BRONX BOROUGH PRESIDENT RUBEN DIAZ JR.

September, 2015

Dear Parent:

The beginning of the academic year offers an opportunity for new goals to be set and milestones to be met. It is a chance to start fresh and build from the lessons learned in the previous year, and to begin new positive habits to support academic success and educational excellence.

More than ever, we are witnessing that the success of our children must come from a collective effort involving students, teachers, school leaders, community members and you, the parent. From Pre-K all the way to higher education, parents play a critical role in supporting and encouraging students to excel and push themselves towards new horizons. May this year be no exception!

To support you in your work as parent advocates and leaders, I have compiled the attached resources that speak on critical pieces we must all commit to supporting and sustaining as students enter and move through the academic year:

Prioritizing Student Attendance
Making sure children are in school ready and able to learn is critical for their academic success. Beyond the classroom, daily attendance is key for the emotional ties children develop towards their classmates and teachers and their overall sense of belonging to their school community. As parents, you have a role in prioritizing school attendance as a central part of your child's education. If a child is not in class, s/he is not learning, and the trend of chronic absenteeism is one we must all work to transform.

Creating a Culture of Reading
As parents, we have a responsibility to ignite in our children a curiosity to explore and learn the world. Through literature we can open up opportunities and experiences for our children that transcend the borders of The Bronx. Through daily engagement of books, magazines and other print materials that inform and educate our children, we can create a culture of reading that will support their academic success at all levels of their educational journey and ignite their passion for learning.

Nurturing a Healthy and Active Lifestyle
Our health is the most important piece of our well-being we must nurture. While The Bronx has been in last place as the unhealthiest county in New York State, I have made it my personal goal, and am asking your support in making it yours as well, in making The Bronx healthier, more active and NOT in 62nd place. Through programs we have available for you and your children, I encourage you to push your child and entire family to exercise, eat healthier and use social media to build a community in The Bronx that represents #Not62.

As a community we can create and nurture the success of our children. You have a powerful voice and role in this success and I am proud to stand as a partner in this work with you.

Good luck for a successful year!

Ruben Diaz Jr.

Ruben Diaz Jr.

OFFICE OF THE BRONX BOROUGH PRESIDENT - 851 GRAND CONCOURSE, SUITE 301, BRONX, NY 10451 - (718) 590-3500

septiembre, 2015

BRONX BOROUGH PRESIDENT RUBEN DIAZ JR.

Estimado padre,

El comienzo del año académico ofrece una oportunidad para establecer nuevos objetivos y marcar nuevas metas. Es una oportunidad para empezar de nuevo, construir más allá de las lecciones aprendidas durante el año anterior y crear nuevos hábitos positivos para apoyar el éxito académico y la excelencia educativa en nuestros hijos.

Más que nunca, somos testigos de la realidad que el éxito de nuestros niños debe venir de un esfuerzo colectivo que involucra a los estudiantes, maestros, líderes escolares, miembros de la comunidad y usted, el padre. Desde la etapa de la pre-infancia hasta que logren entrar a la universidad, los padres juegan un papel fundamental por el apoyo y animo que les proveen a sus hijos para que sobresalgan y alcancen nuevos horizontes. ¡Espero que este año no sea la excepción!

Para ayudarle en su trabajo como padres ejemplares, he recopilado los recursos adjuntos que hablan sobre piezas fundamentales que todos debemos comprometernos a apoyar y sostener mientras nuestros hijos empiecen y avancen su año académico:

Priorizar asistencia estudiantil

El asegurarnos que los niños estén en la escuela listos y capaces para aprender es fundamental para su éxito académico. Más allá del aprendizaje que ocurre en el salón de clases, la asistencia diaria es clave para los vínculos emocionales que los niños desarrollan hacia sus compañeros y profesores, al igual que el sentimiento de formar parte y pertenecer en su comunidad escolar. Como padre, usted tiene un papel importante en priorizar la asistencia escolar como un aspecto central en la educación de su hijo. Si un niño no está en la aula de clase, él o ella no puede aprender y este patrón de ausencia crónica es uno que todos debemos trabajar para transformar.

Crear una cultura que Valore la lectura diaria

Como padres, tenemos la responsabilidad de encenderles la curiosidad a nuestros hijos para explorar y aprender sobre el mundo. A través de la literatura podemos abrirle oportunidades y experiencias para que nuestros hijos vayan más allá de las fronteras del Bronx. A través de la lectura diaria de libros, revistas y otros materiales impresos que informan y educan a nuestros hijos, podemos crear una cultura que valora la lectura diaria, apoya el éxito académico y la pasión por el aprendizaje que todos nuestros niños necesitan para ser exitosos.

Cultivar un estilo de vida saludable y activo

El cultivar la buena salud es lo más imprescindible para nuestro bienestar. Continuamente el Bronx ha salido en el último lugar como el condado menos saludable de los 62 condados del estado de Nueva York, me he comprometido a crear un condado más sano y más activo para que ya no estemos en el último lugar. Le pido que se comprometa conmigo, utilizando los programas que tenemos disponibles para usted y sus hijos, le animo a motivar a su hijo y a toda su familia a que haga ejercicio, a comer más saludable y a que utilice #NOT62 en los medios sociales para construir una comunidad más saludable y hacer de El Bronx el mejor lugar para usted y su familia.

Como comunidad podemos crear y fomentar el éxito de nuestros hijos. Como padre, usted tiene una voz poderosa para lograr este éxito y estoy orgulloso de trabajar a su lado para lograr estas metas.

¡Los mejores deseos para un año exitoso!

Ruben Diaz Jr.

OFFICE OF THE BRONX BOROUGH PRESIDENT - 851 GRAND CONCOURSE, SUITE 301, BRONX, NY 10451 - (718) 590-3500

Prioritizing Student Attendance

■

Priorizar la Asistencia Estudiantil

Attendance Every Day

WHAT YOU SHOULD KNOW

WHY SHOULD WE FOCUS ON ATTENDANCE?

✓ Children can't learn if they aren't present in school, so attendance is a must.

✓ We can influence attendance and poor attendance can be prevented.

✓ Parents – especially in the early years – are best positioned to ensure children attend school and to build the expectation around attendance.

HOW IS ATTENDANCE FOCUSED ON SCHOOL SUCCESS?

✓ Chronic absence in Kindergarten is associated with lower academic performance in 1st grade among all children and, for poor children, predicts the lowest levels of educational achievement at the end of fifth grade.

✓ By 6th grade, missing 20% (or two months of school) is a critical warning sign of school drop-out.

✓ By 9th grade, missing 20% of school can be a better predictor of drop-out than 8th grade test scores.

HELPING PARENTS

WHAT **SCHOOLS** CAN DO

Educate families about the adverse impact of poor attendance on school achievement.

Inform parents about the positive incentives students receive for good attendance; consider recognizing parents as well for their role in their child's attendance.

Notify parents that their child's absence was noticed either through a call home or, if feasible, an email.

Reach out to families to find out what is happening if children begin to miss school regularly. Where appropriate, refer families to available resources in the community.

WHAT **COMMUNITY AGENCIES** CAN DO

Teach parents about the importance of regular attendance starting in kindergarten.

Help parents of older students understand that excessive absence is a critical warning sign for dropping out.

Partner with schools to provide social work and case management supports to families of children with extended absences.

Address barriers to attendance by offering services (economic supports, social services, etc.) at schools and referring families to other available resources in the community.

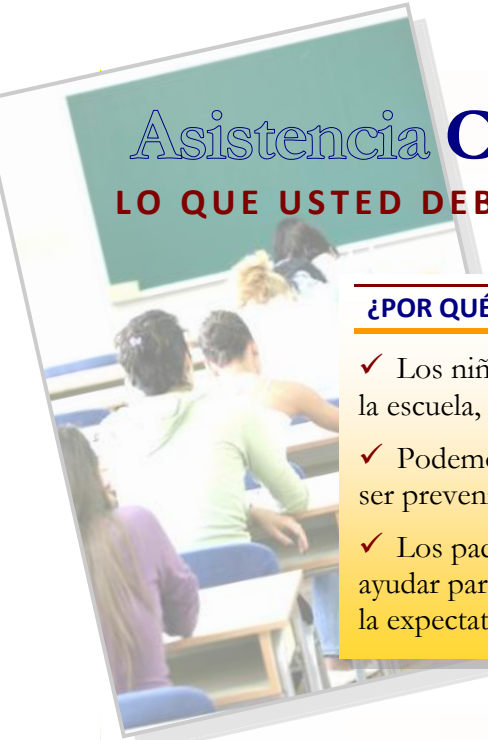
WHAT **PARENTS** CAN DO

Help your child get into the habit and learn the value of regular routines.

Teach your child that attending school is non-negotiable unless they are truly sick.

Build relationships with other families and discuss how you can help each other out (e.g., drop off or pick up children, babysit, translation assistance) in times of need or emergencies.

Identify non-academic activities (drama, art, music, etc.) that can help motivate your child's interest in school and learning and seek out schools that can offer those experiences.



