

FACES NEWSLETTER

Family and Consumer Science



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REARING READING SKILLS

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The Facts

When grown-ups enjoy reading to children, and when children are read to regularly, kids learn to love reading. A child's natural desire to learn how to read can be expanded into a habitual activity, especially if parents frequently read aloud to the child. Reading is a vital activity that can be brought into children's lives from the very beginning and continue throughout their entire childhood development.

Preparing a child's reading skills

Here are a few helpful hints that are essential to prepare a child's reading skills, and to encourage its development throughout his or her life.

Take inventory of your available reading "tools"

From daily newspapers to books and magazines, a parent can gather all sorts of reading materials just by looking around the home.

Create a special place for reading: one that is comfortable, a location away from distractions, and one that provides good lighting.

Establish a reading atmosphere. Take trips to the library. Consistently encourage reading as a fun activity. Limit viewing television and playing video games.

Establish within your child a keen interest in reading

Whether your child is a baby or a teenager, always encourage your child's interest in reading. Increase their interest by setting an example: sing the ABC's song, talk in adult language to babies, point out words that reflect their actions, take your teenagers to bookstores, and find books reflecting their personal interests.

Act as a role model

Children not only imitate the physical actions of a parent, they also practice their habitual behavior. Let your child observe you reading daily. Give them books to look at and play with. By reading their books, you are setting an example for your child to imitate. Show your child a "lifetime of reading."

Talk with your child

Engage in conversations about life, current events, and stories you've read. Daily conversation goes beyond simply talking. Conversing increases one's vocabulary, listening skills, and expressive language abilities. It also creates positive memories and builds lasting connections with your child.

Encourage a child to write

Writing is a key factor in strengthening reading skills. Encouraging your children to write words, phrases, and sentences will help them excel in their reading. It also invites them to practice great writing skills. Always make writing materials and tools accessible to your children regardless of how they may use them (e.g. to draw, write, scribble, color, etc.)

Connect reading to the real world

Reading goes way beyond books. From

understanding recipes and street signs to business letters and memos, reading is an essential activity necessary in our everyday lives. Explain and illustrate this fact by showing your child different examples of the written word and how words are relevant to comprehending what is happening in their lives.

Build reading skills through practice

Any new skill seems difficult until, with practice, it becomes automatic. Then it seems easy. Studies have shown that if children read at least 30 minutes a day, they not only become good readers, reading itself becomes easy and enjoyable. Encourage your child to read before bed, in the car, at recess, or whenever they want to.

An excellent method for loving what is read is: preview the material first, ask questions about it, read it, summarize what is read, and finally review what has been read in terms of the questions asked.

Make it fun to read

You can demonstrate that reading is enjoyable (fun) by trying out a few of these suggestions:

- Offer a diverse array of reading materials.
- Keeping your child's interest in mind when making a reading selection.
- Use animated voices when reading aloud and/or act out the story.
- When buying or borrowing books, allow your child to choose which ones he or she wants.
- Ask your child to read aloud to you.

- Give them gift certificates related to reading as a way to reward and reinforce their reading efforts and skills.

5 Things That Can Kill Your Clothing Budget

Everybody loves new clothes. They make you feel good, they garner comments, and they can lift your spirits if you're feeling blue.

But they can also kill your clothing budget if you regularly engage in one or more of these buying habits:

Piece-Mealing

Buying clothes without a plan is like taking a road trip without a map. A whimsical skirt here, a trendy blouse there, and you'll soon find yourself with lots of odds and ends that don't go with anything else.

Clothes That Require Special Care

Find a great tissue-weight silk blouse or a linen suit that you just couldn't resist? If it spends more time in the "needs to be hand washed" or "needs to be ironed" pile than on your back, it's no bargain.

A Fantastic Piece – That Doesn't Go With Anything Else

If you can't incorporate it into your wardrobe without buying other pieces to make it work, it's not a deal. It will either sit in your closet, unworn or require additional new pieces to go with it.

Something for Somebody Else's Life

A beautiful sequined gown marked down from \$600 to \$60? Great huh?

Maybe. Maybe not! If your life's softball, not sequins, it's a \$60 mistake. Leave it on the rack.

A Dress You Don't Like, But It's Designer and It's 50% OFF

Don't let the designer label skew your thinking. If you don't like it now, you won't wear it later. Save your money and your closet space for something worthy of your attention.

Yes, it's easy to get caught up in the moment and blow your clothing budget with impulse buys. So always ask yourself one thing before you head to the dressing room or checkout counter.

"Can I wear this with at least three other things in my existing wardrobe?"

If the answer is "Yes," you may have a good deal on your hands. If not, force some logic into the moment and ask yourself if it's a good buy or an emotional buy. If you don't see yourself wearing it tomorrow, leave it on the rack today.

Do You Invite Home Burglaries

Maybe you've gone through this curious exercise when applying for home insurance: The agent (or website) asks you if you have a home security system, you reply in the affirmative and, voila, a small premium discount magically appears on your quote.

Do they ask if you actually use it? Naw - they usually just knock a few bucks off the cost of the policy.

But when a nationally known insurance company decided to look into this curious home security mambo, they found that many homeowners care a lot more about shaving their premium than saving their stuff from burglars.

