

Parent Pamphlet

-A newsletter designed as a resource for parents in the effort to promote health and wellness in Tuolumne County youth-

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Online Registration is Coming

We are thrilled to announce that we will soon begin using our new online registration system.

We have been working hard for a few years to make this wonderful service available to you.

Here are some of the highlights of this fantastic online program:

- Program registration can be done from home, your office, your smart phone, or anywhere with internet access.
- Programs can be paid online so no more rushing to Sonora to pay for programs.
- Absolutely no waiting in line to register for popular recreation programs.
- You only have to fill out your contact information ONCE for your entire

family for the entire year. (Even for Tiny Tots!)

- Even if you have four kids and ten programs you want to sign up for, you still only have to create your family profile ONCE and from there you can easily sign up each child for multiple programs in a snap.

As you can imagine, we are very excited about this great tool and know you will all enjoy simplifying the registration process.

We will send out a notification when the system is ready for you to access. Then you can log into the system and create your family profile so you can be ready to register when the programs open. It will make your experience much easier if you do it when you have a little time to carefully fill out all the information. Then, when the program you want to sign up for opens, you can quickly and easily get registered. Please note, once we begin using online registration, all of our programs will be first come-first served, including Tiny Tots.

Once your profile is created you will be contacted periodically regarding programs that you and your family are interested in. It's coming soon, so watch your inbox!

Fall Family Portraits Saturday, October 6, 2012

Has it been a while since you had your family portrait taken? Have you wanted to but it is too expensive? If so, you need to sign up for the Recreation Department's Family Portraits.

This is a great chance to spend some quality time with your family at one of our wonderful local recreational areas

and get some beautiful photos taken you can share with friends and family.

Each portrait session is \$40 and includes a 20 minute family session and a disk with all the photos including some digitally enhanced.

We have been given permission to use the Historic School House at Columbia State Park as a beautiful backdrop, perfect for our back to school pictures.

Do you have a furry family member you would like to include in your portrait? Pets are welcome as long as they are leashed.

Take advantage of this great opportunity while spaces are available. We will be accepting reservations on a first come/first served basis and advanced registration is required.

Registration opens September 10, 2012. For more information or to reserve your space call the Recreation Department at 533-5663 or visit www.tcRecreation.com.



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Need to let off some steam?

If you are looking for an adrenaline packed fast paced night of competition, look no further. The Recreation Department is proud to announce our Fall adult co-ed Dodgeball league.

The league will be open to men and women, ages 18+. It will take place at the Tuolumne Memorial Hall from 6:00-9:00pm on five Wednesdays. September 26, October 3, 10, 17, and 24th.

If you or anyone you know is interested in putting a team together you can visit

Dodgeball League

our website, download the forms and get signed up. Registration opens Monday, August 27th. The cost is \$85 per team and each team must have 6–8 people.

There will also be upcoming winter and spring leagues.

If you need more information visit our website



Family Skate Night Halloween Celebration



Do you want another reason to get your kids dressed up in their Halloween costume? Enjoy a fun and exciting night of skating at High Country Sports Arena on

Friday, October 26th from 5:00-7:30pm.

All elementary school kids and their parents are invited. There will be activities, games, and prizes awarded for the

best costumes.

Children are \$5 Children in costume are only \$4

Parents pay just \$1

The price includes admission and skate rental. All proceeds benefit our local Youth Centers.

There will be a snack bar, so come hungry, we'll feed you.

So get dressed up and join the party!



October 27th is Make a Difference Day

Visit www.MakeADifferenceDay.com

Teaching life lessons to our children can happen in many ways. Some are by accident and some are very intentional. One lesson that will benefit your child for the rest of their life is a lesson about service and volunteering. Not only will it make an impact on your child, but it also makes an impact on your community and your sense of connection to it. If your family is interested in giving back to your community it is easy to get started.

Step 1. Find the opportunity

Create a list of Make A Difference Day project ideas. Such as: Deliver meals, gifts and blankets to shelters for the homeless, the abused or to families in need. Arrange youth history hour at a nursing home where older people tell children about their own history. Organize a community garden to beautify an unused plot of land. Take your family out with other neighbor families to clean up the community. Select a nearby park or other public area to beautify. Partner with another family to repair or paint the home or fence of an

elderly couple or a needy family. Organize a community “closet cleaning” and donate old clothes and other items to a homeless shelter or other organization.

2. Hold a family meeting

Choose a project that everyone can get excited about. Find a project that has something each person can do. Each person can have a different piece of the puzzle to put in place. Let each family member speak! If all of that does not work, your school, church, volunteer center or other local non-profit group can help you structure something that will meet its needs and use your family's talents.

3. Do it!

4. Reflect and thank one another

Appreciate and celebrate the hard work you have done together. Take time for reflection. Talk about your volunteering experiences. Sharing is part of the fun, brings families closer and provides a way to discuss other important issues and ideas. This can be a learning experience for the whole family.

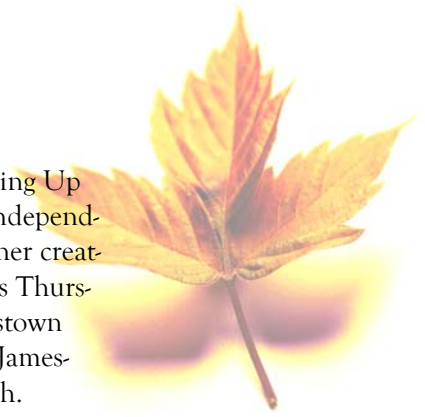
Upcoming Parenting Classes

There are two free Parenting Classes available through ICES (Infant/Child Enrichment Services). These are fantastic classes that can greatly benefit you and your children.