Asistencia Cada Día

LO QUE USTED DEBERIA SABER

La Participación de Padres
y **La Prevención del Abandono de Estudios**

¿POR QUÉ DEBERÍAMOS CONCENTRARNOS EN LA ASISTENCIA?

✓ Los niños no pueden aprender si ellos no están presentes en la escuela, entonces la asistencia es un deber.

✓ Podemos influir en la asistencia y la asistencia baja puede ser prevenida.

✓ Los padres – sobre todo en los primeros años – pueden ayudar para que los niños asistan a la escuela y que construyan la expectativa alrededor de la asistencia.

¿CÓMO ES ENFOCADA LA ASISTENCIA EN EL ÉXITO ESCOLAR?

✓ La ausencia crónica en el kínder es asociado con la enseñanza académica inferior en el primer grado entre todos los niños. Para los niños pobres, se pronostica los niveles más bajos del logro educativo al final del quinto grado.

✓ Para el sexto grado, el ser ausente 20 % del tiempo (o dos meses de la escuela) es un signo de advertencia crítico del abandono escolar.

✓ Para el noveno grado, el ser ausente 20 % del tiempo puede ser un mejor indicador del abandono escolar en comparación a los resultados académicos del octavo grado.

AYUDANDO A LOS PADRES

LO QUE **ESCUELAS** PUEDEN HACER

Educar familias sobre el impacto adverso de la asistencia baja en el logro escolar.

Informar a los padres sobre los incentivos positivos que reciben los estudiantes por asistir a la escuela diariamente; considere reconocer a padres también para su participación en la asistencia escolar.

Notificar a padres que la ausencia del niño es notada por una llamada a casa o, de ser factible, un correo electrónico.

Extender la mano a familias para averiguar lo que pasa si el niño comienza a faltar a la escuela con regularidad. Donde apropiado, refiera a familias a todos los recursos disponibles en la comunidad.

LO QUE **AGENCIAS DE COMUNIDAD** PUEDEN HACER

Enseñar a padres sobre la importancia de asistir todos los días a clase; esto comienza en el jardín de infancia, el kínder.

Ayudar a padres de adolecentes a entender que la ausencia excesiva es una advertencia crítica del abandono de escuela.

Asociarse con escuelas para proporcionar asistencia social y dirección para familias cuando el niño se ausenta a largo plazo.

Responder a barreras de asistencia ofreciendo servicios (apoyos económicos, asistencia social) en las escuelas y proveyendo recursos disponibles a familias en la comunidad.

LO QUE **PADRES** PUEDEN HACER

Ayudar al niño aceptar costumbres y aprender el valor de rutinas regulares.

Enseñar al niño que asista a la escuela diariamente; falta a la escuela se permite únicamente cuando el niño está enfermo.

Construir relaciones con otras familias y discutir cómo pueden ayudarse uno al otro (p.ej., dejar o recoger a niños, ayudar en la traducción) en tiempos de necesidad o emergencias.

Identificar actividades no académicas (drama, arte, música, etc.) que puedan ayudar a motivar el interés de su niño en la escuela y en el aprendizaje y buscar escuelas que puedan ofrecer aquellas experiencias.

Asistencia
en los primeros grados

Muchos de nuestros estudiantes más pequeños faltan a la escuela el 10% del año escolar - como 18 días al año o sólo dos días al mes. La ausencia crónica en kínder e incluso en la pre escuela, puede predecir bajas calificaciones en exámenes, mala asistencia escolar y baja retención en los próximos años escolares, especialmente si el problema de ausencia persiste durante más de un año. ¿Sabe usted cuántos niños pequeños están ausentes crónicamente en su escuela y comunidad?

Attendance Works

www.attendanceworks.org

Quién es afectado

Los estudiantes de kínder y 1er grado frecuentemente tienen niveles de ausencia igual de altos como los de la preparatoria (high school).

Algunas de estas faltas son justificadas, pero igual, se suman al tiempo perdido en clase.

1 de cada 10 niños

en kínder y 1er grado es crónicamente ausente. En algunas escuelas es tan alto como 1 en cada 4 niños.[1]

2 de cada 10 niños de bajos ingresos

faltan demasiado. También es más probable que tengan problemas académicos.[1]

2.5 de cada 10 niños sin hogar

están ausentes crónicamente.[2]

4 de cada 10 niños migrantes

faltan demasiado cuando la familia se muda.[2]

Por qué importa

Si los niños no asisten regularmente, pierden habilidades fundamentales de lectura y matemáticas y la oportunidad de crear el hábito de buena asistencia, que los conduce a la universidad y una carrera.

Datos preliminares de un estudio en California encontró que los niños que fueron crónicamente ausentes en kínder y 1er grado tuvieron menos probabilidad de leer a nivel al final del 3er grado.

¿Quién puede leer a nivel después del 3er grado?

64%

de los niños con buena asistencia en kínder y en 1er grado

(faltaron 9 días o menos en ambos años)

43%

de los niños con asistencia en riesgo

(faltaron más de 9 días en ambos años)

41%

de los niños ausentes crónicamente en kínder y 1er grado

(faltaron 18 días o más en ambos años)

17%

de los niños ausentes crónicamente en kínder y 1er grado

(faltaron 18 días o más en ambos años)

Lo que las familias pueden hacer

Averigüe que día empieza la escuela y asegúrese que su hijo tiene las vacunas requeridas.

Establezca rutinas diarias para la hora de dormir y la mañana.

Hable sobre la importancia de asistir a la escuela con regularidad y preguntele a su hijo como se siente sobre la escuela.

No permita que su hijo falte a la escuela a menos que esté realmente enfermo. Use un termómetro para comprobar que tiene fiebre. Recuerde que los dolores de estómago y dolores de cabeza pueden ser signos de ansiedad.

Evite las citas médicas y viajes largos durante el horario escolar.

Lleve un registro en casa de la asistencia de su hijo. Al final de la semana, háblele de lo que usted ve.

Desarrolle planes de respaldo para llegar a la escuela si surge algo. Pídale ayuda a un familiar, un vecino u otro padre.

Busque el apoyo de grupos de personal de la escuela o de la comunidad para ayudarse con el transporte, problemas de salud o camino no seguro a la escuela.

[1] Chang, Hedy; Romero, Mariajose, *Present, Engaged and Accounted For: The Critical Importance of Addressing Chronic Absence in the Early Grades*, National Center for Children in Poverty: NY: NY, September 2008.
[2] *Chronic Absence in Utah*, Utah Education Policy Center at the University of Utah, 2012.
[3] *Attendance in Early Elementary Grades: Association with Student Characteristics, School Readiness and Third Grade Outcomes*, Applied Survey Research. May 2011.

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Attendance
in the early grades

Many of our youngest students miss 10 percent of the school year—about 18 days a year or just two days every month. Chronic absenteeism in kindergarten, and even preK, can predict lower test scores, poor attendance and retention in later grades, especially if the problem persists for more than a year. Do you know how many young children are chronically absent in your school or community?

Attendance Works
www.attendanceworks.org

Who is affected

Kindergarten and 1st grade classes often have absenteeism rates as high as those in high school. Many of these absences are excused, but they still add up to lost time in the classroom.

1 in 10 kids

in kindergarten and 1st grade are chronically absent.
In some schools, it's as high as 1 in 4.[1]

2 in 10
low-income kids

miss too much school. They're also more likely to suffer academically.[1]

2.5 in 10
homeless kids

are chronically absent.[2]

4 in 10
transient kids

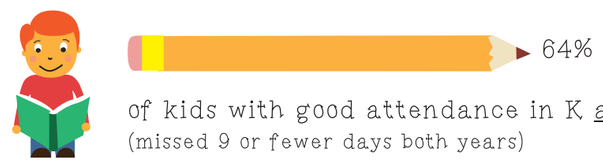
miss too much school when families move.[2]

Why it matters

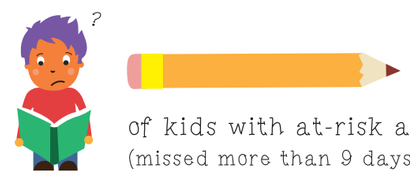
If children don't show up for school regularly, they miss out on fundamental reading and math skills and the chance to build a habit of good attendance that will carry them into college and careers.

Preliminary data from a California study found that children who were chronically absent in kindergarten and 1st grade were far less likely to read proficiently at the end of 3rd grade.

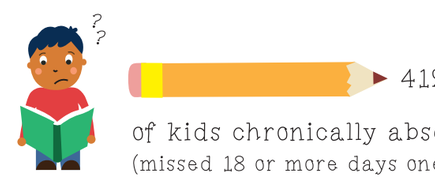
Who Can Read on Grade Level After 3rd Grade?[3]



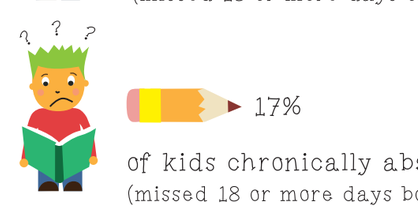
64%
of kids with good attendance in K and 1st
(missed 9 or fewer days both years)



43%
of kids with at-risk attendance
(missed more than 9 days both years)



41%
of kids chronically absent in K or 1st
(missed 18 or more days one year)



17%
of kids chronically absent in K and 1st
(missed 18 or more days both years)

What families can do

Find out what day school starts and make sure your child has the required shots.

