

Parenting  
resources at the  
Kansas City Kansas  
Public Library

# Happy Kids



Summer 2007

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## Keep your kids safe online

A school bus driver, a former camp counselor, a retired fire fighter, and an Air Force mechanic.

These are just some of the people that have been caught trying to lure underage teenagers into sexual encounters through contact on the Internet. There have been hundreds more.

How do you know if your child is being stalked online? Here are some warning signs taken from a guide book prepared by the FBI based on actual case investigations:

- Does your child spend large amounts of time online?
- Have you found evidence that your child has been viewing porn?
- Has your child been receiving mysterious phone calls?



Talk openly with your child and warn them of the dangers involved. Review what is on their computer. Use Caller ID to find out who is calling. Move the computer from the bedroom to the family room.

Don't hesitate to contact your local or state law enforcement agency if you feel your child is in danger. For more on this subject, check out these books:

*Click, click, who's really there?*

*Internet safety : family guide*

*Look both ways : help protect your family on the Internet*

*MySpace safety : 51 tips for teens and parents*

*Protect your child on the internet : a parent's toolkit*

*To catch a predator: protecting your kids from online enemies already in your home*

*Totally wired : what teens and tweens are really doing online*



### Read all about it!

Reading could lead to a better job for your child.

A recent article in the Kansas City Star suggests that employers may one day ask job applicants if they read for pleasure.

"People who read are more likely to be patrons of the arts and other community efforts. They're more likely to volunteer. They're more likely to know things beyond their specialized career field.

And, they're more likely to have the knowledge and the communications skills needed in most workplaces."

## Kids and money

Are your kids smart about money?

If not, they're not alone. It's a national problem, according to John Schoen, Senior Business Producer for MSNBC.com.

"In the past several years, dozens of states have considered bills requiring some form of financial education in public schools."

So, how many states currently include financial education in their graduation requirements?

Just fourteen.

Meanwhile, according to a survey by the National Council on Economic Education, nearly half of American kids leave high school without the financial knowledge and skills they will need to compete and succeed in the world.



To help your kids become financially savvy, check out *Money Doesn't Grow on Trees: a Parent's Guide to Raising Financially Responsible Children.*

## Get the lead out

Do you have a child under 6 who lives in your home or visits your home more than 10 hours every week? If so, you may qualify for free assistance.

The Kansas Department of Health and Environment can assist you with free stabilization of surfaces containing lead-based paint in order to prevent lead poisoning in young children. A state-licensed risk assessor will determine the services needed to stabilize the lead-based paint in your property.

Types of work may include specialized cleaning, wet scraping and repainting, replacement, encapsulation, or enclosure. State-licensed lead abatement contractors will perform all work.

Your property may qualify if:

- You own and occupy a home in Wyandotte County that was built before 1978.

- Your household income is 80% of the area's median income.
- You have a child less than 6 years of age who lives in your home or visits your home more than 10 hours every week.

Rental property in Wyandotte County is also eligible if the property has no more than 4 apartments or housing units and all units are occupied or will be made available to families with a household income at or below 80% of the area's median income.

At least half of the units must be occupied by or made available to families with incomes at or below 50% of the area median. For at least 3 years following any lead hazard work on your rental property, you agree to give priority to families with a child under 6 years of age.



To learn if you are eligible to receive assistance through Project Lead-Safe KCK, call 913-262-0796 or apply online at [www.unleadedks.com](http://www.unleadedks.com). And, for more information on maintaining a kid safe home, check out these books:

*Making your home child-safe*

*Maintaining a lead safe home*

*Safe and secure : the loving parent's guide to child safety*

## Mixing business and babies

*I'm a new mom and today is my first day back at work. Is anyone else using this room?*

That was the note scribbled by IBM manager Cate Colburn-Smith on a paper towel in the employee lactation room. The response was immediate.

Soon the paper towel was replaced by a notebook, and then a series of notebooks that eventually became *The Milk Memos*.

**Andrea:** How do other moms do this day after day?  
**Cate:** Sister, I know what you're going through.

The new book by Colburn-Smith and co-author Andrea Serrette is subtitled "how real moms learned to mix business with babies—and how you can, too.

*The Milk Memos* is a timely book with a large potential audience. Sixty percent of married women with children under school age now work for pay, compared to less than 20 percent in 1960.

Just because more moms are working doesn't mean it's easy. And, the strain is showing.

In the past decade, the percent of working mothers who say full-time work is ideal dropped from 32 to 21, according to a new survey. Now, 60 percent say they'd rather work part-time, up from 48 percent in 1997.

But, working part-time (much less staying at home) isn't always an option. To find out how other moms manage business and babies, check out *The Milk Memos*.

## Bringing up baby

Got a new bundle of joy? Better get a savings plan to go along with it.

The new government estimate is that it will cost you around \$279,000 to raise your child to age 17. That works out to around \$16,000 per year.

But, that's just for the basics. Add in extras like athletic or artistic pursuits, private schools or special needs, and you're likely to have a much bigger bill.

Thank goodness for bargains. To get all the best buys you can, check out these books:

*Baby bargains : secrets to saving 20% to 50% on baby furniture, gear, clothes, toys, maternity wear and much, much more!*

*Toddler bargains : secrets to saving 20% to 50% on toddler furniture, clothing, shoes, travel, gear, toys and more!*



## Keep love alive

You promised to love, honor and cherish, and you really meant it. But, is it getting harder and harder to keep your word?

