

# Read to Me

A newsletter for families and others who care about the future of young people

Volume 4, Issue 3

Spring 2010

## Special Points of Interest in this newsletter:

- Wild About Reading—Mobile Learning Opportunities
- Community Response to “Kids Are Worth It!”
- Free Eye Assessments
- Going “Beyond The Book”



United Way of Southwest Minnesota is an independent, local organization working to create lasting changes in people's lives and the communities in Lincoln, Lyon, Murray, Yellow Medicine and western Redwood Counties of Minnesota.



United Way of Southwest Minnesota

## Wild About Reading

Coming to a location near you this summer. **Please join us!**  
9:30—10:15 a.m. at all locations

### JUNE

<u>DATE</u>	<u>CITY</u>	<u>LOCATION</u>
Tuesday, June 1	Hendricks	Veteran's Memorial Park
Tuesday, June 8	Lynd	School Playground
Thursday, June 10	Minneota	Riverside Park
Tuesday, June 15	Marshall	City Side Townhomes (1402 S 4th St)
Thursday, June 17	Marshall	Independence Park
Tuesday, June 22	Clarkfield	Valhalla Park
Thursday, June 24	Wood Lake	Freedom Park
Tuesday, June 29	Cottonwood	City Park

### JULY

Thursday, July 1	Granite Falls	Winter Park (11th St & 8th Ave)
Tuesday, July 13	Hanley Falls	Centennial Park (softball complex)
Thursday, July 15	Marshall	Justice Park
Tuesday, July 20	Milroy	Milroy City Park
Thursday, July 22	Tyler	Swimming Pool Park
Friday, July 23	Ivanhoe	East Side Park
Tuesday, July 27	Tracy	Sebastian Park
Thursday, July 29	Canby	Central Park

### AUGUST

Tuesday, August 3	Marshall	Freedom Park
Thursday, August 5	Lake Benton	Westside Field Park

**Listen to KMHL(1400 AM)/KKCK(99.7 FM) Radio**  
**for weather related cancellations.**

This is a mobile learning opportunity featuring music, reading, activities, animal crackers.

Door prizes of children's books will be given to child care providers who attend with the children in their care.

All ages are welcome, however books and activities are directed to pre-school age children.



# Community Response to “Kids are Worth It!”



Our community was fortunate to have Barbara Coloroso give a presentation on March 23.

Because of Barbara Coloroso's generosity, each school district in our service area received a copy of her book *"The Bully, The Bullied and The Bystander,"* including an audio CD. Additionally, copies of her books are available to be checked out through most local library systems.

## Following are some survey comments from attendees:

- ".....she was an excellent speaker & I thank all of the sponsors for bringing her to Marshall!"
- "Thank you for having her come and talk—I really took a lot away that night."
- "Loved the presentation. Couldn't believe we had a speaker this good come to Marshall."
- "great great great presentation/presenter"
- All of Barbara's messages are so important....any way United Way could sponsor study groups on her books at local schools. ECFE can focus on pre-K but not older students."
- "I have not started reading the books, but we did purchase both of the books listed in question number 5 (*"Kids Are Worth It!"* and *"The Bully, The Bullied and The Bystander"*). Thank you for this great programming! I wish more parents had attended. I also heard good things about the live presentation and webcast at the school, even though I don't even have kids in school yet."

## Barbara Coloroso Book Winners!

Tom Meyer      Teah Swenson  
Kevin Elton     Shannon Rhodes

### HOT TOPICS BLOG

For more detailed information on parenting topics from Barbara's book *"Kids Are Worth It!"*, check out the local parenting blog at

<http://www.uwswmnparentingblog.blogspot.com/>  
Or

[www.unitedwayswmn.org](http://www.unitedwayswmn.org) under the Success By 6, Parent Education tab.

Listed on the following column is a sample of blog topics. To get more information on a topic, please check out the original blogs online.

## 1. The three kinds of families are:

- **Brickwall** - very rigid with little instruction or guidance for children. *Originally posted 10/27/09*
- **Jellyfish** - little or no structure again resulting in little guidance for children. *Originally posted 11/4/09*
- **Backbone** - structure is firm but flexible and functional to allow for teaching children responsibility and for changing maturity and growth. *Originally posted 11/10/09*

## 2. The Golden Rule

I will not treat a child in a way I myself would not want to be treated. If it works, and leaves a child's and my own dignity intact, do it.

## What doesn't work:

- Threats. Punishment, bribes, rewards.
- Teach them how to think, not what to think. With that, they can figure out new situations when a parent won't be around to tell them what to do.

## What does work:

- Feedback. Children need to hear how to do better.
- Encouragement. Children need to hear that you are interested in what they are doing and that you have confidence in their abilities. It is different from praise or giving rewards.
- Discipline. It means to teach. If we can teach children what to do, we are helping them develop self discipline.
- You can't truly discipline a child 3 years of age or under. But, you can distract, disorient, or disengage them from a difficult situation.

*Originally Posted 11/24/09 and 4/6/10*

Funding Partners that helped bring Barbara Coloroso to Southwest Minnesota include:

United Way of Southwest Minnesota, Success By 6; Marshall ECFE and Little Cubs Preschool; Share group-Canby; Mary Rademacher-Psychologist; Marshall PTA; Pride in the Tiger Foundation; University of Minnesota Extension; Lyon County Child Abuse Prevent Council-Help Us Grow (HUG); SW/WC Service Coop-Teacher/Learning Division; St. Stephen Lutheran Church-Youth and Family ministry; Avera Marshall Regional Medical Center; Xi Beta Epsilon; Lakeview PTO; Lakeview Booster Club; Sanford-Tracy; Taher Foods; Ramada Marshall, KMHL Radio.

