

# EARLY LEARNING PARENTS' PAGES

THE OFFICIAL NEWSLETTER OF THE OFFICE OF EARLY LEARNING

## Supporting Confidence in Young Children



As a parent, you want your child to be confident, excited to learn new skills and take on new challenges. Helping your child develop confidence can be easily incorporated throughout your day by using the ideas listed below:

- **Establish daily routines** to help your child see daily events as predictable; helping them to feel safe, secure, in control of their world and confident in their abilities. Children will grow and learn when they know what to expect.
- **Play** is how young children learn, giving them opportunities to solve problems and develop confidence. Engage your child in play, allowing them to take the lead. This builds confidence and leadership skills.
- **Solving Problems** permits your child to do what they can on their own. Children, like adults, like to feel useful and needed.
- **Age-appropriate jobs and chores** will help your child build confidence and feel like a contributing member of the family. Provide guidance as needed, but allow them to do as much as possible by themselves.
- **Modeling confidence in your daily actions helps your child build confidence.** Try new things and persist in accomplishing new tasks; allowing them to see the stages of confidence.

Celebrate how much your child is growing and learning by making a photo album of their achievements. When children feel successful and their accomplishments are recognized their confidence levels soar! For more details visit:

<https://www.zerotothree.org/resources/226-tips-on-helping-your-child-develop-confidence>.

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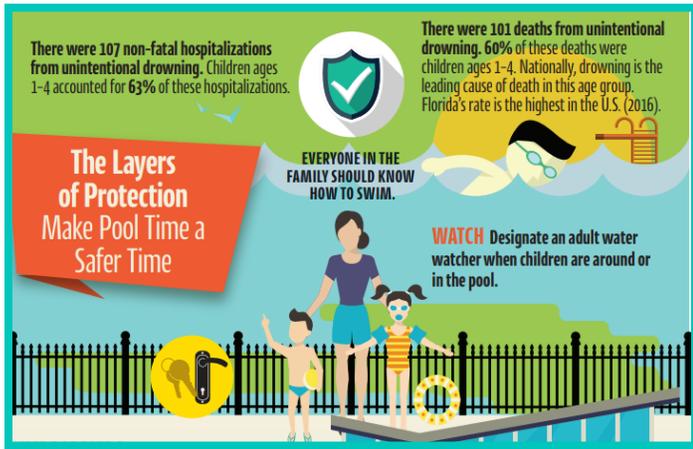
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# Summer Water Safety



Summer is here and your child is ready to be outside and will probably be around water. If your family has a pool or visits the beach, it is key to teach your child water safety tips.

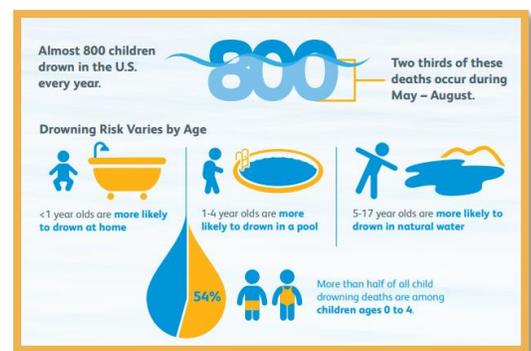
When your child is near any of body of water, it is always important to watch them and keep them close by. Most drownings happen in as little as 25 seconds. The [Pool Safely Campaign](#) reminds you of these [key safety tips](#):

- Never leave your child alone in or near water.
- Make sure your child knows how to swim or enroll them in swimming lessons.
- Teach your child to stay away from pool drains.
- If you have a pool, have a fence or protective barrier around it, cover the pool when not in use and keep the pool drain covered.

Learn [how to perform CPR](#). Talk to your child about water safety. Make sure your child knows the rules for pool safety such as no running on the pool deck, no jumping in shallow ends, no pushing or pulling on others, and to never swim without an adult watching.

