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THE UNIVERSITY of
TENNESSEE

Spring 2011

C4P News

Summer Play

Volume 5 Issue 2

Keeping Active

Families you work with may need help finding appropriate summer activities. Here is a list of statewide summer programs to keep children active this summer:

Tennessee 4-H offers a variety of camps and programs geared toward a specific age groups. To sign up for camps call your local UT Extension office.

The Tennessee State Library sponsors a statewide reading program. By providing all Tennessee public libraries with materials to promote and present a summer reading program in their library, the Tennessee State Library and Archives helps communities encourage reading during the summer months. All libraries also receive a manual packed with fun, creative, and literary ideas based around the theme of each summer's reading program.

University of Tennessee, Knoxville Summer camps — which range from athletics, like soccer and basketball, to the arts, like theatre and design — are fun, educational and provide kids with a safe environment to express their creativity and talents. For more information please visit: <http://www.utk.edu/tntoday/2011/03/30/summer-camps-11/>

YMCA's of Tennessee also offer many summer camps and programs. For more information please visit your local YMCA's website which you can find here: <http://www.ymca.net/find-your-y/>

C4P Trivia Question

The U.S. Consumer product safety commission estimates that about 37,000 kids and adults go to the emergency room every year because of some sort of _____ accident.

- A. swimming pool
- B. car
- C. lawn mower
- D. bike

The first person to send the correct answer to center4parenting@utk.edu will receive a \$5 Starbucks gift card.

Training Opportunity

National Resource Center on Community-Based Child Abuse Prevention added the *Home Visitor Safety Training* to their website. The segments include General Safety Guidelines, Family Assessment, Domestic Violence, Mental Health, Gangs and Firearms, Meth, and Child Abuse and Neglect Reporting. To learn more about the training, visit: <http://friendsnrc.org/cbcap-priority-areas/home-visitation/oklahoma-home-visitor-training>.

An Interview on play with Dr. Debbie Tegano

Dr. Debbie Tegano is an Emeritus professor from the CFS department at the University of Tennessee.

Adult Play-As adults our lives get so serious that we forget how to play. Children on the other hand do not forget to play, are spontaneous and constantly ask their parents to join them. The problem is adults say "I'll play later" (Dr. Tegano hates this phrase) but play isn't planned. Dr. Tegano suggests using the spontaneous moment; if you can, drop what you are doing just for a minute and play. One of The best gifts you can give your children is your undivided time, and that time almost always turns into play. Dr. Tegano also talked about a short story by Leo Tolstoy called the *Three Questions*. She related these questions from the story to time with children and their parents: **Who** is the most important person? The person you're with. **What** is the most important thing to do? To care. **When** is the most important time? Now

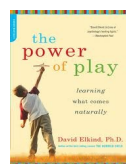
Summer Play- Focused attention is a discipline of mind so create projects that keep kids going all summer. Start early in the summer and they can work on the projects a little each day. Create opportunities for them to initiate, implement and complete activities. For example: visit a garden or state park with your kids to take pictures of trees, bugs or anything interesting. Together make a Summer scrapbook where they can write about what was photographed. Describing what they took picture of will start an investigation by going to the library where they can build on knowledge. This will allow you to spend time together as well as keep their thinking sharp. Another good activity is teaching kids how to play card games. Cards are a lifetime recreation.

The Power of Play; David Elkind

"It is a fallacy to assume that the only learning of importance takes place in the classroom. It is interesting that what many corporations look for in their employees is not so much their grade point average, but rather their social skills. For a great many occupations and professions, the ability to deal with people is just as important, or perhaps more so, than the ability to do calculus. In the traditional summer camp, children have to learn to get along with one another because they are living under the same roof. They have to learn to deal with children who have different ideas of cleanliness and propriety than they do. The camp experience thus helps young people become more tolerant of others and more accepting of differences which are simply that-differences which are neither bad nor good." To see the entire article go to the American Camping Association Web site at :

<http://www.acacamps.org/campmag/0701elkind.php>.

David Elkind, Ph.D., is a professor of child development at Tufts University. Also, for more information please refer to his book which can be purchased at Amazon.



The Power of Play: How Spontaneous, Imaginative Activities Lead to Happier, Healthier Children