

Cornell University
Cooperative Extension
Jefferson County

SEPTEMBER 2011

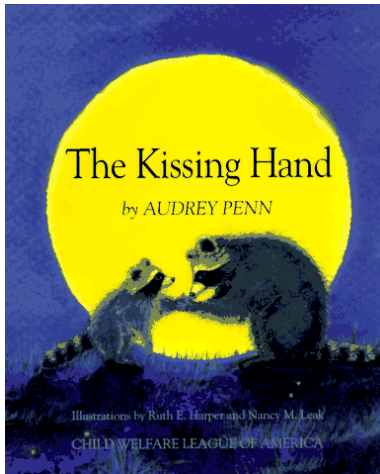


Parenting News



Book of the Month

Submitted by Amanda Root, Parenting Education Coordinator



When September rolls around, we begin to think about fall and going back to school.

The Kissing Hand by Audrey Penn is a wonderfully sweet book about making the transition to school. Chester, his

mother, and now his little brother, are back in **A Pocket Full of Kisses**. Chester is trying to figure out how to handle another change in his life, adjusting to having a little brother. Changes, whether they are good or bad, are not always easy. Children, and many adults, like things to be predictable. You may notice that your children's behavior is affected when there are many changes going on in their lives. Follow Mother Raccoon's lead and try to see things through your kid's eyes. Spend time talking with them about how they are feeling and how you are feeling. Starting conversations like these when your kids are young will make it easier to continue talking as they grow and move toward the teen years.

Computer Time

Submitted by Nicole Bertrand, Community Educator

School is back in session. If you'd like to learn activities that can increase your child's reading, writing and skills check out www.printactivities.com. There are many worksheets that you can print for free. The site also has a variety of themed worksheets as well as puzzles and mazes that can be printed off. There are also educational games to be played for children in pre- k up to eighth grade. You will also find many resources to help in your child's education.



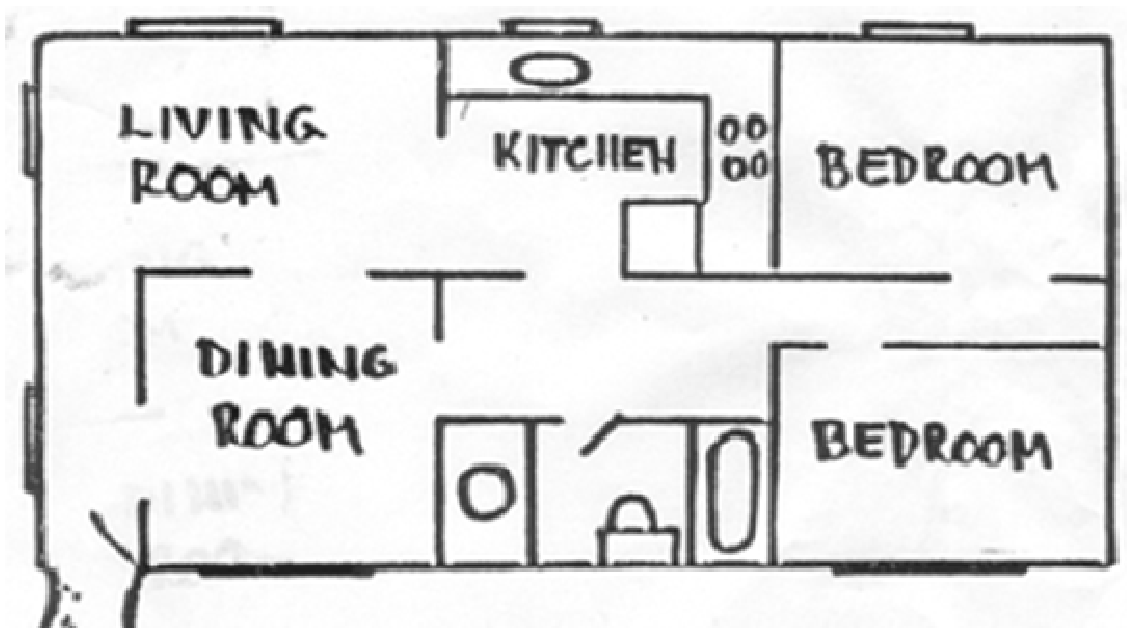
Activities To Do With Your Child, To Increase School Readiness, Right in Your Own Home

Submitted by Sue Pappas, Family Engagement Outreach Educator

There are many things you can do in your own home, that don't cost a lot, but can increase your child's school readiness skills. Try one of the following each day or pick one room in your home each week and come up with other activities:

