

Pages For Parents



A publication brought to you by:



The Grand Rapids Reading Institute

News

The Turning Pages' office has moved! The new location is in Cascade and the address is: 6161 28th Street SE, Ste. 2, Grand Rapids, MI 49546. Tutoring can be done here at this new location or as always at schools and libraries around the community. Feel free to stop by and check out the new digs if you are in the area. An Open House is being planned for parents and teachers and information on that will soon be in the mail.

The 2010 **Cabin Fever Reliever** is scheduled for February 20th at Breton Village Mall from 10:30am - noon. Stop by for some fun games (Spelling Twister -yeah!) popcorn and entertainment by Joel Tanis from the hit children's show "Come On Over". Relieve the winter doldrums at this fun indoor (and warm) event.

The **West Michigan Women's Expo** is **March 12th -14th at Devos Place**. Turning Pages will once again have a booth and this year we will be next to Pooh's Corner Bookstore and the Business Alliance for Families. There will be multi -sensory items for sale, button readers, bookmarks, hand-knit washcloths, games and more. Children who play a game at the booth will win a prize!

The next **D&W School Days** is the week of February 14th. Shop this week at any D&W grocery store and Turning Pages will receive 2% of your total sales. Just give your cashier this code number: 94711. Thank you in advance for shopping to support reading.

Joke of the Month:

What do you get when you cross a rooster and a duck?

Answer on page 3.



Turning Pages can earn a percentage of the dollars you spend. Please think of Turning Pages this year as you place your on-line orders. Thank you for your support!

Winter, 2010

Volume 7, Issue 1

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Board Members:

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Anna Maddox
Tim Neff
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Chad Stoub
Robert Sweezie
John Vroon
Mary Vroon

Jigsaw Puzzles

Jigsaw puzzles are a fun and relaxing activity for all ages to do this time of year. Just light a fire, turn on a good light and pull up a couple of cozy chairs to your puzzle table and you will have a few helpers in no time.

Puzzles provide lots of benefit as well. Along with eye hand coordination and spatial awareness, puzzles give practice in reasoning, sequencing, deduction and problem solving. Wow! Who knew?

Puzzles also create a great opportunity for family time and conversation. Before dinner, after dinner or any time, a puzzle is an open invitation for fun and togetherness.

There are no scores and no rules (except the pieces do have to fit) and it can be stopped and started at any time.

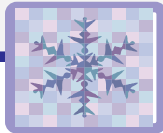
Finding and putting in a tough piece is rewarding and when the last piece is placed, all who participated will feel a sense of accomplishment.

Pick one up at your local discount store today and start building family togetherness tonight!

Worthy Website:

www.sillybooks.net

Check this site out for 4 -10 year olds. There are some fun learning games to play on the computer like matching picture, memory games with homonyms and synonyms, jigsaw puzzles, contests, stories, songs and more. The colorful graphics hold ones interest and the best part is, it is free!



Silly Stories

This is an activity that will get your children writing, reading and laughing!

Write a paragraph of 5-6 sentences about something. Have your children each do the same. Give examples of things they could write about like the dog, the neighbor, the car, etc. Write one sentence per line and when done have everyone cut them apart. Mix the sentences up and put in one pile. Then, pick out 5 sentences and line them up to make a new paragraph. Read the silly sentences in order and see how funny some of them sound.

They will want to play this game again, so for the next time, encourage them to write more creatively by adding more descriptive words. This will help them visualize the sentences better and help make the sentences even funnier.

Self Esteem

What is self esteem? It is a feeling of self worth and it is needed for learning. Parents who show unconditional love, who give their children their approval and who are nurturing will likely build self-esteem in their children.

Children who suffer from low self esteem tend to be less successful in school and less accepted by their peers. Low self esteem can cause anxiety, depression and/or eating disorders.

Self esteem is generally high at young ages but drops dramatically when children enter adolescence. This is a time when many physical and social changes occur. (Harter, S. 1993)

Children who struggle with reading and who are made to read aloud in front of their peers can lose self esteem quickly. Students with low self esteem often give up on homework and studying. Sometimes they will do the homework but not turn it in because they feel they will get a bad grade anyway. It becomes easier to not try than to try and fail.

