



Fostering the Parent

Volume 1, Issue 3

May 2006

Family Support Network
of the High Country

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highcountry.org

Kidstock

Make sure to attend this
Spring Festival for Families
Saturday, May 20

11am—5pm

Watauga High School, Boone

Fundraiser for Parent to Parent FSN-
HC and Western Youth Network

- Battle of the Bands
- Activities and Games for toddlers to

middle and
high school
youth

- Craft and
Carnival
Activities
- JUMP of
Boone! (big
air filled
activities)



- Climbing Wall Food!

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Upcoming Events

May 20: 11am-5pm
KIDSTOCK, Watauga High
School, Boone

June 9: 6pm Challenging
Behaviors Share Group,
Boone Unitarian Universalist
Church, Boone

June 9: 6pm Families with
Children with Special Needs
Share Group, Boone
Unitarian Universalist
Church, Boone

Call us for more information.

10 Weeks of Summer Reading Adventures for You and Your Kids

It's not hard to help your children keep their interest in reading and learning during the summer break. Here are ten weeks of suggestions to encourage your children to open books even after school doors close.

Children acquire skills throughout the school year, but they can lose ground if learning stops during the summer break. Fortunately, learning never has to stop. Children who read throughout the summer gain skills, can start the new school year with a better understanding of language and the world around them, and discover the joy of reading. The

more they like to read, the more they will read.

It's not hard to help your children keep their interest in reading and learning. Children learn through a variety of activities, and almost everything we do presents an opportunity to read. When you're eating breakfast, read the cereal box; if you're in a restaurant, read the menu. Read the newspaper with your children and discuss what's happening in the world.

Reading every day, even if it's for just a few minutes, improves children's ability to read and learn all year long. Here are 10 weeks of activities that involve reading and related skills. There's no

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Kidstock cont.

Tickets \$3 for adults, \$2 kids and youth \$10 family
Children under 2 free Rain or Shine

Summer Reading cont.

special order, and you don't have to do everything listed in a particular week. Just pick the ones that look interesting and fun!

Week 1: Celebrate summer

- Write a list of things you want to do this summer. Don't forget to include reading!
- Make a chart to keep track of all the books you read this summer.
- Write down on your calendar the time the sun sets today.
- Start a summer scrapbook. Include souvenirs of any trips you take, photos, ticket stubs, and projects you work on during the summer.
- List all the books by your favorite author. See how many you can read this summer.
- Swap books with a friend. Keep sharing books throughout summer.
- Take a walk. Write about or draw the things you see that show summer is here.



Week 2: Keep in touch

- Make a personal phone book. List phone numbers and addresses of your friends and relatives.
- Design your own stationery and write a letter to a friend.
- Start a journal with a friend or relative. Take turns writing in it all summer long. You can even do this by mail or e-mail.
- Write a letter to your favorite author. A librarian can help you find a postal or e-mail address.
- Draw a picture postcard of an imaginary place. On the back, write a message. Mail it to a friend or

Volunteers are also needed. For more information, call Kaaren at (828) 262-6089.

relative or put it in your scrapbook.

- The first U.S. postage stamps were designed in 1847. Be a philatelist. Design your own stamp.
- Word game! Invent a code (A=1, B=2, for example). Send a message in code to a friend.

Week 3: Discover recipes for fun

- List all the ice cream flavors you can think of. Now put them in A-BC order.
- Invent a recipe for a cool summer drink. Write it on a recipe card. Serve the drink to your friends.
- Go to the library and find a cookbook. Make the most interesting dish in the book.
- Read the directions on a box of gelatin. Ask a parent if you can help make dessert tonight.
- Work up an appetite by reading a story about food. Make and eat the food you read about.
- Word game! How many smaller words can you find in the word *watermelon*?

Week 4: Travel the world

- If you are going on a family vacation this summer, read about your trip. Mark your travel route on a map.
- Pretend you are going to visit another city, state, or country with a friend or relative. Write to the tourist bureau for more information. If you plan to visit a foreign country, write to the embassy. Visit the library and find books about the place you want to visit. Or search online for information. Plan your itinerary – and don't forget to check the weather!
- Pick an important news event from another city, state, or country. Find as much information on the topic as possible – read newspapers, listen to the radio, and watch TV news. Talk about what you learned.
- Word game! Look for out-of-state license plates. Make a list of all the state names and slogans. Decide which ones you like the best. Ask friends and relatives which are their favorites.

Watch for weeks 5-8 in the next issue!

From www.readingrockets.org