Build regular routines for bed time and the morning.

Talk about the importance of regular attendance and about how your child feels about school.

Don't permit missing school unless your child is truly sick. Use a thermometer to check for a fever. Remember that stomach aches and headaches may be signs of anxiety.

Avoid medical appointments and extended trips when school is in session.

Keep a chart recording your child's attendance at home. At the end of the week, talk with your child about what you see.

Develop back up plans for getting to school if something comes up. Ask a family member, neighbor or another parent for help

Seek support from school staff or community groups to help with transportation, health problems, or no safe path to school.

[1] Chang, Hedy; Romero, Mariajose, *Present, Engaged and Accounted For: The Critical Importance of Addressing Chronic Absence in the Early Grades*, National Center for Children in Poverty: NY: NY, September 2008.
[2] *Chronic Absence in Utah*, Utah Education Policy Center at the University of Utah, 2012.
[3] *Attendance in Early Elementary Grades: Association with Student Characteristics, School Readiness and Third Grade Outcomes*, Applied Survey Research. May 2011.

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Reach Out and Read®

Attendance Works
Advancing Student Success By Reducing Chronic Absence

Help Your Child Succeed in School: **Build the Habit of Good Attendance Early**

School success goes hand in hand with good attendance!

DID YOU KNOW?

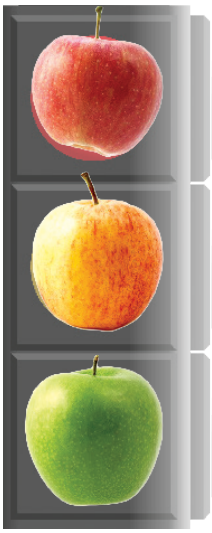
- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.

WHAT YOU CAN DO

- Set a regular bed time and morning routine.
- Lay out clothes and pack backpacks the night before.
- Find out what day school starts and make sure your child has the required shots.
- Introduce your child to her teachers and classmates before school starts to help her transition.
- Don't let your child stay home unless she is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

When Do Absences Become a Problem?



CHRONIC ABSENCE
18 or more days

WARNING SIGNS
10 to 17 days

SATISFACTORY
9 or fewer absences

Note: These numbers assume a 180-day school year.

For more on school readiness, visit **attendanceworks.org** and **reachoutandread.org**

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Attendance Works
Advancing Student Success By Reducing Chronic Absence

Ayude a su hijo a tener éxito en la escuela:
Creando el hábito de buena asistencia a temprana edad
¡El éxito escolar va de mano a mano con una buena asistencia escolar!

¿SABÍA QUE...?

- Empezando en el kínder, muchas ausencias pueden causar que los niños se atrasen en la escuela.
- Faltar el 10% (más o menos faltar 18 días en el kínder) puede bajar el rendimiento en el primer grado y hacer que cueste más aprender a leer.
- Los estudiantes se pueden seguir atrasando aunque sólo falten uno o dos días durante varias semanas.
- Las llegadas tarde en los primeros grados pueden predecir que el estudiante tendrá mala asistencia en los años siguientes.
- La falta de asistencia a la escuela puede afectar a todos en la clase, ya que el maestro tiene que disminuir el aprendizaje para ayudar a los niños a ponerse al día.
- Las escuelas pueden perder dinero para programas educacionales porque frecuentemente la asistencia es la base para la asignación de los fondos.

Asistir regularmente a la escuela, ayuda a los niños a sentirse mejor en la escuela—y consigo mismos. Empezar a crear este hábito en la edad preescolar, los hará aprender rápidamente la importancia de ir a la escuela a la hora indicada y todos los días. La buena asistencia ayudará a los niños a tener éxito en la preparatoria, la universidad y en el trabajo.

COMO AYUDAR A SU HIJO

- Establezca una hora consistente para acostarse y la rutina de cada mañana.
- Prepare la ropa y las mochilas la noche anterior.
- Averigüe el día en que empieza la escuela y asegúrese que su hijo tenga las vacunas requeridas.
- Presente a su hijo a sus maestros y compañeros de clase antes que la escuela empiece, para ayudarle con la transición a la escuela.
- Sólo deje que su niño se quede en casa si está realmente enfermo. Tenga en mente que las quejas de un dolor de estómago o de cabeza pueden ser seña de ansiedad y no una razón para quedarse en casa.
- Si su hijo parece ansioso por ir a la escuela, hable con los maestros, consejeros u otros padres para que le aconsejen sobre cómo hacerlo sentir cómodo y motivado a asistir a la escuela.
- Prepare opciones para llegar a la escuela si algo inesperado sucede. Contacte con anterioridad un familiar, un vecino u otro padre para que le ayude en esos días.
- Evite citas médicas y viajes prolongados durante el tiempo de escuela.
- Contacte al personal de la escuela u oficiales de la comunidad para encontrar ayuda sobre transportación, vivienda, empleo o problemas de salud.

¿Cuándo las ausencias se vuelven en problema?

AUSENCIA CRÓNICA
18 días o más

SIGNOS DE AVISO
10 a 17 días

SATISFACTORIO
9 ó menos ausencias

Nota: Números asumen un año escolar de 180 días

Para más información sobre cómo preparar a su hijo para la escuela, visite **attendanceworks.org** y **reachoutandread.org/esp**

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Attendance Works
Advancing Student Success By Reducing Chronic Absence
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Ponga atención a la Asistencia Escolar: Mantenga a su hijo por el buen camino en la Secundaria y la Preparatoria

La asistencia escolar tiene un gran impacto en el éxito académico de un estudiante. Aún cuando los niños crecen y se vuelven más independientes, las familias siguen jugando un rol clave en asegurarse que asistan diariamente a la escuela, porque la asistencia es importante para el éxito escolar y en el trabajo.

¿Sabía usted que...?

- Los estudiantes no deberían faltar más de 9 días a la escuela durante el año escolar, para permanecer motivados y exitosos.
- Las ausencias pueden indicar que el estudiante pierde interés en la escuela, tiene problemas con el trabajo escolar, está siendo acosado por otro estudiante o enfrenta algún otro problema.
- En el sexto grado, el ausentismo es un indicado de que el estudiante pudiera abandonar la secundaria.
- En el noveno grado, la buena asistencia escolar es mejor pronóstico para los índices de graduación, que los resultados de los exámenes del octavo grado.
- Faltar a la escuela un 10% o alrededor de 18 días durante el año escolar, puede afectar el éxito académico.
- Se considera ausencia crónica si el estudiante falta uno o dos días en varias semanas.
- La asistencia escolar es un hábito de vida importante que ayudará a su hijo a graduarse de la Universidad y a mantener un empleo.

¿Qué puede hacer usted?

Hacer que la asistencia escolar sea una prioridad

- Hable sobre la importancia de ir a la escuela todos los días, haga que se convierta en una expectativa.
- Ayude a sus hijos a mantener rutinas diarias, como terminar la tarea y dormir bien por la noche.
- Trate de no programar citas con el dentista y el médico durante el día escolar.
- No deje a su hijo en casa a menos que realmente esté enfermo. Las quejas de dolores de cabeza o de estómago pueden ser signos de ansiedad.

Ayude a su adolescente a estar involucrado.

- Averigüe si su hijo se siente motivado por sus clases y profesores y si se siente a salvo del acoso de estudiantes y de otras amenazas. Asegúrese que no está perdiendo clases debido a una mala conducta. Si tiene cualquiera de estos problemas, trabaje con personal de la escuela.
- Manténgase al tanto de su progreso académico y busque la ayuda de maestros o tutores si es necesario.
- Manténgase al tanto de los contactos sociales de su hijo. La presión de grupo puede llevarlo a faltar a la escuela.
- Fomente actividades relevantes después de la escuela, incluyendo deportes y clubes.

Comuníquese con la escuela

- Conozca las reglas de asistencia de la escuela - incentivos y sanciones.
- Hable con los maestros si nota algún cambio repentino en el comportamiento de su hijo.
- Verifique la asistencia de su hijo para asegurarse que las ausencias no se están acumulando.
- Pida ayuda a las autoridades escolares, recurra a programas después de clases, otros padres o agencias de la comunidad, si está teniendo problemas para conseguir que su hijo vaya a la escuela.

Attendance Works
Advancing Student Success By Reducing Chronic Absence
www.attendanceworks.org

Pay Attention to Attendance: Keep Your Child On Track in Middle and High School

Showing up for school has a huge impact on a student's academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and on the job.

DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other potentially serious difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, regular and high attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10 percent, or about 18 days, of the school year can drastically affect a student's academic success.
- Students can be chronically absent even if they only miss a day or two every few weeks.
- Attendance is an important life skill that will help your child graduate from college and keep a job.

WHAT YOU CAN DO

Make school attendance a priority

- Talk about the importance of showing up to school everyday, make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and medical appointments during the school day.
- Don't let your child stay home unless truly sick. Complaints of headaches or stomach aches may be signs of anxiety.

Help your teen stay engaged

- Find out if your child feels engaged by his classes and feels safe from bullies and other threats. Make sure he/she is not missing class because of behavioral issues and school discipline policies. If any of these are problems, work with your school.
- Stay on top of academic progress and seek help from teachers or tutors if necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage meaningful afterschool activities, including sports and clubs.

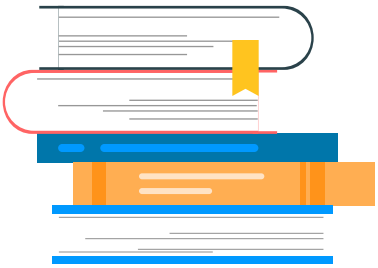
Communicate with the school

- Know the school's attendance policy – incentives and penalities
- Talk to teachers if you notice sudden changes in behavior. These could be tied to something going on at school.
- Check on your child's attendance to be sure absences are not piling up.
- Ask for help from school officials, afterschool programs, other parents or community agencies if you're having trouble getting your child to school.

Creating a Culture of Reading

Crear una cultura que valore la lectura diaria

BRONX BOROUGH PRESIDENT
RUBEN DIAZ JR.



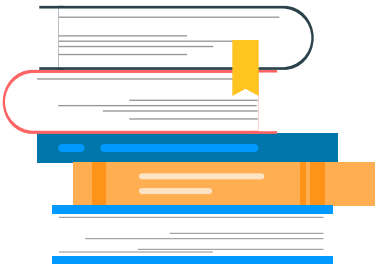
DAILY READING LOG

Reading is a fundamental part of learning and academic success.

Reading a book daily on a topic you are interested in strengthens your vocabulary and critical thinking skills. May this be a helpful tool in creating a culture of reading in your home!

MONDAY _____ Date	Title:	Pages:
TUESDAY _____ Date	Title:	Pages:
WEDNESDAY _____ Date	Title:	Pages:
THURSDAY _____ Date	Title:	Pages:
FRIDAY _____ Date	Title:	Pages:
SATURDAY _____ Date	Title:	Pages:

BRONX BOROUGH PRESIDENT
RUBEN DIAZ JR.



REGISTRO DE LECTURA DIARIA

La lectura es un aspecto fundamental del aprendizaje y el éxito académico.

El leer un libro diario, sobre un tema que a uno le interesa, ayuda a fortalecer nuestros vocabularios, expande nuestras habilidades de analizar y pensar críticamente, al igual que nos expone a nuevos mundos. ¡Espero esta sea una herramienta útil para ayudarlo a crear una cultura de lectura en su hogar!

LUNES _____ Fecha	Título: Páginas:
MARTES _____ Fecha	Título: Páginas:
MIERCOLES _____ Fecha	Título: Páginas:
JUEVES _____ Fecha	Título: Páginas:
VIERNES _____ Fecha	Título: Páginas:
SABADO _____ Fecha	Título: Páginas:

Incorporating Reading Into Everyday Life

It's hard to find time as a family to sit down and read. Just dealing with every day life – school, work, sports and activities, chores, and friends – can leave barely enough time to get everything done, let alone read a book. However, a busy schedule can include time to read, even if there isn't time to read an entire book. Read on for some tips on sneaking reading into your daily routine.

Morning

- If your family eats breakfast at the table, divide up the newspaper so everyone can read their favorite section. If your children are young or find it hard to eat and read, read aloud headlines and stories to them as they munch.
- Many families eat breakfast on the go. If this sounds familiar, then encourage your children to read the back of the cereal box as they pour or the packaging on their food wrappers.
- No matter how your children get to school – on foot, on the bus, or in a car – there are ways to get some quick reading in. Walkers can listen to a chapter of an audio book on a Walkman. Kids who ride the bus or are driven can read a magazine or comic book. This reading can be quick and fun, since kids have little time and a school day to face.

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Afternoon

- Serve your children their after-school snacks in a space that's designated just for reading. Let them choose a light-hearted book, magazine, comic book, or catalogue as they eat and unwind from the school day.
- On the way to sports practice or other after-school activities, read out street signs, billboards, or storefront signs. Or have your child read aloud to you in the car as you drive.
- While cooking dinner, read aloud the recipe. Have your child read a story to you, including ones that he or she has written.
- As dinner cooks, sit down and read a chapter of a book together. While you're adding ingredients or setting the table, begin telling a story together, taking turns adding the next part.

Movies and TV time

- Before turning on the TV or a video game, spend 15 minutes reading together. This could be something short or a chapter of a longer book that you read everyday. Continuing stories could keep kids interested day-to-day.
- Mute the TV during commercials and read short snippets of articles or comic books until the show comes back on.
- Buy or borrow books on video games tips or tricks. Have your child read it for 10 minutes before starting a video game.
- If your TV allows for closed-captioning, turn it on and encourage your children to read along with the text.
- When you get a movie a few minutes early, read aloud the ads that show up on the screen before the previews. Have your child read to you as much of the ad as possible before the next one shows up.

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Evening/Bedtime

- After dinner, take your dessert into another room and read aloud. This can become an after-dinner ritual for the family.
- Too tired to read aloud? Then get the family together in the living room and put on a book-on-tape for 15 minutes.
- After an intense homework session, take 10 minutes to read a silly humor book or comic book.
- Read aloud in the bath – either you or your children can do the reading.
- Turn off the TV a half-hour early and read one chapter of a book.

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RIF Reading Is Fundamental

Cómo incorporar la lectura en la vida diaria

Es bien difícil encontrar tiempo como familia para sentarse a leer. El diario vivir ~escuela, trabajo, deportes, actividades, tareas y amigos~ podría dejarnos con muy poco tiempo para poder cumplir con todo, y menos aún leer un libro. Sin embargo, un horario bien ocupado todavía puede incluir algún tiempo para leer, aún si no tenemos tiempo para leer un libro entero. Lea las siguientes sugerencias o secretos que le ayudarán a incluir la lectura dentro de su rutina diaria.

En la mañana

- Si su familia toma el desayuno en la mesa, divida el periódico para que cada uno pueda leer su sección favorita. Si sus niños son muy pequeños para esto o encuentra muy difícil el que coman y lean al mismo tiempo, entonces usted puede leerles los titulares de las noticias y las historias, mientras ellos comen.
- Muchas familias toman el desayuno mientras se están yendo. Si esto le resulta familiar, entonces aliente a sus niños a leer las cajas del cereal, mientras lo sirven, o las envolturas de la comida.
- No importa cómo vayan sus niños a la escuela ~si caminan, en el autobús, o en automóvil~ hay muchas maneras de incluir una lectura rápida en el camino. Los que caminan pueden ir escuchando con sus audífonos puestos, un capítulo de un libro grabado. Los niños que van en autobús o a quienes se les lleva en automóvil, pueden ir leyendo una revista o un libro de caricaturas. Esta clase de lectura puede resultar rápida y entretenida en este corto tiempo ya que los niños tienen muy poco tiempo y un largo día que les espera en la escuela.

En la Tarde

- Sirva a los niños su meriendita después de la escuela en un lugar designado sólo para la lectura. Permítales que escojan un libro sencillo, una revista, un libro de caricaturas, o un catálogo y lo lean mientras comen y se relajan al final del día escolar.
- En el camino a una práctica deportiva u otro evento después de la escuela, lean las señales de tráfico o las que se encuentren en la calle, los cartelotes, o los carteles con los nombres de las tiendas. O, estimule a su niño a que le lea mientras usted maneja el auto.
- Mientras cocina, lea la receta en voz alta. Estimule a su niño a que le lea una historia o cuento, incluyendo aquellos que él o ella misma ha escrito.
- Mientras se cocina la comida, siéntese con su hijo y lean un libro juntos. Mientras usted esté añadiendo los ingredientes o poniendo la mesa, empiecen juntos a contar una historia, tomando turnos y añadiendo la siguiente parte cada vez.

Las películas y la hora de la TV

- Antes de prender la TV o un juego de video, lean juntos por unos 15 minutos. Esta lectura podría ser bien corta o sólo podrían leer un capítulo de un libro grande que estén leyendo cada día. Las historias que continúan pueden mantener el interés diario de los niños.
- Durante los comerciales, ponga la televisión en "mudo" y lea recortes de artículos o de libros cómicos hasta que su programa regrese.
- Compre o pida prestado libros con sugerencias, secretos o trucos para los juegos de videos. Sugiérale a su niño que lea esta clase de libro por unos 10 minutos antes de empezar a jugar el video.
- Si en su televisor pueden aparecer las palabras escritas de lo que dice la gente, entonces prenda ese botón y aliente a los niños a seguir la lectura del texto.
- Cuando lleguen al cine un poco temprano, lean los anuncios y los comerciales que se muestran antes de la película. Permita que su niño le lea todo lo que pueda de un anuncio, antes que venga el próximo.