[When visiting the beach there are additional safety rules to follow:](#)

- [Swim at a beach that has a lifeguard.](#)
- Keep all children within arm’s length of an adult who can swim. (Water wings, noodles and floats are not safety devices for children).
- [Teach your family about the dangerous rip currents and undertow.](#)
- Explain to your child how they can [“Love the beach and Respect the Ocean”](#) by learning about the sea life and how they can help protect the sea life and themselves from harm.
- Always use [sunscreen on yourself and your children](#)



[Kid’s Corner](#) offers free videos and fun activities for your child that show them how to stay safe while having fun. Call 2-1-1 to find swim lessons, CPR classes and more resources to get your family ready for a safe summer!

## Celebrating Father's Day

June 21<sup>st</sup> is Father's Day and you may be looking for a special way to celebrate with the dads or grandfathers in your family. Most dads enjoy spending time as a family and doing activities the family enjoys. Living in Florida offers many opportunities to explore nature together. Visit a [park](#) or a [beach](#) if these places are open or take the family [fishing](#). Go for a walk in your neighborhood to enjoy being together outside and observe nature.



Let your child join you in making dad his favorite breakfast, lunch or dinner. If your child is old enough, let them help you with the cooking. Setting the table or making a table decoration for dad is a great way to involve younger children. You can help your young child make a [card or gift](#) to give dad. There are some ideas on the [Office of Early Learning's Pinterest board](#), June Upcoming Events.

[Reading books together](#) that celebrate dads is a relaxing way for your child to spend time with their dad. Choose titles from the [books that celebrate dads list](#) or the [fabulous fathers' books list](#) and check out these books from your local library. Your child can draw a picture about the book they enjoy reading the most with their dad. Make a video of dad reading a story to his children for a great memory of Father's Day to keep and watch in the future.



## Facts about Father's

Father's Day is a time for fathers to reflect on the important role they play in the lives of their children. Families use this day to honor their fathers and celebrate the love they have for them. Often families who do not have a father present in the home will celebrate with a male relative or close family friend.

Research reveals the [positive effect](#) fathers have on young children. Zero to Three explores the role of fathers in [Daddy Matters, a 4-part webinar series](#). This series explores the essential role that fathers play in the lives of their young children. The series also allows fathers to talk about what matters to them. When fathers spend time with their children, their children have a better chance to succeed in life. Consider the [differences that researchers](#) found in the lives of children whose fathers spent quality time with them.

- As babies, toddlers, preschoolers and school-aged children, they are more likely to be healthy, active and strong.
- They perform better on academic and developmental tests and are more likely to graduate from school.
- They are better at controlling themselves, working and playing independently and being leaders.
- They are less likely to repeat a grade in school.
- They are less likely to be violent, dangerous or be involved in criminal activity.
- Girls have healthier relationships later in their lives, especially with men.
- Boys who grow up without a father present in their childhood are 300% more likely to be involved in the juvenile justice system.
- They are more successful in life.

Take time on June 21, Father's Day, to consider the unique and powerful role fathers play in the development of their children. Watch the video, [Daddy Matters](#), from [The Daddy Factor: How Fathers Support Development](#) from Zero to Three as a family. Show your appreciation for all fathers, grandfathers and male role models in your life.

## Look Before You Lock

Summer brings some of the hottest days of the year in Florida and with it the real danger of heat stroke. Many of the heat stroke victims in Florida have been children who were left unattended in a vehicle. From 1998 – 2019, there were [93 children in Florida](#) who died from heat stroke after being left in a vehicle. Since 1998, [850 children](#) have died from being left alone in vehicles on hot days in the United States.



You think it would never happen to you. "Who would leave a child in a locked car? I would never forget my child!" That's exactly what parents think when they learn the tragic news about another child who died from heat stroke when a parent left them in a vehicle. But, it can happen to anyone.

Did you know that the temperature inside a parked vehicle can rise by 20 degrees in just 10 minutes? On a 94-degree day, in less than 20 minutes, [the temperature inside of a parked vehicle](#) with the windows closed will reach 134 degrees. Even when the car's windows are partially down, the temperature can reach 125 in 20 minutes on a hot day. A child's body temperature rises five times faster than an adult's body temperature making heat stroke a real danger to a child sitting in a closed vehicle.

