



Children's News

a newsletter for
growing minds

November 2009

November 3rd is Election Day! Don't forget to vote!

This year's ballot includes a Regional Enhancement Millage for the ten public school districts within the Washtenaw Intermediate School District. Here is some information the Millage:

* The proposal will help our schools maintain the quality of education that our children and community expect.

* It will keep our schools strong. And, strong schools attract jobs. And, good jobs in our community mean employment opportunities for our children and our citizens.

* It will help provide a quality elementary, middle and high school education so our children can go on to a technical school, community college or university and get a 21st century job.

* The request is for 2 mills for 5 years.

* All of the funds-100%-will remain here in our local school districts.

For more information:

* contact your superintendent's office

* see your school district website or

* visit www.wash.k12.mi.us.

Dear Melissa,

Welcome to the November edition of the Washtenaw Success by 6 Newsletter. November holds some fun events for families and young children. Scroll to the bottom of the newsletter for a listing of some of the FREE events taking place throughout the county.

For many families, November marks the beginning of the busy holiday season! The family traditions established during this time, along with daily family rituals, can enhance self esteem and identity in young children, provide security in times of stress and promote strong family bonds. See our feature articles, "Family Traditions and Children" for some creative ways to make lasting memories! Enjoy!

Melissa

Washtenaw Success by 6

Family Traditions and Children

By Leah Davies, M.Ed.

Family traditions enhance children's emotional well-being by helping to create feelings of security, continuity and identity. Families with established traditions and those who actively form new actions or events as traditions are more likely to create strong bonds among members. Family configurations vary considerably, but those who live together can create and celebrate traditions that reflect their caring for each other.

Thanksgiving is an example of one tradition that many people celebrate. It is a time for extended families to:

- Enjoy a meal together.
- Share pleasant memories.
- Reflect on the positive aspects of their family.
- Remember those who are less fortunate.

Some ways to cultivate gratitude in children are:

- At mealtime or bedtime, hold hands and name something or someone each is grateful to have in his/her life. Do this daily, weekly and/or at holiday gatherings.
- Keep a family "Appreciation Journal" to be read on Thanksgiving Day. Place it in a central location so that everyone can make entries throughout the year.
- Encourage children to donate their used clothing, toys or part of their earned money or allowance to a charity.

Other family traditions that increase a child's sense of security and emotional well-being:

- Read stories or books aloud together.



H1N1 Flu Vaccination Clinic Announced

The Washtenaw County Public Health Department will offer H1N1 vaccinations to high priority individuals at a mass vaccination clinic at Eastern Michigan University Convocation Center on Thursday, Nov 5th from 10:00 am to 7:00 pm. The Center is located at 299 North Hewitt Road, Ypsilanti MI 48197. All school-based clinics are now canceled.

Children and adults fitting within the following priority groups are currently eligible for H1N1 vaccination:

- *pregnant women,
- * household and caregiver contacts of children under 6 months of age,
- * children 6 months though 4 years,
- * children 5 to 18 years who have medical conditions associated with a higher risk of influenza complications, and
- * health care and emergency medical services personnel who provide direct patient care



Storytime @ your library

Public libraries throughout the state work to encourage reading and learning throughout the summer by offering a variety of fun events and programs for all ages! Contact your local library for details:

Ann Arbor	327-4200
Chelsea	475-8732
Dexter	426-4477
Manchester	428-8025
Milan	439-1240
Saline	429-5450
Ypsilanti	482-4110
Northfield	449-0066

Exciting Opportunity

The Washtenaw Great Start Parent Coalition is working to improve conditions for children all over the county through advocacy and

