



How to encourage kids to read

Reading can have a profound impact on a child's life in and out of the classroom. Reading can help a young student develop a more extensive vocabulary, and a study from the Federal Interagency Forum on Child and Family Statistics found that reading to young children promotes language acquisition, making it easier for them to learn a foreign language. That's a significant advantage for children growing up in a world that's increasingly global.

But reading has benefits outside the classroom as well. Reading can provide an escape from the daily grind, which is something even today's youngsters can appreciate. Reading also is a great way for kids to relax and unwind while simultaneously giving their brains a workout.

While many parents recognize the impact reading can have on their children, it's no secret that getting kids to embrace reading can be difficult. Distractions such as video games, social media and even the great outdoors are all there to draw kids away from reading. But parents who want to instill a love of reading in their children can still take steps to ensure their kids don't miss out on the benefits of a good book.

* Read to your children. Numerous studies have discovered various benefits of reading to children when they are young. The National Center for Education Statis-



Youngsters who have their own library cards might be more excited about visiting the library and more likely to develop a love of reading.

tics notes that children whose parents read to them typically become better readers and perform better in school. Reading to children early on is the first step toward fostering a love of reading kids will develop and continue throughout their lives. Many parents read to their children at night before bedtime, but any time of day will suffice.

* Don't be discouraged if kids are not interested in books. While reading fiction can help develop a youngster's imagination, parents should not be discouraged if kids don't want to read books. Reading the newspaper, magazines and even comic books can help kids develop strong reading skills and an extensive vocabulary and, in the case of comic books, inspire their imaginations. Young sports fans might be more inclined to read the sports page than a novel, so let them do so. Kids are more likely to embrace reading if what they're reading interests them, so encourage kids to read up on those interests, even if that reading does not involve picking up a book.

* Get your youngster his

or her own library card. Thanks to the popularity of e-readers, many adults would be hard pressed to locate their local library if asked to do so. But visiting the library is a great way to encourage kids to read, especially if kids have their own library cards.

Kids with their own library cards tend to look at visits to the library as shopping trips where they get to make their own choices about what they're taking home with them. And once kids reach a certain age, they can visit the library on their own.

* Share your own reading experiences with children. Kids look up to their parents and often want to mimic their behavior. So parents can set a good example by reading as well. On trips to the library, check out your own book. While you might not want to discuss every book you read with your children, discuss the books they're reading. Chances are you read many of those same books yourself when you were a child, and discussing books with your child is a great way to improve his or her reading comprehension.

Distractions abound for today's youngsters, who might not embrace reading as readily as they do video games or social networking. But parents can take many steps to instill a love of reading in their kids that will last a lifetime.

Sportsmanship

An Important Lesson For Young Athletes

Children who play sports often walk away with important lessons in teamwork and sportsmanship. Sportsmanship can be defined as playing fair, following the rules of the game, respecting the rulings of referees, and treating opponents with respect. During the heat of competition, it can be challenging to be a good sport, particularly when the goal is to win. However, sportsmanship is something that should be a priority for players, parents and coaches. Here are some of the ways to be fine sportsmen.

* Abide by the rules of the game. Rules are there for a reason, to promote fairness and to keep play organized and in check. Many

sports are a team effort, and the team cannot work effectively if players have their own agendas.

* Practice anger management. Anger can take over when an official makes a questionable call or a teammate makes an error. But arguing with officials or teammates can get in the way of camaraderie and good performance.

* Be a team player. Players have different skill levels and abilities. There will always be the players that excel and those who may not be the MVP. Players should not "hog" the ball or make attempts to exclude others from the game. Enabling everyone to have their chance to shine is a good way to be a good

teammate and friend.

* Offer words of encouragement. Even the star player can have a bad game once in awhile. A true sportsman will not tease others when they are down. Teammates should always be encouraging of one another.

* React well to a loss. There will be winners and losers in competition. Bursting into tears or jeering at the winning team reflects badly on you and your teammates. It may not feel good to lose, but be able to share in the joy of the other team and congratulate them on their success. Use a loss as a learning experience that shows you what you and your teammates need to work on going forward.

Children Share More Than Just A Classroom at School

School-aged children spend several hours per day in the classroom in close proximity to one another. That proximity means that, in addition to sharing their time in the classroom, students often share their illnesses.

Many parents understand that kids may come home from school with more than just homework. Communicable diseases and parasites may accompany kids home, and while every sniffle or fever cannot be prevented, there are ways parents can reduce their child's risk of coming home from school with an ailment passed on by a classmate. The first step toward reducing that risk is understanding some of the more common ailments.