Babies and young children sleep so soundly that it is easy to forget they are there, especially if you are talking on your cellphone or have your mind on traffic or the day ahead at work. Use these helpful tips to remind yourself to look before you lock.

- Put an item that you need for work, such as your purse or a briefcase, in the backseat near your child.
- Place a [stuffed animal](#) or your child's favorite toy in the front seat on the passenger side.
- Call or send a text to your spouse or another relative when you drop your child off at child care so someone else will know that your child is safe. Ask that person to call or text you if they do not hear from you within a reasonable length of time.
- Ask child care personnel to call you if your child is not dropped off by a certain time each day.
- Set your electronic devices to alert you to drop off your child at child care at a specific time each day.

Being overly cautious is better than experiencing a tragedy. To find [heat stroke safety](#) tips and learn more about keeping your child safe in cars visit [Safekids.org](#). The [Look Before You Lock Campaign](#) has [flyers](#), stickers and videos for families to help them learn ways to [prevent this tragedy](#).

Check out these short videos on kids and hot cars:

- Reggie McKinnon Shares How He Lost His Daughter to Heat Stroke. Video (1:57 min.) <http://www.safekids.org/ReggieStory>
- Heat stroke: Could it Happen to Your Child? Video (1:37 min.) <http://www.safekids.org/video/heatstroke-could-it-happen-your-child>
- Heat Stroke in Cars. Video (53 sec) <http://www.safekids.org/video/gary-street-heatstroke-cars>



## Be Prepared for Hurricanes

In Florida, the month of June is the beginning of the hurricane season. Now is the time to make sure your family will be safe if a tropical storm or hurricane affects your community by making a plan. Your plan should include a list of supplies you may need. You can save money by purchasing these items during Florida’s Disaster Preparedness 2020 Sales Tax Holiday May 29<sup>th</sup> – June 4<sup>th</sup>.

Preparation before a hurricane protects your family. [Planning ahead](#) will make a big difference in your family’s safety during a hurricane and in your family’s quick recovery after the storm has passed. Use these tips to keep your family safe and healthy during a hurricane:

- Sign up to get local weather alerts and warnings on your phone and other mobile devices.
- Have lots of batteries and battery-operated lights, flashlights, weather radios and fans.
- Have plenty of water and non-perishable food for your family.
- Make a plan to have access to local news and weather reports for information on storms and evacuation notices (battery-operated radios, NOAA weather radio, antenna for local TV stations, internet hotspot).
- Make an evacuation plan with a list of different evacuation routes. Practice the plan with your family. Make plans to secure a place to stay (family, friends, hotels, shelters) until it is safe to return home in case you have to evacuate. If you have a pet, have a [plan for your pet](#) as well.
- Create a [family emergency communication plan](#). Help your [children make a communication plan](#) as well.
- Conduct mock evacuation and communication plan drills to make sure everyone understands what to do.
- Have emergency bags for all family members packed and ready to go if needed. Remember to include medicines, special food needed, first-aid supplies and essentials for children and babies.
- Have a waterproof container or pouch for financial, medical, insurance, legal, and educational documents and records to take with you if you evacuate.
- Use the Red Cross [Hurricane Safety Checklist](#) to make sure you have all of the essential supplies you may need if no stores are open after the hurricane.

**SPECIAL DATES IN JUNE**

**5: National Doughnut Day**

**18: Go Fishing Day**

**21: Father’s Day**

**28: Insurance Awareness Day**

Visit these sites for more information on preparing for hurricanes and other disasters: [Preparedness for Hurricanes](#) ; [Be Prepared for a Hurricane](#); [How to Prepare for a Hurricane](#) ; [Hurricane Preparedness Tips for Families](#); [State of Florida Hurricane Preparedness Guide](#).

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