Security in place, but not in use

The survey of 1,005 homeowners released in late July found that while 79 percent have at least one anti-theft device in their home, be it a full-blown alarm system or something as simple as a deadbolt lock, roughly a third never bother to activate these safeguards.

That's especially alarming to home insurers at this time of year, when burglars are thick as bluebottle flies. According to the FBI and the insurance company, June, July and August are the peak season for home theft, during months when the overall crime rate rises by up to 16 percent.

Among those surveyed, 20 percent said they routinely leave their alarm system disarmed during the day, when most burglaries occur; 25 percent admit they've left their front door unlocked a time or two; and nearly 35 percent leave their ground-floor windows unlocked and/or hide a spare key under the mat or elsewhere.

Too much information

Sheesh, the only thing worse from a security perspective would be if they somehow had a way to notify the bad guys they're leaving for a week's vacation. Oh, wait -- that's exactly what 41 percent of the respondents ages 18 to 34 admit to doing, by posting photos and updates on social media.

Think about what you do to advertise how easy it would be to enter your home while you are there or not there.

Read more:

<http://www.bankrate.com/financing/insurance/do-you-invite-home-burglaries/#ixzz2d6dHmavr>

Cleaning Household Surfaces

Unless you engage in regular cleaning, kitchen and bathrooms can easily become Germ Central. Germs love all those hard surfaces – sinks, countertops, shower stalls, wall tiles, appliance doors, toilet bowls, and more. But with the right product for the right surface, you can send those germs packing!

Kill germs. Disinfectants and disinfectant cleaners are designed to kill germs. By law, disinfectant product labels must have an EPA registration number to indicate that it meets the U.S. Environmental Protection Agency's criteria for disinfectants.

Have it your way. Pick the products that suit your lifestyle, cleaning style, and surface needs.



Stock up on . . .

Disinfectant wipes: A convenient way to kill germs and clean hard surfaces, such as countertops, sinks, windows, and toilets. For quick cleanups, keep pop-up versions right next to the bathroom and kitchen sinks.

Flushable wipes: Handy for cleaning around toilet rims, tanks, faucets, sinks and basins. Because they disperse in water when agitated (like toilet paper), they're designed to be safe for plumbing and septic tanks.

Floor Wipes: "Mop-pad" styles for use with specifically-designed mops. Choose wet or dry formulations.

Chlorine bleach: An effective disinfectant that's designed to kill bacteria, viruses, and fungi, including molds and mildew. Use it full strength or choose products that include it, such as spray mold and mildew removers.

Easy Ways to Energize

Jon Gordon can charge your battery in a New York minute with a battery of energy tips-101 of them in his book, *Energy Addict*. Here are four of the author's favorites that he uses when his motivation is lagging.

Put your own energy first. You can't give energy if you don't have it. To have energy, you have to put your energy first. This means you need to stock up your "energy vending machine" before you give energy to anyone else. Some may call this selfish, but I call it smart. If you make stocking your energy reserves top priority, you will have more

energy for yourself and more to share with others.

Soup up your life. Researchers at John Hopkins University discovered that chicken soup and other soups increase energy, while also reducing fat cravings. The research also showed that people ate less during meals if they had soup first, and out of the many different appetizers, soup was considered the most satisfying and invigorating. Tip: Each week, make a big batch of soup and keep it in the refrigerator. When you get hungry, just sup it up.

Take a walk after lunch. Feel like you must nap after lunch? You can nod off at your desk or on your couch, or you can walk for 5 to 10 minutes. You'll not only not nap, you will become energized by fresh air and exercise. Think about creating an after-lunch-quick-walk, or a walking group at your office or in your neighborhood.

Discover your "sound brain." This basin in your gut, so to speak. The sound brain holds your gut feelings, your intuition. A wealth of energy is there. Your gut sends messages that can help you everyday. To tap into the energy of the gut, you have to be willing to listen to it and challenge it with questions. When making a critical decision, ask your gut what it thinks and listen for the answer. The answer that's right for you often contains the most energy. For more information on how to energize your life, visit Gordon's web site



www.energyaddict.com.

The Onslow County Fair is coming to Town

The Onslow County Fair will be here September 30th, 2013 through Saturday, October 5th, 2013.

Crafts, sewing items, baked goods, home canned goods are all needed to be judged. Young and old can enter. Entries to be judged can be entered on September 30th, from 8:30 am until 4:30 pm. Some flowers entries may be entered the next morning.

Fair books are available at all branches of the county's public library or at the Onslow County Extension Office. All entries into the fair for judging have to have been completed within the last year and all participants with items to be entered have to be a resident of Onslow County. A complete listing of all the rules can be found in the fair book. There's a category for everyone from agricultural exhibits to arts and crafts, to canning and baked goods.



Please join in the fun by entering an item or items into the fair. The money awards are not large, but the ribbons are special.

Tuesday, October 1st, a talent show will be held with the youth from all parts of the county. Talent goes on parade at 7:00 pm. We need everyone to get involved with the fair to show those that attend all the talent we have in our county.

The price to get in the fair this year will be \$5.00. Children under the age of three get in free as well as seniors age 65 and older get in free. Ride tickets will be sold separately in the midway. The fair opens on September 30th, at 6:00 pm. Tuesday, October 1st, through Friday, October 4th, at 4:00 pm and Saturday, October 5th, at noon. If you have any questions regarding the entries to the fair or a fair booth, please call us at 455-5873.

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