veces La media nacional.



COMO CRIAR A LOS NIÑOS SALUDABLES

La actividad física ayuda a sus hijos a desarrollar músculos, huesos y cuerpos más fuertes. Su plan: manténgase activo como familia, trabaje para establecer un horario regular para las actividades físicas. Concéntrese en los 3 elementos de aptitud física, resistencia, fuerza y flexibilidad: **Resistencia:** se desarrolla cuando sus hijos regularmente realizan actividad aeróbica. Las actividades aeróbicas incluyen: bailar, jugar fútbol, na-

dar, caminar, trotar y correr. **Fuerza:** la fuerza muscular y ósea se desarrolla cuando sus hijos escalan, hacen una parada de manos, luchan, juegan, caminan a la escuela, patinan y andan en bicicleta. **Flexibilidad:** los ejercicios de estiramiento permiten a los niños mejorar la flexibilidad, permitiendo que los músculos y las articulaciones se flexionen y se muevan fácilmente. Los niños tienen la oportunidad de estirarse to-

dos los días cuando alcanzan un juguete, tiran, atrapan o hacen una voltereta. Todos los niños necesitan ejercicio diario. El juego activo comienza desde el nacimiento.

