

Tuolumne County Recreation Department

Parent Pamphlet

33RD EDITION WINTER 2016

Winter

UPCOMING EVENTS

- Limited spaces are available in our Tiny Tots Preschool. Register online today.
- Youth Center Hours
Mon—Fri 2:30-8pm
Sat 9:30am-5pm
- Adult Dodgeball
Registration Open

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Consistent Consequences

Every parent struggles with their children misbehaving at some point. Some more than others. Do you have a plan for when these situations occur?

No matter what the behavior is, when a child acts out there must be consequences. To make consequences effective they must be consistent and understandable to your child at any age. The 5 R's of Consequences is a great tool to use when working with your child and a great way to stay consistent in your parenting.

Respectful: When considering consequences for your child's actions all parties involved need to remain respectful. This includes respect to the child and to the adult. The consequence should not include physical pain, blame, shame, or other things that feel bad. When there is disrespect your child will shut down and go into self protection mode. They also will not listen to what you are saying. If the situation is heated, take a few minutes to calm down so both parties can be respectful of each other. It will make the rest of the conversation much more productive and effective.

Related: Consequences make much more sense when they are related to the misbehavior so learning can take place. For example, the consequences of not wanting to wear a bike helmet is that they can't ride their bike. Or if they don't want to clean up their toys, the toys are put out of reach for a day or two.

Reasonable: The reasonable length of consequences are different for children of different ages. What is appropriate for a 4 year old is not the same as for a teenager. Older children may need a longer period of consequences for the learning to occur. But it must be reasonable. For example: If you choose to take away phone or internet privileges, choose a term that teaches a lesson but is also fair to you and the child. Extreme consequences do not create extreme changes. They usually just lead to anger and resentment.

Revealed in Advance: Having clear and consistent consequences allows your child to make a choice. If they know they will not be able to go out with their friends for two weeks if they miss curfew, they will be able to make a choice, right or wrong. If they know in advance that they will lose technology privileges if they don't follow the rules, they are able to make a choice. They know what to expect and are not surprised when they have to face the consequences of their actions. This is a great way for children to learn cause and effect as well as how to take responsibility for their actions.

Repeated Back: To be sure your child understands the consequences, have them repeat it back to you. The child then can also not say they didn't know what you were expecting.

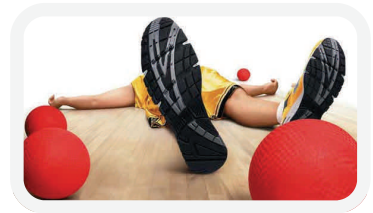
Following these five R's can help reduce the drama of actions and consequences and will help your child learn how to make good decisions and accept the consequences when they make bad ones.

For more information visit: Positive Parenting Solutions

5 R's of Consequences

1. Respectful
2. Related
3. Reasonable
4. Revealed in Advance
5. Repeated Back

Dodgeball Registration Open



Once again, the Recreation Department is opening our Adult Dodgeball League to young adults as well as the young at heart. Our league is open to youth and adults ages 16+ of all fitness levels.

February 25—March 10, 2016
 Playoffs March 17, 2015
 Price: \$85 per team
 6-8 players per team
 Location: Tuolumne Memorial Hall

Don't be afraid. The balls used in this league are not your typical painful rubber playground balls you remember playing with as a child. They are a foam filled ball with a thin rubber coating that allows for a swift flight through the air but no sting when you are hit. They are the best of both worlds.

Registration is now open on the Recreation Department's website and closes February 18th.

Tuolumne County Youth Centers

Groveland Youth Center Happenings

AlaTeen: Every Tuesday @ GYC from 5-6 p.m. is AlaTeen. AlaTeen is a fellowship of young members, usually teenagers, whose lives have been affected by someone else's drinking. AlaTeen groups are sponsored by Al-Anon members who help the group stay on track. AlaTeens come together to share experiences, strength, and hope with each other discussing difficulties, learning effective ways to cope with problems and a great way to encourage one another!

