

- Houghton 906 487-9832
- Iron Mt. 906 281-3440
- Marquette 906 281-3420
- Sault 906 281-3276

Post Adoption Resource Center Newsletter

Brushing Your Toddler's Teeth: Use a child-sized toothbrush with soft bristles. Do not share toothbrushes among family members. Use a tiny smear of fluoride toothpaste and gradually increase to a pea-sized amount by age 3. Brush twice daily. Brushing before bed is particularly important. Brush the tongue, the top of the tooth and both sides of the tooth and where the teeth meet the gums. Brush for at least two minutes. Gums that bleed need to be brushed more often, not harder. Gently floss between teeth that are touching. Wrap the floss around your fingers and gently glide it between the teeth in a C-shaped motion. Use a new section of floss as you move between teeth. To encourage brushing, sing or play a fun song, place a timer in the bathroom, or get brushes that light up or vibrate to help your child indicate the amount of time to brush. Visit your child's dentist regularly.

It is important that you child receive routine dental care. The earlier children begin visiting the dentist, the more comfortable they will become with routine dental exams. Babies should see a dentist as soon as their first tooth erupts, or by the age of one. Common questions dentists often receive about children and their progressing oral care frequently deal with flossing, thumb-sucking, and the use of sippy cups. Professionals advise that flossing should begin by the age of 2 as it removes food and plaque from between the teeth. Bacteria can grow on plaque and form an acid that causes tooth decay. If left unattended, the decay can surpass the tooth and gums and ultimately destroy the bone and root. In regard to thumb-sucking, most children outgrow this phase by the age of 5. However, if the habit persists with permanent teeth present in the mouth, dental (teeth that protrude outward) or speech problems (lisps) can occur. Breaking the thumb-sucking habit requires patience, love and encouragement from the caregivers. For similar reasons, it is also recommended that children be weaned from the sippy cup or bottle by the age of one, and/or that use is minimal.

<http://www.mouthhealthykids.org/en/> (a fun and interactive site for children to learn more on oral health and hygiene)


<http://www.ada.org/~media/ADA/Public%20Programs/Files/NCDHM/English%20ACTIVITIES%202016.ashx> (Free printable activities pertaining to Children's Dental Health Awareness Month)

http://www.michigan.gov/mdhhs/0,5885,7-339-71547_2943_52115_52116-203754--,00.html (direct link for information on low-cost dental care options within the state)

References: <http://ada.org> and <http://colgateprofessional.com>

Swat the Sugars!

Brush 2 minutes 2 times a day - 2min2x - to swat those pesky sugars out of your mouth and keep your smile healthy. Fill in the calendar dates in the corner and then check off each of the 2 boxes every time you brush. Make it a habit for a great smile!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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We Challenge YOU & YOUR FAMILY to READ ALOUD for 15 minutes every day in March!

...by Nikisha LaPine, PARC Specialist, South Central U.P.

Hey Adoptive Families! Did you know March is National Reading Month?!

Get your family ready to read, write, and think for the month of March! We all know how long those cold, Michigan winters can be, and we want to get you warmed up to read all you can in the month of March! Did you know it's important to begin celebrating National Reading Month even if your child cannot yet read?

Each year at the beginning of March, schools kick off National Reading Month by celebrating the birthday of the famous Dr. Seuss. To celebrate, schools all over the country plan many fun and innovating activities such as reading contests, family literacy activities, and even pajama and reading days. While all the school children participate in celebrations for National Reading Month, what can we be doing for our little ones who do not read yet?

Here are six skills to prepare your young children for reading:

- Alphabet knowledge
- Phonological awareness
- Rapid letter or number naming
- Rapid object or color naming
- Phonological memory
- Writing letters or one's own name

Learn more fun ideas at: <http://www.leapfrog.com/en-us/learning-path/articles/march-is-national-reading-month-even-if-you-dont-readyet>

Did you know?

According to Read Aloud Organization, more than half the children in the United States, that is 13 million children, will not hear a bedtime story tonight? Did you know, reading aloud every day is the single most important thing you can do to prepare your child to learn?

- Some children begin kindergarten having been read to as few as 25 hours, while their peers may have been read to as many as 1,000 hours.
- By age four, low-income children have heard an average 32 million fewer words than their wealthy peers.
- Even in higher-income households, nearly 40% of families do not read aloud every day.
- If a child is not reading at grade level by the end of the first grade, then there is an 88% probability the child will not be reading at grade level by the end of the fourth grade (Read Aloud Organization).

On a more positive note, reading aloud helps children develop early language and cognitive skills, develop positive associations with books and reading, and build a stronger foundation for school success. Reading aloud to young children also builds motivation, curiosity, and memory. Every time you read to your child, you are improving their learning advantage and listening skills. Many of these skills are crucial when young children enter kindergarten.

Did you know?

The National Education Association (NEA) has a program called Read Across America. National Read Across America Day will be held on March 2, 2016. For this year's event, the NEA will be featuring a Cat-A-Van Tour.