En la Noche/Hora de Dormir

- Después de la cena, lleven su postre a otro cuarto y lean. Esto se puede convertir en un ritual familiar de después de la cena (sobremesa).
- ¿Está muy cansado para leer? Entonces junte a toda la familia en la sala y ponga una historia grabada para que la escuchen por lo menos 15 minutos.
- Después de una sesión intensa de hacer las tareas, tome 10 minutos para leer chistes o libros de caricaturas.
- Lean en el baño ~cualquiera de ustedes, usted o los niños pueden ser los que lean.
- Apaguen la televisión media hora más temprano y lean un capítulo de un libro.

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10 Options for Reading Outside the Book

Picking up a book for fun might be the last thing on your child's mind. And maybe that's okay -- there are plenty of ways to keep reading beyond books. The key is to tune into interests kids already have. If your daughter loves swimming, provide ways for her to learn more about this sport through articles, brochures, tip sheets, and even catalogues. Let a video game-obsessed child read instructions, reviews, and strategy books. **Here are some ways to keep kids reading in ways they might not have imagined.**

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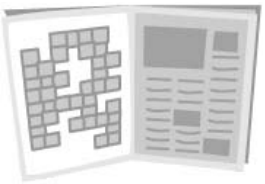
1. Newspapers



Many newspapers have sections geared toward kids. The articles are generally short and snappy, and either appeal directly to kids or are written from a kid's point of view. Also, keep an eye out for articles that might pique your child's specific interests. While sections about cars, movies, travel, technology, and music may be aimed at adults, kids might get drawn in, too.

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2. Magazines

Magazines for kids or preteens might seem fluffy. But if they keep your kids reading, the benefits might make up for the lack of heavy hitting content. Kids can often identify with the tone and subject matter of magazines, and the articles hold their attention.

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3. Cookbooks

Even if your children would much rather eat out than cook, cooking is a good opportunity to get kids reading. Give them a cookbook and a pack of Post-Its, and let them pick out several recipes they'd like to try this summer. You can also make the meals together as a family activity.

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4. Comic books

Comic books and graphic novels are becoming more and more popular. The illustrations and often offbeat topics should keep kids interested.

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5. Brochures

Are you going on a special vacation? Or do you just wish you were? Get brochures for destination spots, tourist attractions, and theme parks. Let your children read the brochures and get excited about an upcoming event or a potential adventure. eventos propuestos o un posible viaje de aventuras.

6. Song lyrics

Rare is the child who doesn't love music. He or she may have already found the liner notes in the CDs, but encourage them to read along as they listen to songs. Also, your child can search for lyrics online and sometimes learn about the songwriter's stories behind the songs.

……

7. Instructions

Projects that require assembly, like building swing sets, blowing up pool toys and assembling games and sports sets are a great way to sneak in reading. Have your child read the instructions and help you go step by step on your project. Who knows, the children might understand the instructions better than you!

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8. Food and product labels

Have your kids read the cereal box, bag of chips, soda can, suntan lotion bottle, bug spray, or anything else that is lying around. It won't take them long to scan the words, and they'll learn more about what they're putting in or on their bodies.

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9. Catalogs

These can be a great option if your child is exploring a particular interest. From soccer, to bedroom furniture, to clothes, catalogues have concentrated information on whatever turns your child's head.

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10. Backs of videos/DVDs

Rather than picking a movie based on its packaging, take your kids to the movie rental stores selection of older picks. Have your kids select a movie based on the story description on the back of the box challenge them to find a good story based on the plot rather than the marketing.

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Diez opciones de lectura, además de la lectura de un libro

Quizá la última cosa que su niño tiene en mente es buscar un libro para divertirse. Y tal vez esté bien, pues hay muchas otras maneras de leer además de leer libros. El secreto es estar al tanto de lo que ya le interesa al niño. Si a su hija le encanta la natación, ofrézcale otras maneras de aprender más sobre este deporte mediante artículos, folletos, y catálogos. Al niño que está obsesionado con los juegos de video se le puede permitir que lea las instrucciones o libros con estrategias para el juego.

A continuación presentamos algunas opciones de lectura para que los niños lean… **¡como nunca se lo han imaginado!**

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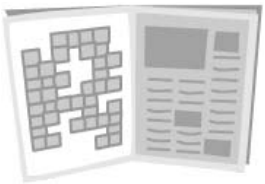
1. Periódicos



Muchos periódicos tienen secciones especiales para niños. Generalmente, los artículos son cortos, concentrados y escritos para captar la atención de los niños o están escritos desde el punto de vista del niño. Además, esté al pendiente de artículos que hablen sobre lo que le interesa a su niño, aunque las secciones sobre automóviles, cine y teatro, tecnología y música por lo general van dirigidas a los adultos, es posible que también atraigan a los niños.

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2. Revistas

Tal vez las revistas para niños y adolescentes parezcan un poco superficiales, pero si mantienen a los niños leyendo, los beneficios servirán para balancear la falta de un contenido más serio. Los niños se identifican fácilmente con el tono y los tópicos de las revistas y sus artículos mantienen su atención.

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3. Libros de recetas de cocina

Aún cuando a su niño le guste más comer fuera que cocinar, cocinar es una gran oportunidad para que los niños lean. Ofrézcales un libro de recetas de cocina y un paquetito de papelitos adhesivos para escribir notas y deje que escojan varias recetas que les gustaría probar en el verano. También pueden hacer la comida juntos, como una actividad familiar.

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4. Libros de Caricaturas

Los libros de caricaturas y las novelas gráficas se están volviendo más y más populares, sus ilustraciones y temas excéntricos mantienen el interés de los niños.

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5. Folletos

¿Van a ir de vacaciones? ¿O solamente desearían hacerlo? Cualquiera que sea su situación, consiga folletos sobre lugares para visitar, atracciones turísticas y parques de diversiones. Deje que sus niños lean los folletos y se entusiasmen con los eventos propuestos o un posible viaje de aventuras.

6. La letra de las canciones

Es muy raro encontrar a un niño a quien no le guste la música. Tal vez él o ella ya hayan encontrado la letra de las canciones en un CD, pero entusiásmelos para que lean la letra de las canciones mientras las cantan. Su niño también puede buscar la letra de canciones en la computadora y conocer las historias del autor relacionadas con lo que le sirvió de inspiración para escribir esas canciones.

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7. Instrucciones

Pídale a su hijo que lea las instrucciones para que lo ayude a armar o construir columpios en el jardín, inflar las piscinas y juguetes para la piscina y armar juegos y equipo deportivo. Las instrucciones ofrecen muy buenas oportunidades para leer y aprender. ¡Quién sabe, tal vez sus niños las entiendan mejor que usted!

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8. Las etiquetas de los productos y de la comida

Pídales a sus niños que lean la caja de cereal, la bolsa de papitas, la lata de la soda, el repelente contra mosquitos o cualquier cosa que se encuentre a su alcance. No les tomará mucho tiempo reconocer las palabras y siempre aprenderán más cuando se trata de algo que se ponen en el cuerpo o que se comen.

……..

9. Catálogos

Si su niño está explorando algo que le interesa particularmente, los catálogos son una gran opción. Desde el fútbol hasta los muebles del dormitorio, la ropa, etc., los catálogos tienen información sobre lo que llama tanto la atención de su hijo.

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10. Las etiquetas en los videos/DVDs

Cuando vaya a la tienda de alquiler de videos, en vez de escoger la película basándose en la figura que aparece en el paquete, sugiérales a sus hijos que escojan una película con base en la descripción de la trama que aparece en la caja.

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Read as a Family!

10 TIPS For Reading Aloud To Your Child

Reading to your child twenty minutes everyday helps your child become more successful in school. These tips will help you make story time a fun event for your family!

1

Choose a Place

Choose a special place in your house to read everyday.

2

Read Together

Have your child sit beside you and hold the book so your child can see the pictures.

3

Introduce the Author

Every time you begin a story, show your child the cover of the book and share the name of the author and the illustrator.

4

Read at a Paced Speed

Be sure not to read too slowly or rush through the book. Pace your reading.

5

Change Your Voice

Change your voice to deeper and higher tones to fit what is going on in the story. Try various voices for different characters.

6

Talk About Pictures

Discuss the pictures in the story with your child as you read. Ask your child what they think is happening in the illustration.

7

Ask Questions

Ask your child open-ended or predictive questions about the story such as, "What do you think will happen next?"

8

Build New Vocabulary

Use pictures in the books to help explain what a word means and introduce new vocabulary to your child.

9

Draw a Picture

After reading the story, you can continue the story sharing experience by having your child draw a picture about the story.

10

Have Fun!

