



Futures

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

June 2005

It's Summertime!

Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

-Mark Twain



This month, Futures invites you to take a look at the next three months. What fun activities do you and your children want to do this summer— visit a new park, explore the library, or ride the carousel.



Starting now, stand up and look out your window.
Is the sun shining? Is it a beautiful day? Take advantage of the warm weather in Montana and go outside and play!

Activities this month include:

****Childcare Provided****

- * **What are you going to do this summer??** Meet at Futures and learn about what's going on in Missoula and create a calendar for your summer. **Monday, June 13, 3:30-5:30.**
- * **Zip Lock Bag Books**— Design a book in a bag. Great for the beach and park! Don't forget to bring pictures of your families, kids, and friends to add to your creation. Meet at Futures **Monday, June 20, 3:30-5:30.**
- * **Summertime Safety**— Keep you and your little ones safe this summer. Meet at Futures for some important info you can use all summer. **Monday, June 27, 3:30-5:30.**
- * **Annual Futures Picnic**— Bring your family and join us for some good food, sunshine, and fun at our annual picnic. Meet at the Southside Lions Park **Monday, June 29, 4:00-6:00**

Congratulations!

- * Michelle and Jake got married! Good luck with your futures' together.
- * Whitney welcomed a new girl, Ariah, into the world.
- * Serina and Katlyn received their GED.

Futures Teen Family Resource Center is located at 1861 S. 12th St. (At the corner of 12th and Grant)

For More Information Call:
542-4900

Futures



Let Your Voice Be Heard!

Do you want to have a column or artwork in the Futures' Newsletter? Would you like to enhance your computer skills? Give us your input and earn an extra gas voucher! Stop by the TFRC or call 542-4900.



Learning on the Go

As little as ten minutes of daily reading aloud will help prepare your child to learn. You can read three different stories or the same story three times - kids love repeated readings! Children need to hear a thousand stories before they learn to read. Next time you sit down with your tot try a few of these simple things to develop early literacy skills.

Let your child select the book to read.

Point out the title on the cover and the author and illustrator's names before reading.

Have your toddler hold (or help you) the book and turn the pages.

Hold the book upside down. See if she turns the book around.

Point out page numbers to kids who are learning how to count.

Help your child connect printed words to spoken words by moving your finger under the words as you read.

Show him the difference between upper and lower case letters.

Tips on T.V.

If you find yourself inside, watching TV this summer. Keep a few of the following recommendations for your little ones in mind:

- ◆ Limit child's screen time to no more than 1-2 hours per day
- ◆ Do not use TV, videos, video games, or computers as a baby-sitter.
- ◆ For children under 2, avoid TV: Focus on positive interaction with others.
- ◆ Watch TV with your child, even if it's age-appropriate! Discuss the images and messages you are seeing with your child.
- ◆ Know that as an adult you are a role model to your children. Encourage a variety of other activities besides watching T.V.

Fun and Easy Summertime Snacks

Fruit Smoothie:

- * 1 cup milk
- * 1/2 cup frozen fruit
- * 1 banana
- * 1/2 cup ice

Blend and Enjoy!

Veggie Sticks and Yogurt Dip:

- * 1 small package Ranch dressing mix.
- * 1 cup mayonnaise
- * 1 cup plain yogurt
- * Cut up veggies for dipping— carrots, broccoli, celery, cauliflower.

Combine first 3 ingredients. Chill. Start dipping.

Around Town

- **FreeCycles** offers free bikes to those in need. Located in Alley behind Junga Juice on Higgins. Call 541-7284 for more info.
- **Summer Family Reading Program**— For every 1/2 hour of reading or being read to— all ages receive a prize. June 1— August 31 at the Missoula Public Library.
- **Free Summer Lunch Program**— Begins 2 weeks after school ends and serves children 1-18 years old. Located at Hawthorne, C.S. Porter, Franklin, and Lowell. Call Maggie Driscoll at 728-3710.
- **Volunteer for Veggies** Work 4 hours at Garden City Harvest Community Garden and earn FREE veggies. Call Futures for more info.
- **Need Summer Clothes?** First Way and Bargain Corner have clothes available for kids and adults.
- **FYI** The Food Bank, The Poverello Center, and local churches offer lots of free food this summer. Call Futures for more info.
- **GED Test** is offered once a month in the summer. June 9th, July 21st, and August 18th.
- **Tiny Tales** for children birth to 3 with a parent's lap at 10:30. Every Tues., Thurs., and Fri at the Missoula Public Library.



Oh remember those kid summer days of lazy mornings, finding daddy long legs, water balloons, and running naked through the sprinklers!

Now is a great time to plan those adventures for your kids! Missoula has a lot to offer all of us. So our first Monday group will focus on what's going on, when and where! Join us this month for our BBQ and summer fun.

Heidi

P.A.T Corner

What it takes to be a Mom or Dad

- * **Read to your children.** *
- * **Go to the zoo, museums, and ball games as a family.** *
- * **Set a good example. Use good manners.** *
- * **Show your children lots of warmth and affection.** *
- * **Consider how your decisions will affect your children.** *
- * **Listen to your children. Know your children's friends.** *

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



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Futures

127 N. Higgins Suite 307

Missoula, MT 59802



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.

June 2005



Future's Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Dad drop-in 4:30-6:30	2	3	4
5	6 No Group Futures Closed	7	8 Dad drop-in 4:30-6:30	9 GED Registra- tion Futures Closed	10 GED Test Futures Closed	11
12	13 Plan your summer activities 3:30-5:30	14	15 Dad drop-in 4:30-6:30	16	17	18
19 Father's Day	20 Ziploc Bag Books 3:30-5:30	21	22 Dad drop-in 4:30-6:30	23	24	25
26	27 Summertime Safety 3:30-5:30	28	29 Annual Futures Picnic 3:00-5:00 Southside Lions	30		

All Futures Activities are
Drug/Alcohol Free