Lice

Few children survive school without enduring at least one outbreak of lice. Lice are tiny parasites that feed on the blood of their hosts. Head lice are about two to three millimeters in length (about the size of a sesame seed). A female louse can produce between seven and 10 eggs, known as nits, per day. The nits will hatch and repeat the process of the adults.

Having lice is not an indication of poor hygiene. It just means you have come into contact with someone with lice and have contracted the parasite. Sharing brushes, pillows, hats, and head-to-head contact with someone who has lice facilitates transmission.

Many old wives' tales discuss how to keep lice from getting into the hair. None of these methods are necessarily effective. Should lice climb aboard, it is essential to remove all of the nits and adult lice through careful combing and to reduce the numbers of lice until they die off. In extreme cases, a doctor may recommend a medicated shampoo.

Mononucleosis

The Mayo Clinic says infectious mononucleosis, commonly shortened to "mono," is known as the kissing disease. Epstein-Barr virus, the virus that causes mono, is transmitted through saliva. It can be spread through kissing, but also by sharing cups



group A streptococcus bacteria. It is most common in children between the ages of five and 15.

Once a person comes in contact with the bacteria, he or she may begin to feel sick two to five days later. Chills, a

sore throat, trouble moving the neck, and difficulty swallowing are some of the more common symptoms.

Because strep can mimic a viral sore throat, most doctors will take a throat culture to confirm diagnosis. Should the bacteria be present, antibiotics will be prescribed for treatment. A doctor will advise when it is safe for a child to return to school.

Meningitis

Meningitis is the inflammation of the protective membranes covering the brain and spinal cord, known as the meninges. There are five types of meningitis: bacterial, viral, parasitic, fungal, and non-infectious. The severity of the illness and the treatment depends on the cause. The most widely known types of meningitis are bacterial and viral. Both are contagious, but bacterial meningitis can be life-threatening and requires immediate medical attention.

Meningitis can be spread through exchange of respiratory and throat secretions. People who have viral meningitis find it is a less severe form and does not become serious so long as their immune system remains strong.

Symptoms of a meningitis infection may include a sudden onset of fever, headache and stiff neck. Nausea, vomiting and altered mental status are also symptoms. Samples of blood or cerebrospinal fluid are collected to test for the cause of the meningitis to begin prompt treatment.

Spending time in close proximity with other students increases the spread of communicable diseases among students. Knowing the symptoms of various communicable diseases can help parents quickly recognize an ailment.

and straws or if saliva is expelled through sneezing or coughing.

Symptoms of mono include fatigue, sore throat, fever, swollen lymph nodes, and a soft, swollen spleen. Mono is not often serious and is even less communicable than the common cold. However, it is advisable to keep a child home from school until symptoms have subsided. There is no specific method to treat mono, but doctors may suggest a combination of bed rest, pain relievers and drinking plenty of water and fruit juices.

Cold Sores

There is a lot of confusion about cold sores circulating because two similar viruses are commonly mistaken for each other. Most cold sores result from the virus herpes simplex 1, or HSV-1.

According to the organization Herpes Online, the virus can form cold sores or fever blisters on the lips or inside of the mouth. While these blisters — and the HSV-1 virus itself — can be spread through kissing, most young children are diagnosed with the virus after they have contracted it through the sharing of utensils. Sometimes parents inadvertently pass cold sores on to their kids when they kiss them goodnight.

Generally speaking, cold sores are most contagious when a lesion or blister is present. When scabs have healed and there is no other symptom of the condition, then a person is much less likely to pass the virus to someone else. When a blister is present, the affected person should wash his or her hands frequently and avoid touching the lesion.

Strep Throat

A child will get strep throat when he or she comes in direct contact with saliva or fluids from the nose of an affected person, says the National Institutes of Health. Strep throat is usually caused by



- Fashions & Footwear
- Sporting Goods
- Dorm Furnishings
- Health & Beauty
- Automotive Services
- Jewelry
- Personalized Clothing



YANKTON MALL

2101 Broadway, 665-5999
M-F 10-9pm, Sat. 10-5:30pm,
Sun. Noon-5pm



Back to School Special!

August 1st - August 31st

50% off joining fees in August & get your 1st week of product FREE after your initial Quick Start Pack purchase!

- Natural and Effective Weight Loss Method
- Long Lasting Results • Easy 4-Phase Protocol
- Maintains Muscle Mass and Energy Levels while Burning Fat



<http://idealweighcenters.com>
329 Broadway Ste. 1 • Yankton, SD 57078 • 605.689.1234