1. In the living room – Ask your children “how tall is the lamp?” use a measuring tape or ruler, then count the inches with them as they measure. Ask your child to look in the newspaper ads for certain letters and combinations of letters; or have your child cut out pictures of furniture, which they could place in the appropriate room on a big floor plan you provide using a brown paper shopping bag.
2. In the kitchen – Let your child help with the food shopping list. As your child to check shelves to see what's needed, your child learns to spell and say words like bread and cheese. Write a number in each cup of an egg carton. Into each cup, have your child places a corresponding number of buttons.
3. In the bedroom – Help your child learn the different names of clothing (shirt, sock, etc.) and body parts they are attached to by using the bedroom as a place to point these words out as your child gets dressed. Say the words aloud as clothes go on and off. When is a bedroom a "laundry math?" Your child can match and count socks as they help you put laundry away. Talk about colors, too. The bedroom is a great place to play rhyming games-"sock and clock," "bed and head" - rhymes like these are all around the bedroom. Rhyming games are fun to play when you are getting your child ready for bed and improve reading readiness skills.

Source: <http://www.megaskillshsi.org/introduction.html>





Checklist for Parent

1. Begin the day right with a good nutritious breakfast-it's important for kids to get off to a good start every day.
2. Communicate with your child's teacher as soon as possible by sharing positive information about your child. Share your concerns, what you feel is working well for your child, and ask for clarification if something is unclear.
3. Organize your calendar with upcoming school holidays and events. Set up an area in your home for school papers – set up a file for each child.
4. Talk positively about school in front of your child. If you have a disagreement with your child's teacher talk to them as soon as possible but don't share the conversation with your child
5. Provide a quiet place for homework that is free of distractions, and help your child as needed, without doing the work for him.
6. Become familiar with your child's school rules, policies and code of conduct
7. With your child choose which after school activities are most important and really listen to your child when she talks to you.
8. Be consistent with home rules on play-time, meal time, and sleep time.
9. Read information sent home by your child's teacher and attend open houses and PTA meetings to become more informed about what is happening at your school.
10. If your child is sick, keep them home, but remember to send a written excuse when your child returns to school. Too many unexcused absences can affect your child's grades, or raise concerns of about absenteeism.

Even though your mornings can be hectic, send your child off on a positive note with a smile and a hug, to set the tone for a great day.



In the Community

Submitted by Karen Greene, Family Educator

There's still time to get outside and enjoy these summer events with your family.

Where	Location	What	Date	Time	Information
Alexandria Bay	Lower James Street Docks Area	FREE Annual Blues in the Bay	Sept. 1-2 Sept. 3-4 Sept. 5	6:00 - 8:00 p.m. 1:00 - 8:00 p.m. 1:00 - 4:00 p.m.	482-9531, 1-800-541-2110 www.visitalexbay.org
	Scenic View Pavilion	Craft Fair	Sept. 2-3 Sept. 4	10:00 - 6:00 p.m. 10:00 - 5:00 p.m.	482-9531, 1-800-541-2110 www.visitalexbay.org
Cape Vincent	Village Green	Free Concert	Sept. 3	5:00 p.m.	654-2481 www.capevincent.org
Clayton	Downtown Clayton	Vintage & Classis Street Meet	Sept. 24	9:30 - 12:00 p.m.	686-3771 www.1000islands-clayton.com
LaFargeville	Stone Mills Museum	Free Blue Grass Picnic - Bring a dish to pass.	Sept. 11	12:00 p.m.	658-2353 www.stonemillsmuseum.org
	Stone Mills Museum	Harvest Festival & Pig Roast	Sept. 18	10:00 a.m.	658-2353 www.stonemillsmuseum.org
Sackets Harbor	Battlefield	Free Concert	Sept 4	3:00 p.m.	646-2321 www.sacketsharboryny.com
Sackets Harbor	Seaway Trail Discovery Center	War of 1812 Volkssport Walk	Sept. 24	8:30 - 4:30 p.m.	646-1000, ext. 200 www.seawaytrail.com
Watertown	Jefferson County Historical Society	History Detectives Family Day	Sept. 1	10:30 - 1:00 p.m.	782-3491 www.jeffersoncountyhistory.org
	Between Public Square & JB Wise Lot	Free Concert by 4th Monkey	Sept. 7	5:00-9:00 p.m.	767-1784 boneman9165@yahoo.com
	Watertown Fairgrounds	Run for Recovery from Addictions 5k and 10k	Sept. 10	Race starts at 10: 00 a.m.	782-8440 www.watertownurbanmission.com
	Public Square	Black River Fall Festival	Sept. 10	10:00 - 6:00 p.m.	788-4400 www.watertownny.com



Canning Classes



at Cornell Cooperative Extension of Jefferson County

**Learn how to can your own food to
enjoy all year long.**

**Sign up today by calling 788-8450.
Class size is limited to 8.**

Upcoming Classes

Classes are at Cornell Cooperative Extension
203 North Hamilton St. Watertown, N.Y.