Reading should be a fun experience. Be sure to laugh along with your child as you experience the magical joy of reading together.

10 IDEAS prácticas para leerle a sus hijo/as en voz alta

El leerle a su hijo/a 20 minutos cada día le ayudará a tener más éxito en la escuela. Estas ideas prácticas le ayudarán a hacer la hora de lectura divertida para toda la familia.

1. **Escoger un lugar**
Escoja un lugar en su casa para leer diariamente.

2. **Leer juntos**
Siente a su hijo/a a su lado y ponga el libro de tal forma que pueda ver los dibujos.

3. **Introduzca al autor**
Cada vez que comience a leer un cuento, muéstrele a su hijo/a la portada del libro y mencione el nombre del autor y del ilustrador.

4. **Lea pausadamente**
Ponga atención de no leer muy lento o muy de prisa. Lea a buen ritmo.

5. **Cambie su tono de voz**
Cambie su tono de voz según lo que pase en el cuento. Use diferentes tonos para cada personajes.

6. **Hable acerca de las fotos o dibujos**
Converse con su hijo/a acerca de las fotos o dibujos. Pregúntele a su hijo qué piensa que está ocurriendo en la ilustración.

7. **Haga preguntas**
Haga preguntas de respuestas abiertas o predictivas acerca del cuento o historia, como por ejemplo "¿Qué crees que pasará después?"

8. **Aprenda vocabulario nuevo**
Use las ilustraciones en el libro para que le ayuden a explicar el significado de las palabras y para aumentar el nuevo vocabulario de su hijo/a.

9. **Haga dibujos**
Después de leer libro, invite a su hijo/a que haga un dibujo acerca de la historia.

10. **Diviértanse**
Leer debe ser una actividad divertida. Disfrute y ría con su hijo al experimentar la alegría mágica de leer juntos.

Make book time fun and educational for children with attention deficit hyperactivity disorder (ADHD)

Helping your child love books

You'll find sharing books together is a great way to bond with your son or daughter and help your child's development at the same time. **Give your child a great gift that will last for life—the love of books.**

Some parents suspect ADHD early on when their toddler is far more active than other children his age. Yet, the disorder often becomes more obvious when the child enters school. Often the child with ADHD may act on impulse and may have trouble following directions or sitting still. How do you know if your child is just very active or has ADHD? It is best to get an evaluation from a trained health professional.

If your child has ADHD, paying attention for long periods of time can be a challenge. So, meet the challenge head-on—make reading time fun time for you and your child. First, pick a quiet spot away from TV, radio, and video game noise. Read for short periods at a time and put the book away if your child loses interest. Pick up the book later and read for another short time period.

Although ADHD is diagnosed later in childhood, adding reading to your child's daily routine is very beneficial. Reading time can help your highly energetic child get ready for naps and bedtime. And remember—reading together for 10 minutes in the morning is a nice way to get the day started on a positive note.

Tips for reading with your infant or toddler

Try reading for a few minutes at a time at first. Then build up the time you read together. **Your child will soon see reading time as fun time!**

Check off the things you can try:

- ☐ Buy books or borrow books from the library. Sing along with the book to hold your baby's interest. Your baby doesn't care if you can sing on key!
- ☐ Read aloud. Talk about the pictures and read the text. Help your toddler point to objects you name in the book. Ask questions about the story as a way to hold your child's interest.
- ☐ Break up short periods of reading time with play time to give your toddler a chance to move about.
- ☐ Continue to read for a few more minutes even if your child squirms off your lap. He may still be listening to the story even though he is playing near you.

Some suggested books for your infant

- ***Goodnight Moon*** by Margaret Wise Brown
- Books by Rosemary Wells such as ***Itsy Bitsy Spider*** or ***Twinkle, Twinkle Little Star***

Make book time fun and educational for children with attention deficit hyperactivity disorder (ADHD)

Some suggested books for your toddler

- Books by Annie Kubler such as ***If You're Happy and You Know It***, ***Ring Around the Rosie***, or ***Row, Row, Row Your Boat***

Helping your preschooler or school-age child love books

Remember, when you read to your child often and combine reading time with cuddle and play time, your child will link books with fun times together.

Check off the things you can try:

- ☐ Turn off the TV and radio and find a quiet spot to read without distraction.
- ☐ Choose books that interest your child, such as books on animals or sports.
- ☐ Read aloud and talk about the pictures. Allow your child to pick books too, and ask your child to read aloud.
- ☐ **Praise your child's efforts at reading!**

Some suggested books for your preschooler or school-age child

- ***Adventures of Taxi Dog*** by Debra Barracca
- ***Maybe A Bear Ate It*** by Robie Harris
- ***The Day the Teacher Went Bananas*** by James Howe

How children can learn more about ADHD

Get these books:

- ***All Dogs Have ADHD*** by Kathy Hoopmann (Ages 4–9)
- ***My Friend Has ADHD*** by Kristin Sorra (Ages 4–10)
- ***Joey Pigza Swallowed the Key*** by Jack Gantos (Ages 9–12)

How parents can learn more about ADHD

Read these books:

- ***Parent Therapy: A Relational Alternative to Working with Children*** by Linda Jacobs and Carol Wachs
- ***Parenting Children with ADHD: 10 Lessons that Medicine Cannot Teach*** by Vincent J. Monastra, PhD.
- ***The ADD & ADHD Answer Book: Professional Answers to 275 of the Top Questions Parents Ask*** by Susan Ashley

Contact these groups for more information:

- Centers for Disease Control and Prevention—(800) CDC-INFO or **www.cdc.gov/actearly**
- CHADD National Resource Center—(800) 233-4050 or **www.help4adhd.org**
- Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD)—(800) 233-4050 or **www.chadd.org**
- National Dissemination Center for Children with Disabilities—(800) 695-0285 or **www.nichcy.org**

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CVS CAREMARK all kids can
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Make book time fun and educational for children with autism spectrum disorder (ASD)

Helping your child love books

You'll find sharing books together can be a good way to connect with your son or daughter. Reading also helps your child's language development and listening skills. As you know, having ASD impacts the way your child reacts to situations and people and how she looks at the world around her.

Children with ASD often have trouble making eye contact and sharing their thoughts with words or gestures. Some children have a very short attention span when being read to or when reading. Try reading for short periods of time, pointing and naming objects as you read. Other children with ASD may read very early and show intense interest in certain subjects and want to read everything they can on that topic. **Whether your child has mild or severe ASD, making reading a fun activity can help your child's learning and social skills.**

If your child likes routine in her day, try reading her favorite book to help move her from one task to another. For example, reading can set the stage for nap time and bedtime. Work with your child's behavior and/or occupational therapist to learn how reading can help with social skills, new activities, and transitions.

Tips for reading with your infant or toddler

Each time you read to your child, you are helping her brain to develop. Reading aloud to your child allows her to hear your voice and listen to spoken words. Your child is also more likely to ask questions and learn about the world around her. **So—you've planted the seed to reading that will stay with your child throughout her life.**

Try reading for a few minutes at a time at first. Then build up the time you read together. Your child will see reading time as both fun time and learning time!

Check off the things you can try:

- ☐ Borrow books from the library that have photos and drawings of babies and people's faces. This can help your child recognize emotions.
- ☐ Read the same story again and again. The repetition will help her learn language.
- ☐ Read aloud. Talk about the pictures and read the text.
- ☐ Find books that have lots of repetition of phrases. Also find books with rhymes. Softly clap your hands and help your baby clap along to the rhythm.
- ☐ Find books that have buttons your child can press that have sounds.

Some suggested books for your infant

- ***Babies*** by Susan Canizares
- ***Global Babies*** by Mara Ajmera
- ***Smile!*** by Roberta Grobel Intrater

Some suggested books for your toddler

- ***Lots of Feeling*** by Shelley Rotner
- Books by Susan Canizares such as ***Babies on the Move*** and ***Feelings***

Make book time fun and educational for children with autism spectrum disorder (ASD)

Helping your preschooler or school-age child love books

Remember, when you read to your child often and combine reading time with cuddle and play time, your child will link books with fun times together.

Check off the things you can try:

- ☐ Sit on the floor next to your child.
- ☐ Read aloud. Talk about the pictures and read the text.
- ☐ Find books on topics that interest your child, such as books on animals or sports.
- ☐ Find books that have buttons to press that make sounds. Borrow library audio books that your child can start or stop by pressing a button.