## Supporting Partners:

Midwest Child Care Resource & Referral; Western Mental Health; Lincoln County Child Abuse & Prevention Council.

# Free Eye Assessment for infants 6 to 12 months

Babies' eyes are their windows to the world around them. Just as cooing, sitting up and crawling are signs that your baby is growing and learning, your baby's vision goes through many critical stages of development too. The signs marking progress, however, are not as obvious, and neither are potential eye and vision issues.

In fact, many eye conditions, including lazy eye, muscle imbalances and some ocular diseases don't have early warning signs or symptoms that can be easily identified by a parent or discovered during a typical well-baby check-up. Early detection is the best way to ensure a child's eyes are healthy, and vision is developing as it should be.

## Did You Know?

- 1 out of 10 children is at risk from undiagnosed vision problems
- Amblyopia - often referred to as lazy eye - a leading cause of vision loss in people younger than 45, will affect 1 in 30 children
- 97 percent of mothers say they do everything they can to ensure their children's health, yet only 13 percent of mothers with children younger than 2 years of age have taken their babies to see an eye and vision care professional for a regular check-up or well-care visit.

## What Happens During an infantSEE™ Assessment?

An InfantSEE™ assessment can detect the potential for vision and eye health problems which can be more easily corrected if treatment is started early. Typically, an infant will sit on his or her parent's lap during the assessment, in which the optometrist will use lights and other hand held objects, like finger puppets, to check that the baby's eyes are working together and that there are no significant issues that will interfere with proper vision development. The optometrist may use drops or a spray to dilate the baby's pupils to get a better look inside and ensure the health of the eye. Generally, infants find the assessment painless and often fun!

During the assessment, the optometrist will test to make sure the infant is seeing clearly, will look for unequal amounts of nearsightedness, farsightedness, or astigmatism and will check to see that the eyes are seeing straight and working together as a team. The health of your baby's eyes will be assessed as well. Although serious problems are not common, it is important to identify specific risk factors at this state.

## What is InfantSEE™?

In an effort to encourage infant eye and vision assessments and ensure they are accessible to everyone, the American Optometric Association (AOA) and The Vision Care Institute of Johnson & Johnson Vision Care, Inc., have partnered to create InfantSEE™, a no-cost public health program developed to provide professional eye care for infants nationwide. **Through InfantSEE™, optometrists will provide a one-time, comprehensive eye assessment to infants in their first year of life, offering early detection of potential eye and vision problems at no cost, regardless of income.**

## Local Doctors participating in the InfantSEE™ program.

Dr. LM Affolter  
121 N. Third Street  
Marshall, MN 56258  
507-532-5143

Dr. Todd Trudel  
870 Prentice St.  
Granite Falls, MN  
320-564-4997

Dr. Kristel Schamber  
Midwest Vision Centers  
1420 E. College Dr.  
Marshall, MN 56258  
507-532-5771

Dr. Lori Vikesland  
Taft Optical  
203 Jewett St.  
Marshall, MN 56258  
507-537-1976

To learn more about InfantSEE™ log on to  
[www.infantsee.org](http://www.infantsee.org).



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**This is a special newsletter  
for families who have  
children enrolled in  
Imagination Library  
through United Way of  
Southwest Minnesota.**

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## Take Your Child Beyond the Books

Don't let the fun of reading to your child stop at "The End"! Take your child "Beyond the Book." The experts at United Way's Project Ready for School have worked with students from the University of Tennessee at Chattanooga to put together additional activities that go along with the books your child may receive through the Imagination Library program. These activities will help you extend the benefits of reading beyond the printed page. They are educational, fun and free!

**Book Title:** Raindrop Plop  
**Author:** Wendy Cheyette Lewison

**Summary of Book** - A little girl and her dog count things they find outside on a rainy day. Then they both come home to a warm, dry home.

**Before Reading** - Let your child hold the book and turn the pages. Talk about the front and the back of the book. As your child turns the pages, talk about the pictures on each page.

**During Reading** - Ask your child to point to the little girl and/or the dog on each page. Talk about what they are doing.

**After Reading** - On the next rainy day, dress your child in rain gear and go outside and splash in the puddles. Sing rainy day songs like "Rain, rain, go away, come again another day." Count things you find outside on a rainy day.

For additional "Beyond the Book" ideas, go to [www.unitedwayswmn.org](http://www.unitedwayswmn.org) and look under the Success By 6 tab.

**Please keep your address current with United Way of Southwest Minnesota**

Imagination Library books are mailed out at bulk rates and can not be forwarded by the post office.

Contact us right away if your address changes. It takes 6-8 weeks for address changes to go into effect at the publisher.

Imagination Library books are gifts to local children paid for by donors to United Way of Southwest Minnesota. To learn more about how United Way works to build school readiness skills in young children in Lincoln, Lyon, Murray, Yellow Medicine and western Redwood county of Minnesota visit [www.unitedwayswmn.org](http://www.unitedwayswmn.org)