- Film family celebrations or take pictures that help children recall pleasant memories.
- Place photos in frames or in albums to view together.
- Tell family stories.
- Watch movies or television shows together that are educational or that reinforce your values.
- Set aside an evening once a week when you eat pizza or popcorn and watch a movie or play a game together.
- Participate in bedtime rituals such as telling or reading a story, singing a song, and/or saying a prayer.
- Share interests such as gardening, woodworking, singing, baking, hiking, playing an instrument, being active in a sport, etc.
- Do activities together like taking walks, having picnics, visiting museums, attending sports events, volunteering, or participating in school functions.
- Prepare traditional foods made for certain occasions (see "Is Family Mealtime Important?").
- Work together making meals, setting the table, cleaning up, etc.
- Use a special dinner plate for a family member who has a reason to celebrate: for example, for a child who won a blue ribbon, sang a solo, or for a parent who received a promotion.
- Make a sign to welcome a family member home after a trip.
- Commemorate birthdays, graduations, weddings, anniversaries and holidays together in your own distinctive way.
- Use balloons, crepe paper or other traditional decorations for special occasions.
- For a birthday celebration, take a photo of the child with his/her birthday cake. Through the years display the pictures together to record the child's growth.
- Encourage kindness. When your child does a good deed, acknowledge it in some way.
- Bake items or make handmade cards to express caring for others.
- Ask your children to suggest new family traditions.
- Have family meetings to discuss concerns, happenings and to set goals.

If children participate in developing and celebrating meaningful family traditions throughout their lives, they will be more likely to feel confident and optimistic about their futures.

Used by permission of the author, Leah Davies, and selected from the Kelly Bear website [\[www.kellybear.com\]](http://www.kellybear.com)

For more information, see the articles, "[The 8 'L's' of Parenting](#)" and "[Is Family Mealtime Important?](#)" on the Kelly Bear website.

Activities- What's Happening around the County

There are so many fun and family-friendly events happening this fall, it is hard to know where to start!

Here is just a sampling of the free events taking place throughout the county during the month of October:

*Sunday, Nov. 1st *1:30 p.m.

Family-Friendly Film Series: March of the Penguins

Children 12 and under get in free. Presented by the Benard L. Maas

outreach and public education. You can be part of their work by emailing Parent Liaison Donna Lasinski at lasinski@mac.com

Your Ideas Wanted!

Have an idea for a story or something that you would like to see featured in Growing Minds? Please feel free to call us or email us anytime!

734.994.8100 ext. 2177

[Email Success by 6](#)



Foundation and Toyota. See the Michigan Theater website for a full listing of family-friendly films.

Michigan Theater, 603 E. Liberty, AA 668-8397

*Saturday, November 7th *10:00a.m. & 11:00a.m.

[Free Fall Matinee: The Tale of Desperaux](#)

Also shows on Sunday, same times.

Quality 16, Jackson Rd., AA, 623-7469

*Friday November 13th *9:30-10am and 10:30-11am.

[Kinderconcert: Music and Motion](#)

Special program for babies and preschoolers up to five years (accompanied by an adult). This popular event regularly features members of the AA Symphony Orchestra with local music educator Gari Stein. Learn about the conducting with the Orchestra's Music Director Eric Ari, hear a story from Gari Stein, and dance to music performed by Orchestra's Guest Pianist Kathryn Goodson. Ann Arbor District Library, Downtown, 327-8301

*Friday, Nov. 20th *2 p.m.

[Short and Tall Tales](#)

Celebrate our country's rich folklore through humor, stories, and music with Wild Swan Theater's American Short & Tall Tales. Dexter District Library, 8040 Fourth St., 426-4477

Tuesday, Nov. 24th *6:00 p.m.

[Thanksgiving Story time](#)

Children ages 3-6 and their caregivers are invited to meet a real live turkey at 6:00pm; listen to Thanksgiving stories at 6:30pm.

Chelsea District Library, 221 S. Main St., Chelsea, 475-8732

*Sunday, Nov. 29th *6:00 p.m.

[Saline Tree Lighting Ceremony](#)

Celebrate the beginning of the holiday season by watching the tree lighting ceremony with the family.

Michigan Ave and Ann Arbor St, Downtown Saline
994-9463

Don't Worry, But Don't Wait

Do you have a child who is not growing or developing at the same rate as his same-age peers. Are you concerned about a particular aspect of your child's growth and development or has a doctor, teacher or other professional suggested that you seek support for your infant, toddler or young preschooler?

Visit [Early On Michigan](#) or call 1-800-EARLY ON

Did You Know?

Success by Six is working throughout Washtenaw County to support families, child care providers and others as we all work toward sending our young children off to school ready to succeed!

Want to Learn More?

Visit our website: www.washtenawsuccessby6.org to learn more about the work that Success by Six is doing in Washtenaw County. You can also join our Parent Network, volunteer, or join our Great Start Parent Coalition to help us get the word out about the importance of learning in the first 5 years of a child's life!