

Futures

Working together to build a better future for young parents and their children.

August 2005

Do what you can, with what you have. Wherever you are. Theodore Roosevelt

A letter to my Twiddle Bug:

WOW! We're sure you all know how fast time flies when you're having fun. But, honestly, we had no idea how fast time flies when you're a parent! Our beautiful daughter, Meadow, was born 6 mos. ago on Christmas Eve. She was a semi-small baby (6.9.) & so completely helpless. Now she's holding her own bottle, has a couple of teeth, sitting alone, eating peas & other mush. She chews & bites, laughs & rolls over, smiles at everyone she meets, squirms away when we change her diaper & so many other milestones.

When did she learn all this? How did she find the time?

In only 6 mos. Meadow has learned so much! It seems like only yesterday we got our first ultrasound and heard her heartbeat for the first time. When in reality we went through 9 mos. of pregnancy & 6 mos. of holding her in our arms, playing with her, reading to her, tickling her, talking to her and even watching Dragon Tales & Sesame Street with her. We realize it's because of us that she has learned so much. It's because we do play with her, read to her, talk to her & all in all include her in our lives. She is the center of our life & we love her so.

By Lisa & Gavin

Activities this month include:

****Childcare Provided****

☞ **Monday, August 1, 3:30-5:30**

Meet at Futures for **open group**

☞ **Monday, August 8, 3:30-5:30**

Meet at McCormack pool for **swimming**

☞ **Monday, August 15, 3:30-5:30**

Meet at Futures **PAT activity**

☞ **Monday, August 22, 3:30-5:30**

Meet at Futures **visit The Nature Center**

☞ **Monday, August 29, 3:30-5:30**

Meet at Futures **open group**

☞ **Wednesday August 31, 5:00-7:00**

Westside Lanes Mini Golf !!!!



Congratulations!

- ◆ Rachel, Tara, Whitney got jobs!
- ◆ Tiffany and Kerri finished GED!
- ◆ Welcome Melissa, Courtney, Tianna, Ashley, Valerie into Futures!

Futures Teen Family Resource Center is at
1861 S. 12th St.
(Corner of 12th & Grant)
For More Information Call:
542-4900

Summer with toddlers: Exploring the great outdoors

Toddlers learn through their senses: touch, sight, hearing, smell, and taste. When your child uses more than one of his or her senses, s/he uses many areas of the brain as well. In addition to the five senses, your child gets sensory messages from moving muscles and from the inner ear which regulates balance. Outdoor activities allow children the chance to use large muscles and exercise balance skills. Outdoor play gives your child's brain practice coordinating messages from different sources.



Explore Nature:

Take walks regularly in your yard or neighborhood. Encourage your toddler to notice new sights, sounds, and smells. Describe the changes that have occurred since your last walk. Name things that you look at or touch. Collect items that your toddler finds.

Explore Weather:

Take a "weather walk", if special clothes are needed for a rainy or cold day, talk about what you need to wear and why. Be sure to splash in puddles, talk about how the clouds look, the wind feels, and how everything looks, sounds and feels different when it's raining.

Exploring Sand:

Sand play is a wonderful sensory activity allowing a child to learn about texture, size, color, shape and smell of sand as s/he digs, fills, dumps, pours, and stirs it. Provide small scoops, spoons, and containers to fill, empty and pour with.

Exploring Water:

Outside water play provides relief from the heat as well as great sensory play. A sprinkler or hose is exciting to run through. A sturdy tub or pool filled with water provides endless hours of discovery about what will sink, float, or leak.

Motor Play:

Encourage your toddler to enjoy the freedom of running in an area that is safe such as a fenced yard or large field. Play a fun game of "chase" by chasing, catching and hugging your child. Let your toddler chase you. Play Ring Around The Rosie. Take your child to a playground or backyard swing often for time spent climbing, swinging, and sliding. Make sure to stay close to encourage, delight in accomplishments, and "spot" your toddler to ensure safety. Your child is still discovering what his or her body is capable of doing. Risk taking is a large part of this discovery., just do it safely.

Let Your Voice Be Heard!

Do you want to have a column or artwork in our Newsletter?

Would you like to enhance clerical skills?

Give us your input & earn a gas voucher!

Stop by or call us 542-4900.



NEVER LEAVE CHILDREN UN-ATTENDED AROUND WATER



Around Town

- **KIDS FEST** A Free Community Festival For Kids. August 4th Caras Park, 11:30-4:00 PM.
- **Free Shuttle** to KIDS FEST catch the bus in the UM parking lot at 5th & Madison or the K-Mart parking lot every 1/2 hour 11am to 4:30pm
- **Financial Fitness Free class** Aug 13 from 10-4, need to register with WORD, 543-3550
- **Downtown to-night** every Thursday 5:30-8:30pm at Caras Park
- **Youth ride bus for free**, for 18 or younger rides free through Aug 31
- **Free concerts** at Bonner Park on Wed at 8:00 pm
- **Storytelling** at the library every Tues, Thurs, Fri. 10:30 am
- **Missoula Children's Museum** a place where you & your kids can play. Florence Blding, 111 N. Higgins Ave- 544-7529
- **Live folk music** at Quarter Moon Bookstore, each Wed, 7:30
- **Free family movies** at Crazy Mikes on Mondays
- **Free Child Care** Mon & Wed nights at the Parenting Place 1644 S. 8th W Call to reserve 728-5437
- **Outdoor movies** at School on Scott St, weekends around 8:30



It's time to think about college this fall/spring-

Tip from a parent

After I took my daughter's bottle away, bedtime became difficult at best. She was used to having it right before bedtime, & that's what helped her sleep. Without the comfort of her bottle, when I laid her down, she would cry for what seemed like forever. I hated listening to her cry. So after trying a lot of different bedtime routines, I found one that worked out well for both of us. Her bedtime is at 8, so at about 7 it's quiet time. I try & get her calmed down so she knows it's almost time to go to sleep. That way it's not a big shock to her when I lay her down in her crib. Sometimes I sit on the couch with her & we read stories, or we'll sit on my bed & I'll just hold her & talk to her. Then I'll put on her pj's, change her, & put her in the crib. She will get upset if I leave the room right away, so I make a game out of it. Like putting the blanket over her face and pretending I can't find her. Or I'll take her favorite stuffed animal (her bunny) & tickle her with it. When I feel like she's comfortable with being in the crib, I'll put on her music. I have a music box I've had since I was a baby, so I will either wind that up for her, or put on instrumental music that is calm. Although, she still has a hard time going to sleep once in awhile, this routine really helps things go more smoothly. And that is very nice for both of us.



Need Hours for WORC?

Group, PAT, Case Management meetings, and helping us with the newsletter count as WORC hours!

By Daisy

August 2005



Futures Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	1 Group 3:30-5:30	2	3	4 KIDS FEST 11:30-4 PM	5	6
7	8 Group 3:30-5:30	9	10	11	12	13
14	15 Group 3:30-5:30	16	17	18	19	20
21	22 Group 3:30-5:30	23	24	25GED registra- tion	26GED test	27
28	29 Group 3:30-5:30	30	31 Mini Golf 5:00-7:00			



Note: For more details on activities, check-out Page 1

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Futures
 127 N. Higgins Suite 307
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Futures helps young parents build a secure future for themselves and their children by providing case management, education and career counseling, parent education, housing, counseling and leadership development.