A troubled relationship can affect more than you and your spouse. It can spill over and adversely affect the happiness of your children.

But, help is available.

Marriage for Keeps is a free marriage strengthening skills program for married couples interested in building or keeping a healthy relationship.

The program will help you increase trust and commitment to each other, respect each other's differences, and work together on your shared hopes and dreams for your future together with your children.

The Marriage for Keeps program is not only free of charge, it also offers participants free meals and other incentives. New groups form monthly.

Contact Catholic Charities at (913)621-5255 x184 for more information. And, check out these books on mending or strengthening relationships:

*Commitment chronicles: the power of staying together*

*The new rules of marriage: what you need to know to make love work*

*Reconcilable differences : 7 essential tips to remaining together from a top matrimonial lawyer*

*Why can't you read my mind?: overcoming the 9 toxic thought patterns that get in the way of a loving relationship*



*Why talking is not enough: 8 loving actions that will transform your marriage*

*You don't have to take it anymore: turn your resentful, angry, or emotionally abusive relationship into a compassionate, loving one*

## The importance of play

Here's how it works.

Even before you're born, some of your brain cells are already hard-wired to other cells. These connections control your heartbeat, your breathing, your reflexes and other functions essential to your survival.

But the rest of your brain is a different story. The rest of your brain is up for

**"Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood." -Mr. Rogers**

grabs, just sitting there at birth waiting to be hooked up.

When do these hookups occur?

Although different parts of the brain develop at different rates, studies have shown that the most hookups occur from birth to age ten. During that time, the brain triples in weight to nearly adult size.

And, how do these hookups occur?

That's the fun part. Brain cells hook up through a child's early exploration of their environment and interactive play.

To give your child's head a head start, check out these new books:

*365 activities you and your toddler will love : fun ideas for your toddler's growing mind!*

*Brain games for babies, toddlers & twos*

*Toddler play : 100 fun-filled activities to maximize your toddler's potential*

## Tumble into a good book

Want something new to tickle your child's fancy? Try a TumbleBook.

TumbleBooks are an online collection of animated, talking picture books that teach kids the joy of reading in a format they'll love. TumbleBooks take existing picture books and add animation, sound, music and narration to produce an electronic picture book.

TumbleBooks are available in English, Spanish and French, and also include reading comprehension quizzes, educational games, and teacher resources.

The TumbleBook Library collection can be accessed on-line at the library or,



with your KCK Public Library card, from your home, school or office. Just go to [www.kckpl.lib.ks.us](http://www.kckpl.lib.ks.us), click on "kids" and select "online databases."

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## New Books for Parents

- About.com guide to having a baby : important information, advice and support for your pregnancy
- The Connected child : bring hope and healing to your adoptive family
- Connection parenting : parenting through connection instead of coercion, through love instead of fear
- Nurture the nature : understanding and supporting your child's unique core personality
- Organic baby : simple steps for healthy living
- Parenting your out-of-control child : an effective, easy-to-use program for teaching self-control
- Positive discipline A-Z : 1001 solutions to everyday parenting problems
- Positive discipline for preschoolers : raising children who are responsible, respectful and resourceful
- Slow and steady parenting : active child-raising for the long haul (birth to age 3)
- Step-parenting 101
- Taming the spirited child : strategies for parenting challenging children without breaking their spirits
- What the other mothers know : a practical guide to child rearing told in a really nice, funny way that won't make you feel like a complete idiot the way all those other parenting books do

Happy Kids is produced by Terri Cline, Community Services Librarian at the Main Library, (913) 279-2064.

## Homework help is here!

If your child struggles with homework, take heart. Help is here in the form of HomeworkKansas.

HomeworkKansas is a new after-school online tutoring service at the Kansas City, Kansas Public Library for students in 4th – 12th grades and students taking college introductory level courses.

Students can connect to online tutors seven days a week, from 4:00 p.m. to 11:00 p.m. The service is available in Spanish, Sunday through Thursday, from 4:00 p.m. to 9:00 p.m.

Help is available in the following subjects:

- Math: elementary, algebra I, algebra II, geometry, trigonometry and calculus
- Science: elementary, earth science, biology, chemistry, physics
- Social studies: American History, World History, Political Science and more
- English: spelling, grammar, book reports, essay writing and more

HomeworkKansas features expert tutors from across the country. Students connect to tutors for one-to-one homework help sessions in an Online Classroom. The service is free for all Kansas students and is available from all public access computers at the Kansas City, Kansas Public Library.

Students also have access to HomeworkKansas from home with their KCK Public Library card or with a Kansas Library Card at [www.homeworkkansas.org](http://www.homeworkkansas.org).

Tutors are certified teachers, university professors, graduate school students, students at accredited colleges, and professionals who are experts in their fields.

All of the Live Homework Help tutors have received a third party background check and have been certified through the Tutor.com Training Program.



Tutor.com live homework help service is offered at more than 1,300 library locations across the country. During the 2005/2006 school year students completed one million live homework sessions.

More than 90% of the students who filled out a post-session survey reported that the service was helping build their confidence, complete assignments and even improve their grades.