The first class available is Nurturing Skills for Families, a workshop for building healthy and caring families, on Wednesday evenings beginning September 12-November 14, 2012 from 5:30-7:30pm at the ATCAA Family Center 18080 Blue Bell East, off Tuolumne Road.

The second available class is called Bringing Up Parents, Heading Toward Identity and Independence for parents and teens to work together creating cooperation and respect. This class is Thursday evenings from 5:30-8pm at the Jamestown Family Resource Center, 7th Avenue in Jamestown, from September 27-November 15th.

If you are interested or have any questions please call ICES at 533-0377.



Volunteer Opportunities for your Teens

These days it is more difficult than ever to find a job. It is most difficult for our youth who have little to no previous work experience.

One of the best ways for your teen to gain experience is to volunteer. Volunteer experience is just as good as any paid experience, if not better. Being willing to donate time without getting paid shows great character. Not only is volunteering good on a resume, it is also fantastic on college and scholarship applications.

Find something your child is interested in and look for volunteer opportunities in that arena. For example; your teen loves animals, how about volunteering at a local wild animal rescue, humane society, or animal shelter. Does your teen love children? They can sign up to tutor elementary school

kids through the high school ROP program or join Friday Night Live to mentor elementary aged children.

There are hundreds of great volunteer opportunities in our community for just about every interest you and your teen could imagine. They may even find passion in something new.

If your child is interested they can call around to the place they are interested in volunteering or if they are unsure what would be the best fit, visit

www.californiavolunteers.org/index.php

Even one person can make a big impact on their community. And, they may even learn something about themselves while they're at it.

Chocolate Chip Pumpkin Muffins

Ingredients

- 1/2 cup light brown sugar
- 1/4 cup unsweetened apple sauce
- 2 eggs
- 3/4 cup canned pumpkin
- 1/4 cup water
- 3/4 cups all-purpose flour
- 3/4 cups whole wheat flour
- 3/4 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon ground cloves
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1/2 cup semisweet chocolate chips

Directions

1. Preheat the oven to 350 degrees F. Grease and flour muffin pan or use paper liners.
2. Mix sugar, applesauce, and eggs. Add pumpkin and water. In separate bowl mix together the baking flour, baking soda, baking powder, spices and salt. Add wet mixture and stir in chocolate chips.
3. Fill muffin cups 2/3 full with batter.
4. Bake in preheated oven for 20 to 25 minutes.

Makes 12 standard sized muffins



Makes a Great Grab and Go Breakfast!

Is your child ready to stay home alone?

Unlike other milestones in a child's life, there is no exact age when all children can be deemed responsible enough to stay home unsupervised. While one child of a particular age might do quite well on his/her own, another child of the same age may not be mature enough to handle the situation. It is generally believed however that children under the age of 12 should not be left home alone.

Being trusted to stay home alone can be a positive experience for a child who is mature and well prepared. The experience promotes self-confidence and independence. However, parents must realize that children face risks when left unsupervised. Thought and consideration should go into making the decision.

First and foremost, parents should see whether their child expresses interest in staying home alone. The child should be the first to indicate a desire and willingness to stay by his or herself. Children who are easily frightened or do not wish to stay alone are not ready for the responsibility.

Additionally, if a parent has any hesitation or feels guilt, it is best not to leave the child alone.

When a child wants to stay home alone, parents should consider the following factors before making the decision.

Does the child:

- Have good judgment?
- Have self-discipline?
- Follow directions well?
- Manage simple chores?
- Problem-solve well?
- Know how to remain calm in difficult situations?
- Know basic first-aid procedures?
- Have experience handling emergencies?
- Understand and follow safety measures?

Parents who feel comfortable about their child's responsibility and maturity level should first have a trial period. Leave the child home alone for a short time and stay close to home. Thirty minutes is a good amount of time for a trial period. Be sure to be reachable during that trial period.

If this is successful and staying home alone is possible, **parents should still:**

- Establish rules and be sure the child knows what is and is not allowed when home alone.

- Check in while away to see how the child is doing. If calling, it is good to set an exact time so the child knows it is a parent calling. An alternative to calling the child is to have a trusted neighbor or friend pop in to check on what is happening.

Get a report from the child afterwards and encourage him/her to share feelings about staying home alone.

Some rules parents might consider establishing while the child is home alone include:

- Having friends over while an adult is not present is not acceptable
- Television and video games have time limits
- Computer and Internet rules should be established so the child is not surfing unapproved sites
- Cooking and kitchen tool rules (is he/she allowed to use the microwave but not the stove?)
- Doors should always remain locked
- Never tell anyone he/she is home alone

In preparation for the time the child is to be home alone, parents should:

- Have emergency numbers of friends, family members and neighbors in an easily visible location
- Post a schedule with location information for parents during the time away from home
- Be sure emergency supplies such as flashlights are accessible
- Have a stocked first-aid kit and make the child aware of its location
- Have a well-stocked cupboard and/or refrigerator so the child has easy access to snacks and/or meals
- Lock up any items children should not access such as liquor, medications, car keys and cigarettes
- Have an extra house key made and store in a secure location outside so the child can access it if he/she is locked out

Parents should note that even mature and responsible children should not be left alone too often. It can become a strain and put them in a situation where they become lonely. Consider other options, such as after-school programs, youth centers or the option to stay with friends to help keep the child involved.

Resources

Some content on this page was gathered from documents found on the website for the Illinois Department of Children and Family Services (DCFS) at www.state.il.us/dcf.

Additional content was gathered from documents found on the website for the U.S. Department of Health and Human Services Administration on Children, Youth and Families Children's Bureau at www.childwelfare.gov/pubs/factsheets/homealone.pdf.

