

LEARNING AND SHARING NEWSLETTER

FOR PARENTS

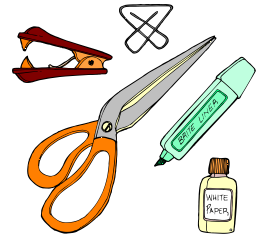
How Can I Help My Child with Homework?

Help your child develop a time clock. Children should be given time to unwind when they first get home from school or the child care provider. Sometimes after-school activities prevent doing any homework until after dinner. You and your child can determine when to set homework time. You can help your child learn to include homework in her routine when you:

- Review your child's day.
- Preview the homework.
- Help your child review the assignments and estimate the time needed to complete each subject.
- Break large jobs into small steps.
- Have her do three math problems first before tackling the rest of the math assignment.
- Show her how to do things rather than doing them for her.
- Answer questions.
- Offer help only after your child has tried alone.
- Allow time for breaks.
- Establish a study area or place to do homework.
- Establish a routine. Homework should be done at the same time each day.
- Locate homework supplies in a specific area such as a desk or hall closet. Place the contents of a homework survival kit in a box or storage container that can easily be placed on a desk, table or floor.

Homework Survival Kit

Pencils - pens - colored pencils - crayons - markers – pencil sharpener - erasers - glue or glue sticks - tape - writing paper - construction paper - hole punch - stapler - scissors – paper clips - white out - assignment book - folders for reports - index cards – intermediate dictionary – atlas - thesaurus - almanac - rubber bands



Learning Styles

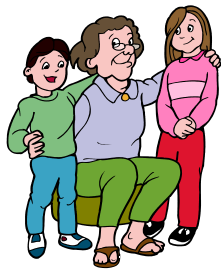
Some children learn best by seeing (visual learners), some by hearing (auditory learners), some through movement and doing (kinesthetic learners). Most children are talented in one or two but not all three areas. Each child in your family will have his own learning style.

Material should be presented in a variety of ways to accommodate students' different learning styles. For example, if new spelling words are presented by calling out the letters, visual learners are not able to "picture" the word.

If, however, they are printed on a blackboard in addition to being said aloud, visual learners see the way the word looks so they remember it more easily. Kinesthetic learners might have to manipulate blocks with letters to "make" the word before they can remember it.

Read more about this topic at <http://www.extension.iastate.edu> > [Home and Family](#) > [Parenting](#) > Parenting Pipeline

CULTURAL CORNER



Preserve Family Storytelling Tradition

Storytelling is a very old tradition that belongs to many cultures all over the world.

In the Hispanic culture, many of us remember this: the parents, the aunt, the uncle and especially the grandparents, telling the stories after lunch or dinner.

This oral narrative was accompanied by several gestures, and pauses to create suspense. The special environment is lost if they just read the printed version of these folk tales, available now almost everywhere.

Also, children like to know stories about their own parents' childhood, about their names, how their parents came from another country, and stories related with behaviors.

Keep this tradition. Storytelling preserves family history and culture and most importantly has an educational value.

NUTRITION AND HEALTH TIP

Olive

Olives and olive oil are rich in monounsaturated fats and vitamin E. Both of these nutrients protect cells from free radical damage that can lead to heart disease or cancer. Olives are also rich in polyphenols and flavonoids, which help decrease inflammation in the body. All of these nutrients may reduce symptoms of arthritis and asthma as well.



The downside to olives is that they are high in sodium. One half cup of olives contains about 550 mg of sodium. The new recommendation for sodium is no more than 1500 mg per day. So this would be over one-third of the requirement. It is best to keep in mind that everything should be eaten in moderation.

To read the whole article, go to:
<http://www.extension.iastate.edu> > [Food, Nutrition and Health](#) > [Food, Recipe and Activity](#) > [Food](#) > Olives

UPCOMING PROGRAM

Our Families, Our Communities program promotes better parenting practices in different cultural groups to create safer communities for children. ESL classes are included.

We will start two groups in September: one Thursdays afternoon, and other Fridays mornings at Midtown Family Community Center, 14th and Nebraska St. To register call Nancy Nicho at (712) 276-2157.

CONTACT INFORMATION

With questions and suggestions about this letter contact:

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