



GREAT AMERICAN BACKYARD CAMPOUT SAT. JUNE 26 2010

June 26 is American Backyard Campout Day

We need to give back to our children what they don't even know they've lost...a connection to the natural world. A great place to start is by having the family participate in the 6th annual Great American Backyard Campout (backyardcampout.org) on Saturday, June 26. The National Wildlife Federation encourages parents and kids to trade their website for a campsite and screen time for green time to experience a night with Mother Nature. The average American child spends just four to seven minutes playing outside each day, while studies show that outdoor time helps children grow lean and strong, enhances creativity and attention spans, decreases aggression, and boosts classroom performance! So, spend a night under the stars...and wake up with healthier, happier kids!



Great Online Resources for Parents of Children with Special Needs

The Pennsylvania Medical Home Initiative (pamedicalhome.org – click on **Parents & Caregivers**) is an online network and forum where parents of children

and youth with special health care needs can share knowledge, offer support, start a discussion, share tips, tricks and shortcuts, write a blog, and create a group for parents with similar interests or situations.

Parent to Parent of Pennsylvania (parenttoparent.org) is another support site that matches parents and family members of children and adults with disabilities and special needs to supporting parents, on a one-to-one basis, according to condition or concerns. Both sites provide an opportunity for parents of a special needs child to share experiences and find support.

Be Sure Your Kids Are Up to Date on Immunizations

The beginning of school is just around the corner, and regardless of your child's age, it's a good idea to schedule a visit to his doctor for an annual check-up. Part of this visit will undoubtedly be ensuring that his immunizations are up to date. For a quick check of which vaccines are required at what age, go to nepafamily.com and check out our 2010 *Baby & Toddler Guide*. We've included an easy-to-follow printable immunization schedule and record (available in English and Spanish) to help you keep track of your child's vaccinations.



LoudEnough Earphones Protects Young Ears

This summer, before hitting the road for a long car ride, make sure your kids are equipped with LoudEnough Earphones. They are designed for a child's ear with comfortable fit ear tips, but they also reduce the volume level required to get a high-quality accurate sound. Equipped with a built-in attenuator, LoudEnough Earphones limit sound pressure levels for safer listening. Best of all, kids will love them – the earphones are available in three vivid colors (blueberry, mint and plum) and come with a cool carrying case. Visit loudenough.com for more information.



Fresh Air Fund Seeking Area Families

The Fresh Air Fund, an independent, not-for-profit agency, has provided free summer vacations to more than 1.7 New York City children from low-income communities since 1877. The Fresh Air Fund is seeking families in Northeast PA who are interested in serving as volunteer host families for boys and girls, ages six to 18 years old.

Volunteer host families open their home during the summer for one to two weeks or longer. There are no financial requirements to become a host family, and host families are not paid. Most host families simply want to share their homes with inner-city youngsters who are eager to experience the simple pleasures of life outside the city. Sixty-five percent of all children are reinvited to stay with the same host family, year after year. In fact, many families build lasting relationships with the Fresh Air children they host.

To learn more about hosting a Fresh Air child, contact Karin Spak at 815-6049 or visit freshair.org/hostchild.