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Communicate Effectively With Your Child

In the current day and age everyone is constantly on the go, too busy for even the simplest tasks. Sometimes these “simple tasks” are categorized with talking and spending time with your children. When this occurs, communicating with your child becomes less of a priority and is not completed to the best of your ability. When this happens too often, your relationship with your child can begin to lose depth. If you are talking with your child, you might not be communicating: paying attention, listening, or showing interest. Making the extra effort to communicate may seem daunting at first, but using the following list of ways to effectively communicate with your child should ease those nerves and give you some ideas about building a better communicative relationship with your child.

Speaking: When you speak to your child, be concise and direct; reveal your intent of the conversation immediately. If you become too vague or break out into an extensive lecture your child may lose interest or misunderstand your point.

To encourage your child to pay attention, maintain eye contact and point your body towards theirs, as this shows your involvement and interest in the conversation. If your child is especially young, it may be helpful to bring them up to your level or bend down to theirs to ensure eye contact. This also helps create a direct connection between you and a sense of equality as you are both at similar levels.

Listening: Similar to speaking with your child, it is important that when listening, you show that you are doing so by maintaining eye contact and pointing your body towards theirs. Again, this shows your involvement and interest in the conversation, but also indicates that you are paying attention.

You can reiterate the idea that you are paying attention by making comments or asking questions relevant to what your child is saying. This also signals that you are showing interest in your child's life, further creating a sense of connectedness.

While these steps listed above are by no means the entirety of what you can do as a parent to communicate effectively with your child, they can provide ideas and examples to help you start communicating and forming a better relationship with your child.

Family Fun for Less

June 22 – Children’s Storytime

10-11a music and games and crafts will be included in the weekly storytime session at Indigo Bridge Books along with stories told in English and other languages.

June 26 – Friday Nights Live

Each Friday from 6:30-8:30p SouthPointe pavilions holds a concert featuring live music great for kids and delicious food.

June 27 – Farmers’ Market

Original crafts and fresh produce and baked goods are available for purchase at the Farmers’ Market featuring live music every Saturday from 8a-12p.



July 3 – First Friday Art Walk

On the first Friday of every month art galleries and businesses in downtown Lincoln showcase their newest exhibits. Opening times vary, but typically last from 5-10p.

July 3 – Pajama Night

Paint Yourself Silly is holding its monthly Pajama Night from 9p-12a where children

are invited to wear pajamas and paint for half price rates. Treats will be provided.



July 8 – Graphic Novel Book Club

Book Club at Indigo Bridge Books from 7-8:30p children and their parents are invited to meet up and discuss the current reading and other related topics.

Recipe of the Month

Nutella and Fruit Sandwiches

You will need: bread, Nutella, and cut up pieces of your favorite fruit

- 1) Spread Nutella onto two slices of bread
- 2) Top one slice of bread with pieces of your favorite fruit
hint: apples, raspberries, and bananas are GREAT choices
- 3) Place the second slice of bread on top to make a sandwich



Let's Talk About... Neglect

Child neglect is a serious issue. In all cases the act of neglecting is the inability to provide your child with their basic needs when you are financially able to do so. These needs can range anywhere from food and clothing to affection or medical attention. Because there are a variety of needs to be met for a child's well-being, the refusal to fulfill those needs can be classified as different types of neglect.

Physical neglect denies children their basic needs of proper food, clothing, and shelter. In some cases this form of neglect can involve lack of a parental presence in a child's life, discouraging proper child development.

Emotional neglect involves verbal abuse, lack of affection, or the failure to monitor a child's environment and ensure their safety, which can result in a child's damaged psychological health and esteem.

Medical neglect occurs when proper medical attention is not provided when the caregiver is financially able to do so, resulting in a child's poor health and in drastic cases critical condition.

Though this newsletter provides ways to avoid child neglect, it does not provide solutions for ALL types, and so it is important to know how you can help. If you know of a child who is neglected, please report it to your local child protective services agency.

This article used information from the American Humane Association website. Please visit americanhumane.org for more information.



YWCA Lincoln
2620 O Street
Lincoln NE 68510

Phone: 402-434-3494 ext. 103

E-mail: mary@ywcalincoln.org

Website: ywcalincoln.org

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Take A Break offers respite to any parent or guardian with children between the ages of six weeks to 10 years. The program facilitates opportunities for caregivers to recharge while their children are cared for in a safe, nurturing, and fun environment where children enjoy crafts, exercise, and games.

Families of all incomes qualify for the Take A Break program, but this service requires a sliding fee scale based upon the family's size and income.

Experienced staff and volunteers are CPR and First Aid certified, and trained to work with a range of behavior disorders and disabilities.

To register, or to learn more information, please contact Mary Shada at 402-434-3494 ext. 103.

Take A Break Upcoming Dates

Please make note that on the Fridays Respite childcare will be provided at Grace Lutheran Church on 2225 Washington Street.

June 19, 2015 6:30-8:30p

July 10, 2015 6:30-8:30p

August 7, 2015 6:30-8:30p

August 14, 2015 6:30-8:30p

September 4, 2015 6:30-8:30p

September 11, 2015 6:30-8:30p

October 9, 2015 6:30-8:30p

November 6, 2015 6:30-8:30p

November 13, 2015 6:30-8:30p

December 4, 2015 6:30-8:30p

December 11, 2015 6:30-8:30p



Please call 402-434-3494 ext. 103 to register your child no sooner than the Monday before and no later than the Thursday before the scheduled Friday. If you need to cancel your registration, call 402-310-6961 the Monday before the session.