

THE ART OF KINSHIP

SUMMER



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JUNE 2023

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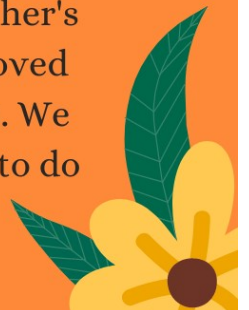
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Gather your kids, roast hotdogs over the fire and set up a tent, Summer is here and it's time to have fun!



Happy Father's Day!

Human Development Commission would like to take a moment and recognize all the fathers in our community. We want to say Happy Father's Day to all the Dads who have supported, loved and cared for their children over the years. We thank you for all that you do and continue to do for us every day.



Going Digital: Helping Caregivers Set Boundaries with Screen Time

Excessive screentime is not good for children's development. Overuse causes a variety of problems, like affecting sleep and increasing the risk of childhood obesity. According to Family EducationExperts, too much screen time stimulates the brain, leading to trouble falling and staying asleep. This causes a host of problems from irritability to difficulty learning. It is essential for caregivers to communicate their screen time rules. Writing out rules and going over is a great place to start. It is essential to have other toys, books, games, etc. for children to use. It may start out as a reward system, like having the children play outside and be active and in return they get to use their tablet for a said amount of time after.

There is no denying that we are all digitally distracted and dependent. We must know that children are watching, learning, and imitating everything we do with our screens. With that being said, caregivers must know how to check or monitor their child's internet history and utilize internet filters. Using parental controls also helps limit what children are watching.

Here is an example of a schedule to limit screen time in the afternoon for school-aged children:

3:00-4:00 p.m.	Outdoor Play and Snack
4:00-5:00 p.m.	Homework time
5:00-6:00 p.m.	Screen Time
6:00-6:30 p.m.	Dinner
6:30-8:00 p.m.	Board Games, Puzzles, Reading Time
8:00 p.m.	Bedtime



Summer Safety Tips

1. **Be Sun Savvy** - Apply sunscreen 15-20 minutes before sun exposure and avoid peak sun hours of 10 a.m.-3 p.m. Wear appropriate clothing and check the weather.
2. **Stay Alert Near Water** - Drowning happens quickly and quietly. Stay off your phone and know your safety skills.
3. **Bugs Be-Gone!** - Use bug repellent, check for allergic reactions, and check for ticks.
4. **Prevent Dehydration** - Frequent water breaks (every 20 minutes).
5. **Biking Safety** - Wear a helmet and fasten the chin strap.
6. **Kids and Cars** - Never leave a child unattended in the vehicle without working air conditioning.
7. **Burn Hazards** - Keep children away from hot grills, firepits, tiki torches and be mindful of sunburns.
8. **Summer Safety Kit** - Create a kit to include bandages, medications, cold packs, sunscreen, hats, tweezers, water, etc.

Important Dates

- June 7 - Huron County Senior Seminar
June 12 - Huron County Caregiver Education
June 16 - Tuscola County Senior Fair
June 19 - Fathers Day
June 21 - Kinship Family Group
June 22 - Sanilac County Caregiver Education
June 23 - Sanilac County Senior Fair
June 29 - Sanilac County Caregiver Education

NOTE:

Remember each additional Caregiver event you attend after originally signing up, is an entry to win a free tablet!

If you have questions on our Caregiver giveaway please call **989-673-4121**.

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