This is a year-round program that focuses on motivating children and teens to read through events, partnerships, and reading resources. Their goal is to motivate children to read not just one day or one month a year, but EVERYDAY! The NEA also helps under resourced school libraries. They have recently received a \$1,000 grant to help school libraries in need. If you know of any school libraries in need of some help, please click the link below to find the NEA'S Books Across America Library Books Award Application.

How can we get involved in National Reading Month?

Check out these public events at local libraries.

On Wednesday, March 9th, the Dickinson County Library, Norway Branch will be hosting, A Novel Bunch Book Club for Adults from 2:30-3:30pm.

On Tuesday, March 22nd, the Dickinson County Library, Iron Mountain Branch will hosting, Page by Page Book Club for Adults from 6-7pm.

On the 1st Tuesday of each month, the Dickinson County Library, with alternating dates/times at both the Norway Library and the North Dickinson Branch – Felch, will be hosting the Lego Club for Kids! Lego Club is open to grades 3-8, and registration is required. Each month, Lego Club will be centered on a mystery theme that will be revealed at the start of the program. February's dates include:

- Tuesday, February 2, 4:00PM @ Main
- Thursday, February 25, 3:30 PM @ Norway

Don't forget to check out the Norway-Vulcan Area School Book Fair in March!

See more events at the Dickinson County Library Calendar:

<http://www.dcl-lib.org/calendar>

Sources: <http://www.leapfrog.com/en-us/learning-path/articles/march-is-national-reading-month-even-if-you-dont-readyet>

<http://www.reachoutandread.org/why-we-work/importance-of-reading-aloud/>

<http://www.nea.org/grants/886.htm>

<http://www.readaloud.org/Cincinnati-March-is-Reading-Awareness-Month.pdf>

Post Adoption Resource Center Newsletter

Fun Reading Activities

1. Make a list of Dr. Seuss Books
2. Dress up as a famous author and act out your favorite book
3. Make a list of all the books you have read
4. Play book swap with a friend
5. Make a reading calendar for March with different fun activities and books to read for each day
6. Play online games on the link below
7. Have a pajama/reading party
8. Join a contest or book club
9. Challenge yourself to read as many books as you can in the month of March
10. Cause and Effect Card Game
11. Write a story and use your creativity and imagination
12. Alphabet Letter People
13. Make an Alphabet Book



Find Fun Dr. Seuss Activities at:

<http://www.apples4theteacher.com/holidays/dr-seuss-birthday/>

Find More Activities at:

<http://www.education.com/activity/kindergarten+middle-school/reading/>

Adoptive Family Support Network (AFSN) Offers Leadership Training

Interested in being part of this growing statewide support network for adoptive families?

At least one - possibly two - free training opportunities are coming up soon!

Brooke VanProoyen, AFSN Program Manager, and Katie Page Sander, Adoptive Parent and AFSN staff, are planning a two-day Parent Leadership Training in Grand Rapids in May 2016. There are also tentative plans for the same training at a site in the U.P. in July 2016. Travel and accommodations are paid by AFSN. Training participants will gain the skills necessary to run effective parent support groups as well as to provide support to each other in other ways from individual in person meetings to connecting via select social media. Call your PARC office on page one to get your personal invitation to the training.

* * * * *

Not ready to share your experience and skills? In need of support?

To contact a social worker for services, call your PARC office on page one 24/7.

To contact a volunteer adoptive parent for free support, call AFSN 24/7 -> -> ->

Parenting with Confidence

Introducing the Parent to Parent Program from Adoptive Family Support Network

What is the Adoptive Parent to Parent Program?

This program provides a listening ear, knowledgeable guidance and community connections to any member of an adoptive family. Our services are offered at no charge, through consultants located throughout the state. We are here to serve any adoptive family member who has adopted in Michigan.

When Should You Call?

Call us any time you have a question about adoption, such as:

- Identity. How do I answer my child's questions about his/her identity?
- Behavior. My child is exhibiting some difficult behaviors (mood swings, temper, disobedience, etc.). What can I do?
- Resources. What kinds of medical, emotional and financial support are available to us as an adoptive family?
- Advocacy. How do I obtain the help my child needs in school?
- Referrals. Can you help me find a physician, therapist, or other specialist with experience in adoption issues?
- Peer support. Can I connect with another adoptive family? Is there someone else out there like us?
- Grief and loss. I have heard that there are certain ages when children more commonly have questions about their adoption. How do I respond?

What Do We Offer?

The Parent to Parent Program encourages and supports adoptive families whenever, however and wherever they need it. We do this in three ways:

- Matching your family to one of our trained adoptive parent consultants whose adoption experience and background most closely fits your situation.
- Providing personal contact and support in whatever way and for however long you need it (phone, email, in person, etc.).
- Connecting your family to other adoptive families so that you can all support each other as you grow together.

Free Support Available 24/7: 855-MICH-P2P

Email: Parent2Parent@afsn.org

This program is funded by the Michigan Department of Human Services.