Some suggested books for your preschooler or school-age child

- Books by Simms Taback such as ***There Was an Old Lady Who Swallowed a Fly*** and ***This is the House that Jack Built***
- ***Lyle Lyle Crocodile*** by Bernard Waber

How children can learn more about autism spectrum disorder

Get these books:

- ***My Friend Has Autism*** by Amanda Tourville (Ages 5–10)
- ***My Brother Charlie*** by Holly Robinson Peete (Ages 4–8)
- ***Autism and Me*** by Ouisie Shapiro (Ages 5–12)
- ***Ian's Walk*** by Laurie Lears (Ages 4–8)

How parents can learn more about autism spectrum disorder

Read these books:

- ***A Practical Guide to Autism: What Every Parent, Family Member, and Teacher Needs to Know*** by Fred Volkmar and Lisa Wiesner
- ***Does My Child Have Autism: A Parent's Guide to Early Detection and Intervention in Autism Spectrum Disorders*** by Wendy Stone
- ***Writing Social Stories with Carol Gray*** (Book and DVD)

Contact these groups for more information:

- Autism Society of America—(800) 328-8476 or **www.autism-society.org**
- Autism Speaks—**www.autismspeaks.org**. Ask for ***First 100 Days and the Newly Diagnosed Families/School Community*** toolkits.
- Centers for Disease Control and Prevention—**www.cdc.gov/ncbddd/actearly**. Look for the ***Learn the Signs. Act Early.*** program.
- Easter Seals: Act for Autism—**www.easterseals.com**
- First Signs—**www.firstsigns.org**
- National Institute of Neurological Disorders and Stroke Autism Fact Sheet—**www.ninds.nih.gov/disorders/autism/detail_autism.htm**

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Make book time fun and educational for children with intellectual disabilities

Helping your child love books

You'll find sharing books together is a great way to bond with your son or daughter and help your child's development at the same time. **Give your child a great gift that will last for life—the love of books.**

Like all children, your child will learn and develop, yet she will likely develop more slowly than other children her age. Reading aloud and talking about the story and the pictures will help your child improve her vocabulary and help teach grammar. When your child reads to you or names objects on the page, she will get added practice to improve her memory and her spoken language skills. As your child grows, talk to her occupational therapist and teachers about ways reading and word-matching games can help improve her reading skills.

If your child is not yet sitting up by herself, prop her up and make sure her seat offers good support. Sit near her as you read. Your baby or young child may not always respond to you at first. As you read, talk to her about the pictures. It is important that you respond to your baby's gurgles and other sounds. This lets your child know that through reading together, you are communicating.

Tips for reading with your infant or toddler

Each time you read to your child, you are helping her brain to develop. Reading to your child helps her understand that there are words and pictures on the page. **So—you've planted the seed to reading that will stay with your child throughout her life.**

Try reading for a few minutes at a time at first. Then build up the time you read together. Your child will soon see reading time as fun time and learning time!

Check off the things you can try:

- ☐ Buy books or borrow books from the library that have thick, sturdy pages.
- ☐ Find books that have rhymes. Clap your hands and help your baby clap along to the rhythm of the words.
- ☐ Find books that teach everyday things, such as colors, shapes, numbers, and letters.
- ☐ Read aloud. Talk about the pictures and read the text. Help your toddler point to objects you name in the book.

Some suggested books for your infant

- ***I Can, Can You?*** by Marjorie W. Pitzer
- Books by Laura Ronay, such as ***Kids Like Me...Learn ABC*** or ***Kids Like Me...Learn Colors***
- Books by Rena D. Grossman, such as ***Families*** or ***Eating the Rainbow***

Some suggested books for your toddler

- ***Dr. Seuss's ABC***
- ***Feelings*** by Susan Canizares
- ***The Feelings Book*** by Todd Parr
- ***Hugs and Kisses*** by Roberta Grobel Intrater
- Books by Eric Carle, such as ***My Very First Book of Colors***, ***My Very First Book of Numbers***, ***My Very First Book of Shapes***, or ***Eric Carle's ABC***

Helping your preschooler or school-age child love books

Remember, when you read to your child often and combine reading time with cuddle and play time, your child will link books with fun times together.

Check off the things you can try:

- ☐ Borrow books from the library on topics that can strengthen your child's daily living skills, such as books about bedtime or going to the dentist. Also, pick books about things your child enjoys, such as animals.
- ☐ Read aloud and talk about the pictures. Ask your child to name objects or read aloud.
- ☐ **Praise your child's efforts at reading!**
- ☐ Find books that have buttons to press that make sounds, and buy audio books.

Some suggested books for your preschooler or school-age child

- ***At the Seashore*** by Ruth Koeppel
- ***Poke-A-Dot Old MacDonald's Farm*** by Travis King
- ***Sounds on the Go!*** By Gail Donovan

How children can learn more about intellectual disabilities

- ***Hi, I'm Ben and...I've Got a Secret*** by Julie A. Bouwkamp (Ages 3–8)
- ***My Friend Isabelle*** by Eliza Woloson (Ages 4–8)
- ***Susan Laughs*** by Jeanne Willis (Ages 4–8)

How parents can learn more about intellectual disabilities

Read these books:

- ***Babies with Down Syndrome: A New Parent's Guide*** edited by Susan Skallerup
- ***Children with Mental Retardation: A Parents' Guide*** edited by Romayne Smith
- ***Early Communication Skills for Children with Down Syndrome: A Guide for Parents and Professionals*** by Libby Kumin, Ph.D.

Contact these groups for more information:

- American Association on Intellectual and Developmental Disabilities—(800) 424-3688 or **www.aaidd.org**
- The ARC (formerly the Association for Retarded Citizens)—(800) 433-5255 or **www.thearc.org**
- Centers for Disease Control and Prevention—(800) CDC-INFO or **www.cdc.gov/actearly**
- Easter Seals—(800) 221-6827 or **www.easterseals.com**
- National Dissemination Center for Children with Disabilities—(800)695-0285 or **www.nichcy.org**
- National Down Syndrome Society—(800) 221-4602 or **www.ndss.org**

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Make book time fun and educational for children with speech and language problems

Helping your child love books

You'll find sharing books together is a great way to bond with your son or daughter and help your child's development at the same time. **Give your child a great gift that will last for life—the love of books.**

Children with speech and language problems may have trouble sharing their thoughts with words or gestures. They may also have a hard time saying words clearly and understanding spoken or written language. Reading to your child and having her name objects in a book or read aloud to you can strengthen her speech and language skills.

Tips for reading with your infant or toddler

Each time you read to your child, you are helping her brain to develop. So read to your child every day. Choose books that you think your child will enjoy and will be fun for you to read.

Since younger children have short attention spans, try reading for a few minutes at a time at first. Then build up the time you read together. **Your child will soon see reading time as fun time!**

Check off the things you can try:

- ☐ Read the same story again and again. The repetition will help her learn language.
- ☐ Choose books with rhymes or songs. Clap along to the rhythm and help your child clap along. As your child develops, ask her to fill in words. ("Twinkle twinkle little star. How I wonder what you _____.")
- ☐ Point to pictures and talk about them. ("Look at the silly monkey!") You can also ask your child to point to certain pictures. ("Where's the cat?")
- ☐ Talk about events in your child's life that relate to the story. ("That bear has blue pajamas just like you do!")
- ☐ Ask your child questions about the story. ("Is that bunny hiding?") As your child develops, ask more complex questions. ("What do you think will happen next?")

Some suggested books for your infant or toddler

- ***Mother Goose*** Rhymes or ***Dr. Seuss*** books with their rhyming stories
- ***Each Peach Pear Plum*** by Allan and Janet Ahlberg
- ***Chicka Chicka Boom Boom*** by Bill Martin, Jr.

Make book time fun and educational for children with speech and language problems

Helping your preschooler or school-age child love books

When you read to your child often and combine reading time with cuddle and play time, your child will link books with fun times together. So continue to read to your child every day. Choose books that are on your child's language level and that your child likes.

Check off the things you can try:

- ☐ Discuss the story with your child. ("Why do you think the monkey stole the key?")
- ☐ Help your child become aware of letter sounds. (While pointing to a picture of a snake, ask: "What sound does a snake make?") As your child develops, ask more complex questions. (While pointing to a picture of a ball, ask: "What sound does 'ball' start with?")
- ☐ Play sound games with your child. List words that rhyme ("ball," "tall") or start with the same sound ("mommy," "mix").

Some suggested books for your preschooler or school-age child

Funny or silly books are a good choice for this age group. Some titles include:

- ***Does a Chimp Wear Clothes?*** by Fred Ehrlich, M.D.
- ***Hippos Go Beserk!*** by Sandra Boynton
- ***Mr. Brown Can Moo! Can You?*** by Dr. Seuss

How children can learn more about speech and language problems

Get these books:

- ***Let's Talk About Stuttering*** by Susan Kent (Ages 4–8)
- ***Coping with Stuttering*** by Melanie Ann Apel (Ages 9–12)

How parents can learn more about speech and language problems

Read these books:

- ***Childhood Speech, Language, and Listening Problems*** by Patricia Hamaguchi
- ***Does My Child Have a Speech Problem?*** by Katherine Martin
- ***The New Language of Toys: Teaching Communication Skills to Children with Special Needs: A Guide for Parents and Teachers*** by Sue Schwartz and Joan Miller
- ***The Parent's Guide to Speech and Language Problems*** by Debbie Feit and Heidi Feldman

Contact these groups for more information:

- American Speech-Language-Hearing Association—(800) 638-8255 or **www.asha.org**
- Apraxia–KIDS (The Childhood Apraxia of Speech Association)—**www.apraxia-kids.org**
- Speechville Express—**www.speechville.com**

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Includes access to all 35 Recreation Centers and 12 indoor pools

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NYC Parks Recreation Center Bronx Locations:

Hunts Point Rec. Center (Hunts Point)
765 Manida Street 10474

Owen Dolen Rec.Center (Westchester Sq)
2551 Westchester Square 10461

St. James Recreation Center (Fordham)
2530 Jerome Avenue 10468

St. Mary's Rec. Center (Mott Haven)
450 St. Ann's Avenue 10455

West Bronx Rec. Center (Highbridge)
1527 Jessup Avenue 10452

Williamsbridge Oval Rec. Center (Moshulu Pkwy)
3225 Reservoir East, 10467

For more information, visit nyc.gov/parks or call 311

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ARTHUR ASHE EDUCATIONAL GUIDANCE PROGRAM

NYJTL nurtures young peoples' dreams through tennis and education with unique programs that offer learning for all. Every NYJTL youth tennis player has the chance to access any and all learning opportunities in the Arthur Ashe Educational Guidance Program.