August 24 from 1:00-4:00 P.M.

September 22 from 6:00-9:00 P.M.

September 30 from 10:30 A.M.-1:30 P.M.



Cornell University
Cooperative Extension
Jefferson County

Cornell Cooperative Extension provides equal program and employment opportunities. Please contact our office if you have special needs or are unable to pay. The Americans With Disabilities Act: If you are a person with a disability and require any auxiliary aids, services, or other accommodations for Extension program offerings, please contact Cornell Cooperative Extension Association of Jefferson County at 788-8450 and we will discuss what accommodations are necessary.

My Kids Should Always Obey Me

Submitted by DJ Munroe, Family Educator

This is the perfect irrational statement for fathers to create more problems for their families. For many men, this kind of thinking takes them further and further from their kids and it creates a cycle of anger and frustration that is hard to break. But for those who'd like to learn to manage their anger can do so, especially if you follow these six steps.

Take responsibility for your own anger.

The only person in the world that can cause you to get angry is you. Stop blaming others for your outbursts and look for strategies to improve you.

Become familiar with warning signs that you are getting angry.

Stay aware of your body and the signals it gives you that you are about to lose your patients or get mad.

If you sense you're going to get mad then leave the area immediately.

You can't say or do anything you regret if you're not there. Give yourself some time to process and think about the appropriate response to the situation.

Count to ten.

This may seem old fashion but it is still effective and it allows you to calm down a bit.

Do something to reduce your stress every day.

Whether its exercise, meditation, or reading, try to at least one thing to make you more relaxed before you get home.

Use deep breathing.

When you feel the signs of anger coming on remember to breath. This will help to relax you and have a calming effect.

Remember dads, anger will happen in families. The key is to have the tools to minimize the effects of your anger on the rest of the family. If you struggle with anger, show your family you care, and practice the six steps above.

Source: www.fathers.com





2011 Farmers' Market Schedule

Market	Location	Day Held	Time	Begins	Ends
Monday Neighborhood Farmers' Market * + ^	203 North Hamilton Street, Watertown	Monday	3:00pm-6:00pm	July 11	Oct. 3
Mobile Farmers' Market * + ^	Midtown Towers, Watertown North County Children's Clinic, Watertown	Wednesday Wednesday	10:30am- 11:30am 12:00pm-3:00pm	Aug. 3	Oct. 5
Mobile Farmers' Market * + ^	TBA	Thursday	TBA	TBA	TBA
Saturday Farmers' Market + * ^	Watertown Fairgrounds Coffeen Street, Watertown	Saturday	9am - 2pm	June 18	Oct 29
Jefferson Bulk Milk Coop and Farmers' Market ^ * +	Jeff Bulk Milk & Cheese Store, Route 3 Watertown	Friday	2:30pm-6:30pm	June 10	Oct. 7
Watertown Farmers' Market + * ^	Washington Street, Watertown	Wednesday	6:30am - 3pm	May 25	Oct. 5
Carthage Farmers' Market + * ^	Farmer's Market Pavilion Riverside Drive, Carthage	Friday	7am - 2pm	May 27	Oct. 28
Stone Mills Farmers' Market	Stone Mills Ag Museum. LaFargeville	Tuesday	4pm - 7pm	June 14	Sept 27
Alexandria Bay Farmers' Market +	Kinney Drugs, Route 12, Alex Bay	Friday	9am - 3pm	May 27	Sept. 23
Cape Vincent Farmers' Market +	Village Green, Cape Vincent	Saturday	8am - 2pm	June 25	Oct. 8
Clayton Farmers' Market +	Frink Park, Clayton	Thursday	4pm - 8pm	June 23	Sept. 15

For more information contact Cornell Cooperative Extension Association of Jefferson County at 788-8450

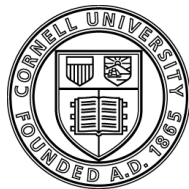
+ = Farmers' Market Nutrition Program coupons accepted (WIC and Senior)

*= SNAP (Food Stamp)/EBT machine available

^= WIC checks accepted

**Cornell Cooperative Extension
of Jefferson County
203 North Hamilton Street
Watertown, NY 13601-2948**

New York State PIRC
FACTS is a Parental Information and Resource Center (PIRC) program funded through the
United States Department of Education.



**Cornell University
Cooperative Extension
Jefferson County**

Cornell Cooperative Extension Association of Jefferson County
203 North Hamilton Street, Watertown, NY 13601-2948
Phone: 315-788-8450, Fax: 315-788-8461 Email: jefferson@cornell.edu, Web site: www.cce.cornell.edu/jefferson

Cornell Cooperative Extension provides equal program and employment opportunities.

Please contact the Cornell Cooperative Extension Association of Jefferson County
office if you have special needs or are unable to pay.