

**July 10**

**Lista de Como Alistarse... List of How to Prepare for School**

Below you will see a list that is designed to help you have your children ready to learn more and more things. The best way to look at the list is as some goals that you can reach. All children grow and develop at different levels.

- Eats a balanced diet.
- Sleeps at least 8 – 10 hours each night (have a consistent bedtime)
- Has all recommended vaccines completed
- Plays outside and do other types of activities that help provide necessary daily exercise
- Does activities that help develop manual dexterity
- Is learning to explore and try new things
- Is learning to work alone and do things for him/herself
- Has opportunities to be with other children and is learning to cooperate with them
- Is curious. Let them be curious.
- Is learning self-control and understands limits that are taught by their parents
- Can follow instructions
- Helps with family activities
- Has opportunities to speak and be heard
- Reads as often as time permits (with a goal of at least once a day)
- Has access to supplies for writing and is excited about using them
- Is encouraged to ask questions
- Has opportunities to draw, listen, make music and dance

Remember, if you haven't signed your child up for school, it is necessary to do it as soon as possible. In this country it is a crime to not send children between 6 and 18 years old to school. Go to the nearest school if you haven't already done so.

**Estamos recibiendo solicitudes...Taking applications for 2010-2011 school year at Head Start**

We serve families with limited resources with children younger than 5 years old (and pregnant women) in all of Rock and Walworth counties. We have classrooms in Janesville, Beloit, Sharon, Whitewater, Delavan, Lake Geneva and Elkhorn. For children younger than 3 and pregnant women, there are home visits. Ask for your application today. Call

1-800-774-7778begin\_of\_the\_skype\_highlighting 1-800-774-7778  
end\_of\_the\_skype\_highlighting in Rock/Walworth County. In Jefferson County call 920-674-5577  
begin\_of\_the\_skype\_highlighting 920-674-5577 end\_of\_the\_skype\_highlighting and in Dodge  
County call 800-344-7543begin\_of\_the\_skype\_highlighting 800-344-7543  
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**Ley Estatal...New Smoke Free Wisconsin Law July 5, 2010**

Work areas will be better for employees and clients beginning July 5, 2010. This is the day that work sites will be smoke free. This means that you will be free from second hand smoke, especially if you work in a bar, restaurant, bowling alley or sports arena.

Work areas include any work area where employees enter to complete their responsibilities, such as offices, break rooms, restrooms, conference rooms, meeting rooms, class rooms, elevators, escalators, lobbies central areas, vehicles, cafeterias and hallways.

If you have a question concerning the Smoke Free Wisconsin law, you can call the following

number.

414-389-6501 begin\_of\_the\_skype\_highlighting

414-389-6501

end\_of\_the\_skype\_highlighting

Ask for Tina.

### **Nueva Ley...New Law**

Beginning June 1, 2010 the law in Wisconsin changed to require that all drivers have auto insurance. The new law allows the police to ask for proof of insurance during routine traffic stop. If you don't have insurance you will receive a \$500 fine. If you have insurance but don't have proof, you can receive a \$10 fine. The minimum coverage required is \$15,000 for material damages, \$50,000 for injury or death of one person, and \$100,000 for multiple persons. If you have questions about the changes or your coverage, call your insurance agent.

### **Uniendo a las Familias... Uniting Latino Families with their Communities**

Invites the community to join us, Saturday, July 24, 2010 from 11:00 am – 3:00 pm at Jefferson High School. The festivities include a raffle at 11:00, other raffles and registration for Ready Kids for School program, folk dancing and much more. Call Maria Dabel for more information at 920-675-4605 begin\_of\_the\_skype\_highlighting 920-675-4605 end\_of\_the\_skype\_highlighting.

### **Derechos y Responsabilidades...Tenant Rights and Responsibilities**

This information, provided by the Bureau of Consumer Protection provides information for renters about their responsibilities and those of a landlord when there is a rental agreement. This information is available in English also from the Bureau of Consumer Protection by calling the number listed or checking the web-site listed at the end of the article.

### **Maneras Fáciles de Mantener...Easy Ways to Keep Babies Teeth Healthy**

Baby teeth are important in order to have adult teeth that are strong and healthy. Some problems with permanent teeth can be caused by problems with baby teeth.

Some things that you can do to protect your baby's teeth:

- After feeding your baby, don't put them in bed with a bottle. By doing this the child won't get used to having a bottle in bed.
- Don't prop a bottle up with the baby laying down because this can cause choking, tooth decay, and ear infections.
- Begin using a cup at 6 months of age, with a small amount (1 – 2 ounces) of breast milk or formula.
- Don't offer soda, sugared drinks, or juice in a bottle.
- Change from a bottle to a cup completely at about 12 months of age. It is easier to do it at 12 months. If you wait until 18 months, it's possible that the child will resist giving up the bottle.
- Don't let the baby walk around with a bottle or cup. Taking little sips all day long can cause tooth decay. If this happens, the teeth can break easily.

Taking care of baby's teeth

- Clean the teeth and gums with a clean, wet washcloth after eating.
- When the majority of teeth have come in, use a small, soft tooth brush after each meal.
- Check if your water has fluoride. If not, ask your dentist or doctor how to get fluoride. Fluoride strengthens teeth.
- Ask your dentist or doctor when you should make your child's first dental appointment.

- If you notice changes in the color of the teeth (ie, dark areas) take your child to the dentist as soon as possible.

Tooth Decay caused by bottles

- Tooth decay caused by bottles are decay in the upper front teeth and sometimes the lower front.

- Tooth decay caused by bottles ruins the teeth of your baby, especially the front teeth. If stained areas appear on your baby's teeth, take them to the dentist immediately.

### **Estafas de Empleo...Staffing Agencies**

This article offers suggestions for not falling for employment scams from agencies that offer jobs that sound too good to be true. It recommends not paying any down payments ahead of time. Knowing exactly what the services that are being offered. Getting everything promised down in writing. Don't trust promises of help getting government jobs. Money back guarantees don't can be meaningless. For more information about this issue, call the numbers listed.

### **Programa "CASA LIMPIA"... Clean Sweep Program in Dodge County**

This article provides locations of Clean Sweep sites in Dodge County that will be offered in September. Lists of what can be disposed of at a Clean Sweep event are also provided, along with a list of what cannot be brought to the event.

**Aproveche de los programas...Take advantage of summer reading programs offered by your local library. Call or visit your local library to find out more.**