	PROGRAM DESCRIPTION	UNIQUE QUALITIES
ACES COMPREHENSIVE AFTER SCHOOL PROGRAM	Daily, weekend, and summer after school programs in over 30 public schools providing recreation and health curriculum, to improve students' life skills, competencies, attitudes, behaviors, and school performance.	Curriculum Framework: Tennis, Character Development, Healthy Living, Academics, and Multidisciplinary Enrichment College and Career Preparation
COMMUNITY TENNIS PROGRAM	Free tennis throughout New York City, serving children ages 5-18 year-round who play at any level.	Summer Reading Clubs Healthy Living Learning
ADVANCED TRAINING PROGRAM	Designed to guide intermediate players ages 6-18 as they develop the necessary skills to improve technique, footwork patterns, shot selection, and point construction.	College and Career Preparation Camp Eastern
SCHOOL TIME TENNIS PROGRAM	Provides NYC schools with the opportunity to include tennis in their physical education programs. NYJTL Tennis Pros equip PE teachers with the materials, knowledge, and ongoing support to teach students tennis. Any NYC school is qualified for this free training.	Adult Education/Ongoing Professional Development
IN ALL PROGRAMS	Summer literacy, admission and financial aid counseling, college and career readiness, Arthur Ashe Essay Contest, Mayors Cup, Arthur Ashe Kids Day during the US Open, tournaments, scholarships, and access to the Cary Leeds Center for Tennis & Learning.	

Free Community Tennis Programs

Your child can learn to play tennis for free! NYJTL's Community Tennis Program is for children and youth who are:

- Between the ages of 5 and 18
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Racquets and balls are available for children to use during program hours. The only thing participants need to bring is their own water bottle and tennis sneakers.

Tennis opportunities are available every season. Please note, District 75 (special needs) students have their own adaptive tennis program once a week at many Community Tennis locations.

For all NYJTL Community Tennis Programs, registration is OPEN. Players can come and register at any time during the season. Registration can be done in person ONLY during the program's hours of operation. No online registrations. A reminder that this is not an application, it is a registration. No one will be rejected or put on a waiting list. Attendance on any given day is optional.

Any questions?
Contact Scott Daly at tc@nyjtl.org or call 347-417-8177
Cary Leeds Center for Tennis & Learning
1720 Crotona Avenue
Bronx, New York 10457
Phone: 718--247-7420

Use Your EBT Card at a Farmers' Market

Bronx Farmers' Markets

1 **Bissel Gardens Farmers' Market**
Baychester Ave & E 241st St
• Wednesday (9am - 5pm)
& Saturday (9am - 6pm)

2 **Bronx Borough Hall Greenmarket**
Grand Concourse bet 161st & 162nd Sts
• Tuesday (8am - 4pm)

3 **Friends of Van Cortlandt Park Youth Farmstand**
Orloff Ave & Gale Pl at Train Park
• Wednesday (3pm - 7pm)

4 **Harvest Home Co-op City Farmers' Market**
Asch Loop & Aldrich St
• Wednesday (8am - 4pm)

5 **Harvest Home Forest Avenue Farmers' Market (July-Aug only)**
Forest Ave bet
Westchester Ave & 156th St
• Wednesday (8am - 4pm)

6 **Harvest Home Hunts Point Farmers' Market**
E 163rd St & Hunts Point Ave
at Monsignor Del Valle Sq
• Wednesday (8am - 4pm)

7 **Harvest Home Jacobi Hospital Farmers' Market**
1400 Pelham Pkwy at Eastchester Rd
• Tuesday & Friday (8am - 4pm)

8 **Harvest Home Mt. Eden Farmers' Market**
Mt. Eden & Morris Aves
at Claremont Park
• Tuesday & Thursday (8am - 4pm)

9 **Harvest Home North Central Bronx Farmers' Market**
Mosholu Pkwy & Jerome Ave
• Wednesday (8am - 4pm)

10 **Harvest Home Soundview Farmers' Market**
Morrison Ave & Harrod Pl
• Saturday (8am - 4pm)

11 **Harvest Home St Mary's Park Farmers' Market**
149th St & St. Ann's Ave
at St. Mary's Park
• Thursday (8am - 4pm)

12 **Harvest Home Sunday Farmers' Market**
165th St & Grand Concourse
at Bronx Museum
• Sunday (8am - 4pm)

13 **Hostos Community College Greenmarket**
149th St & Grand Concourse
• Tuesday (8am - 4pm)

14 **Kingsbridge-Riverdale Farmers' Market**
W 231st St & Kingsbridge Ave
• Sunday (9am - 5pm)

15 **La Familia Verde Farmers' Market**
E Tremont Ave bet LaFontaine
& Arthur Aves
• Tuesday (8am - 2pm)

16 **Learn It, Grow It, Eat It Youthmarket**
169th St & Boston Rd at McKinley Sq
• Wednesday (10am - 3:00pm)

17 **Lincoln Hospital Greenmarket**
149th St bet Park & Morris Aves
• Tuesday & Friday (8am - 3pm)

18 **Marble Hill Youthmarket**
225th St bet Broadway & Exterior St
• Thursday (1pm - 6pm)

19 **Mott Haven Farmers' Market**
139th St & St. Ann's Ave
at Padre Plaza Success Garden
• Tuesday (10am - 4pm)

20 **New York Botanical Gardens Greenmarket**
Kazimiroff Blvd bet Bedford Park
& Mosholu, inside Gate
• Wednesday (9am - 3pm)

21 **Norwood Youthmarket**
E Gun Hill Rd & Dekalb Ave
• Thursday (12pm - 7pm)

22 **Parkchester Greenmarket**
Westchester Ave & White Plains Rd
• Friday (8am - 4pm)

23 **Poe Park Greenmarket**
192nd St bet Grand Concourse
& Valentine Ave
• Tuesday (8am - 3pm)

24 **Project EATS Urbis Farm Market**
1385 E Gun Hill Rd at Knapp St
at NY Public Library
• Thursday (2:30pm - 6:30pm)

25 **Riverdale Y Sunday Farmers' Market (NO EBT)**
Independence Ave at
W 237th St at PS 141
• Sunday (9am - 2pm)

26 **Riverdale Youthmarket**
256th St & Mosholu Ave
• Thursday (2pm - 7pm)

27 **South Bronx Farmers' Market**
138th St bet Alexander
and Willis Aves
• Saturday (10am - 4pm)

28 **Taqwa Community Farmers' Market**
90 W 164th St
bet Ogden & Nelson Aves
• Saturday (8am - 4pm)

29 **Williamsbridge Square HERBan Farmers' Market**
White Plains Rd & E Gun Hill Rd
at Williamsbridge Square Park
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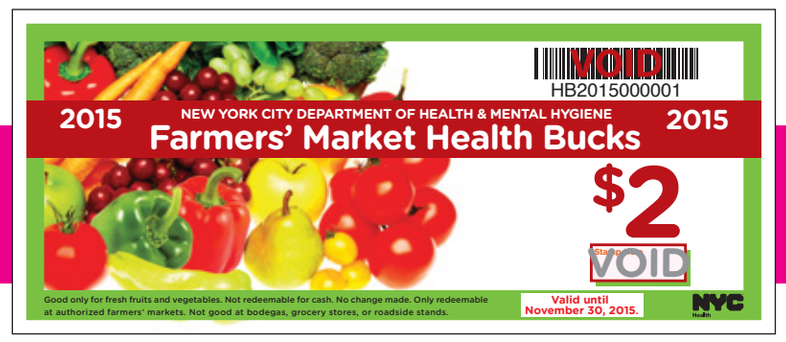

Farmers' markets are located in all 5 boroughs! Visit nyc.gov and search *farmers markets* for a complete list.

Scan this code to find a Farmers' Market in your neighborhood.

NYC | Department of Health & Mental Hygiene | Human Resources Administration Department of Social Services