Tuolumne Youth Center Upcoming Activities and Events

Happy New Year from TYC! The last few months have been busy here at the Tuolumne Youth Center with holiday activities and trips. Now that the New Year is here we will be busy at our center doing many activities including cooking, crafts, and games.

In February we are planning a trip to Leland Snow Park to go sledding. This trip is open to all youth center participants.

March will bring the beginning of spring and we will be getting seeds planted for our beds in the Tuolumne Community Garden.

Jamestown Youth Center Upcoming Activities and Events

January 30th - JES clean up 12-1pm

February 13th - Valentine's Day Party

February 20th - Sledding at Pinecrest

March 5th - Downtown clean-up 12-1pm

March 18th - Air Hockey Tournament.

March 26th - Ice Skating at Long Barn.



Youth Center Spring Break Hours

Spring break is March 21-March 25, 2016. The youth centers will be open from 10:00am to 5:00pm Tuesday through Friday and 9:30am to 5:00pm on Saturday.

Child Abuse Prevention Poster and Poetry Contest

Each year the Prevent Child Abuse Tuolumne County Council sponsors our Youth Center Poster and Poetry contest. The mission of the contest is to bring awareness to the prevention efforts in Tuolumne County and give our youth a chance to share their feelings about it. The winners are invited to collect their cash awards and be recognized at a meeting of the County Board of Supervisors.

This year's contest begins in March and all entries are due to their local youth center by Saturday, March 12, 2015. If your child is interested in participating in this contest, contact your local youth center at the numbers listed below.

Tuolumne County Youth Center Locations

Groveland Youth Center

18950 Highway 120

Groveland, CA 95321

Phone: 209-962-7263

Jamestown Youth Center

10540 7th Street

Jamestown, CA 95327

Phone: 209-984-4188

Tuolumne Youth Center

18636 Main Street

Tuolumne, CA 95379

Phone: 209-928-4527

Lifeguard Training

March 21-March 26, 2016



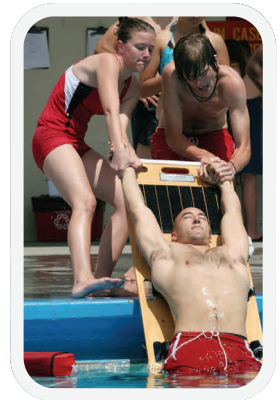
The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. Upon successful completion of this course the student will be certified in American Red Cross Lifeguarding/First Aid/CPRFPR/AED. The cost is \$153.75 and the certification is good for 2 years.

Course Prerequisites:

Participants must be at least 15 years of age by the last day of the course
Students must pass a swimming pretest, which consists of the following:

- Swim 300 yards continuously using the front crawl, breast stroke, or a combination of both. Swimming on the back or side is not allowed. Swim goggles are allowed.
- Tread water for 2 minutes using only the legs.
- Starting in the water, swim 20 yards either front crawl or breast stroke, surface dive to a depth of 7 to 10 feet to retrieve 10-pound object, return to the surface and swim 20 yards on the back to the starting point with both hands holding the brick and exit the water without using a ladder within 1 minute, 40 seconds. Goggles are not allowed.

For more information contact the Recreation Department at 209-533-5663.



Fire Fighter Training

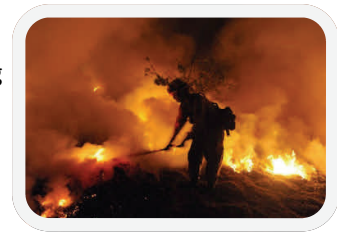
March 21-March 25, 2016

Our firefighter training program has been made possible because of a partnership between the Tuolumne County Recreation Department and the [U.S. Forest Service Stanislaus National Forest](#).

The mission is to provide senior high school students with the training necessary to begin a career in fire and/or future employment with the U.S. Forest Service as wild land firefighters, aid the U.S. Forest Service in the effort to hire quality employees, and give young adults more employment opportunities.

The program is available to all qualifying high school seniors and others up to age 21. The job training is held annually during the spring break vacation for all high schools in the county. Don't miss this great opportunity.

Students must complete an application online to be considered for the program.
Contact the Recreation Department at 209-533-5663 for more information.