What can you do? Get help early -whether it is extra help in school or a tutor after school. The earlier help is given the better. Encourage subjects and activities that your child does well. Give unconditional love and acceptance. Talk about the differences in everyone and how some people are good at certain things and others are not. Give praise for the effort and not the result. Say things like, " I am really proud of the time you spent studying for that test." Often times children feel that they are alone in their difficulties. Talk about your struggles or other family members that had trouble with reading. Consider having your child talk to a psychologist or family counselor.

Your support can make a big difference!



Spelling

Try this spelling game as you are driving in the car on a familiar route with your children like going to soccer practice or heading to church.

Think about the businesses that are up ahead on your route. Ask your children what the 3rd letter is in Burger King. As you pass by the business your children can see whether their answers are correct. Think of the next business down the road and ask another question like how many vowels are in Celebration - of Celebration Cinema.

Give enough time to ask and get an answer before the business appears. Also, some business names are not spelled phonetically or they are a foreign language and those should be avoided.

For children just learning to spell ask what the initial or ending letter is in a business name as those will be the easiest.



Exercise in the Classroom?

More and more research points to exercise and physical activity as a way to promote learning.

-Children do not possess the capacity to sit and truly concentrate for more than 19 minutes, adults no more than 30 minutes. Classroom energizers break up long blocks of time. (Debra Kibbe, ILSI Research Foundation)

-Adding to the growing body of research extolling the cognitive benefits of physical exercise, a recent study concludes that mental focus and concentration levels in young children improve significantly after engaging in structured physical activity (Caterino and Polak 1999).

What happens when we exercise?

-When humans exercise, the bodybrain goes into a homeostatic state, balancing brain chemicals, hormones, electricity, and system functions. When the bodybrain is out of balance because of poor nutrition and lack of physical activity, the student is not in a good learning state. Movement, physical activity, and exercise change the learning state into one appropriate for retention and retrieval of memory, the effects lasting as much as 30-60 minutes depending on the student. This evidence is a sound argument for daily quality physical education and/ or recess.

Check out this and other research at www.activelearning.org

Trivia

An inch (2.5 centimeters) of rain water is equivalent to 15 inches (38.1 centimeters) of dry, powdery snow.

Phonological Awareness Game

Here is a game from the Pages for Parents' Archives and was featured in the Spring of 2004 edition.

Start with the End

In this fun phonemic awareness game the first player says a word. The second player must say a word that starts with the last sound heard in the word given. For example: Say "bread". The next player must come up with a word that starts with /d/ like dog. The first player now has to start a word with a /g/ sound. Play continues until a player is stumped for a word.

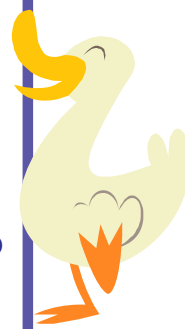
This is a total auditory drill. Only sounds are used. If the word "candy" is given the sound at the end is a long /e/ sound. The next player must come up with a word like "eraser" not a word that starts with y. Try to end the words given with a consonant. This will ensure a long game!



Answer to the Joke:

A bird that gets up at the quack of dawn!

ha ha Hee hee! Hoo
ha ha
ho ho!



Did you know?

The ears of a cricket are located on the front legs, just below the knee.

Have your child draw a picture of this using human ears. They will remember the picture they create much longer than just hearing the trivia.



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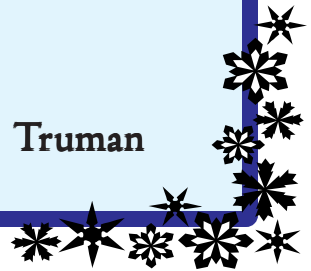


Changing life's direction everyday one page at a time.

Famous Quote:

“Not all readers are leaders, but all leaders are readers.”

- Harry S. Truman



This Pages for Parents' newsletter is available on line at:
www.turningpages.org