Spring Break Day Camp

March 21-March 25, 2016

Price: \$75 for the Week
Hours: 7:30am-5:30pm
Ages: 6-14
Location: To Be Announced
Price Includes Admission Fees, Transportation to off site locations, and Supervision

Online registration opens on Monday, February 8th for the Recreation Department's Annual Spring Break Day Camp. This unique program offers elementary aged children a fun filled week that is sure to keep them excited and entertained.

The week is full of field trips and special guests who bring in

great educational projects and activities. Field trips include a day of exploring Columbia State Park, a lunch picnic at Heaven for Kids Park, Tuolumne County Library, activities at the Tuolumne Youth Center, baseball/kickball at Jerry Whitehead Sr. Park, and bowling at Black Oak Lanes. All activities are subject to change due to weather.

Call the Recreation Department at 209-533-5663 with any questions.



How to get our children to *unplug*

Creating sane limits to your child's technology use



Here in America, the average child aged 8 to 18 spends seven and a half hours a day plugged into cell phones, computers, televisions, and other electronic devices. This means that the only times that they are not using their electronic devices is when they are eating, sleeping and when they are at school. And during the summer months, school is out. Pediatric occupational therapists warn that without sane limits to how much time your child spends plugged in increases your child's risk of developing anxiety, depression, and aggression.

Children younger than 2 years should not spend any time watching TV or using other electronic media such as DVD's, electronic games or computers. Children between the ages of 2-5 years should be limited to less than one hour a day on these activities and children 5 years and older should be limited to 2 hours or less on these activities.

Child development expert Cris Rowan, author of *Virtual Child: The Terrifying Truth about What Technology is Doing to Children* warns that the overload of sensory stimulation that children get from electronic gadgets decreases their ability to pay attention. Every one hour per day of technology use prior to the age of seven, increases that child's risk of attention problems by 10 percent upon school entry.

Some key signs that may indicate that your child is spending too much time with technology are:

- your child may be spending large amounts of time consumed and preoccupied with technology, which may impact on his/her time to complete other daily tasks.
- your child may withdraw from previously enjoyed activities such as playing with their siblings and playing outside.
- your child may withdraw from family and friends
- your child may be saying things like "I'm bored" or "lost" without technology.
- your child may be becoming very tired and irritable as a consequence of staying up late or waking through the night or early morning to use technology.
- your child may request or demand technology during mealtimes.

- your child may be spending time surfing the internet with a lack of purpose.
- your child may become angry or distressed when limits to technology use are attempted.
- your child's technology use may be impacting negatively on their grades and school work.
- your child may be reporting an increased preference with socializing online.
- your child may engage in unsafe technology use, for example, making friends with strangers.

There are ways to get your kids to unplug and enjoy the real world. Many kids today are e-readers so parents can take their kids to the library and pick out a book to read together with their child. This helps engage their child's imagination, creates quality time with a parent

and develops their reading skills. This is also an opportunity to get their kids reading ink on paper rather than looking endlessly into a screen. Getting your child to go outside and play can be a challenge but unstructured outdoor play can help to alleviate some of the negative effects of our children's high tech lifestyles.



If you are looking for a way to help regulate computer time, the website Kidoff.com offers free software to boot your kid off the computer and say enough is enough. This app allows you to "talk" to your child's computer from another computer in the house. You can see how long they've been using the computer and send warnings to their screen. When their time is up it sends them an audible alarm. If they do not end their session the parent can shut down the computer.

Sources: [Australian Bureau of Statistics](#) [Link to the Study](#)

Fresh and Fruity Slaw

Ingredients

- 1 Medium apple
- 1 medium pear
- 1 cup of Jicama
- 3TBS of fresh squeezed orange juice
- ¼ cup raisins or dried cranberries (optional)
- Dash of cinnamon or nutmeg



In a medium bowl, grate apple, pear and jicama. Be careful the grater is sharp. Use as much of the fruit as possible without getting the seed from the pear or apple core in it.

Add the orange juice, raisins, and cinnamon.

TIP: For best results use firm fruit