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May, June, July

Editor & Publisher, Sharon Lowe

History of Father's Day In the United States

Sonora Dodd, of Washington, was one of the first people who had the idea of a "father's day." She thought of the idea for Father's Day while listening to a Mother's Day sermon in 1909.

Sonora wanted a special day to honor her father, William Smart. Smart, who was a Civil War veteran, was widowed when his wife died while giving birth to their sixth child. Mr. Smart was left to raise the newborn and his other five children by himself on a rural farm in eastern Washington state.

After Sonora became an adult she realized the selflessness her father had shown in raising his children as a single parent. It was her father that made all the parental sacrifices

and was, in the eyes of his daughter, a courageous, selfless, and loving man. Sonora's father was born in June, so she chose to hold the first Father's Day celebration in Spokane, Washington on the 19th of June, 1910.

Even before Dodd, however, the idea of observing a day in honor of fathers was promoted. Dr. Robert Webb conducted what is believed as the first Father's Day service at the Central Church of Fairmont, West Virginia in 1908. It was Dodd's efforts, however, that eventually led to a national observance.

President Calvin Coolidge, in 1924, supported the idea of a national Father's Day. Then in 1966 President Lyndon Johnson signed a presidential proclama-

tion declaring the 3rd Sunday of June as Father's Day.



For more information contact this website:

<http://wilstar.net/holidays/fathers.htm#HISTORY>



Special Gift Ideas for DAD



1. Fix your dad a delicious home cooked meal in less than 20 minutes by visiting Father's Day Recipes at [MinuteMeals.com](http://www.minutemeals.com)
<http://www.minutemeals.com/pages/fathersday/cover.htm>
2. Print out a coupon for your dad (such as a coupon that's good for one vehicle cleaning or one day of fishing).
3. Create a World's Greatest Dad certificate
4. Make Dad a special craft, like a Dad's Survival Kit, Dad's Trophy, or a Business Card Holder.
<http://kidexchange.miningco.com/kids/kidexchange/library/bladday.htm>



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Special points of interest:

- *May is National Mental Health Month*
- *June 20, 2004 is Father's Day*
- *June is National Safety Month*
- *July 4, Independence Day*





HOME ALONE? PLAYING ALONE?

Tips to help parents decide when a child is ready:

Mary Hodgkins, Family Advocacy Officer

Children love summer for many reasons. Life is more relaxed, more fun. It's also a time when some children ask parents if they can play or stay at home without parental supervision.

To help parents make these difficult decisions the following guidelines are approved by the 78 Air Base Wing Commander. These are the same guidelines used by the Department of Family and Children's Services and Family Advocacy Program when they are asked to evaluate situations.

1. Children 0-4 should not be left alone.

2. Children 5-8 may walk to school, Youth Center (see more specific guidance below). They can play outside if an adult can see/hear them and checks on them frequently.

3. Children 9-12 may be left alone for a short time if they are responsible and capable.

4. Children 13 and older may be left in charge of a younger child.

A child who demonstrates these traits consistently is probably capable of self-care.

1. Completes chores.
2. Follows directions.
3. Tells problems to parents.
4. Uses good judgment.
5. Knows how to contact and respond to emergencies like fire, poison, and injuries.

6. Knows personal safety including handling phone calls, strangers at the door, sexual assault safety.

7. Knows what is expected from parents/house rules.

8. Wants to be alone.

When in doubt about leaving a child or children alone- don't. It's always better to be safe than sorry. If you have children that don't get along, even if they are older, it is a wise idea for an adult to be in charge or other arrangements to be made.



If you have any questions or if you see a situation in which children seem to be at risk, contact the Family Advocacy Office at 327-8398.

Please refer to the Home Alone guideline on the Family Advocacy web page.

Summer Water Safety with Kids

Water Safety Tips for Children

According to SAFE KIDS of East Central Georgia, drowning is the second leading cause of unintentional injury-related death in children under the age of 14. More than half of all child drownings happen in a home pool. But water safety should be observed during all water-related activities, including boating, fishing and swimming.

Drowning is a quick and silent killer, but it is also very preventable. SAFE KIDS and the Children's Medical Center are dedicated to preventing unintentional injury in children and encourage parents to be aware of the dangers and to teach children these water safety tips:

- ⇒ Never enter the water without getting permission first.
- ⇒ Never swim alone - encourage children to always swim with a buddy.
- ⇒ Always wear an approved life jacket or personal safety device during all water sports and when you are around rivers, lakes and oceans - even if you

know how to swim.

- ⇒ Do not rely on an inner tube or air raft to keep you afloat.
- ⇒ Never jump or dive into water that is less than nine feet deep or unknown water.
- ⇒ Learn how to swim by taking local swimming lessons.
- ⇒ Know where the nearest phone is located, and dial 911 for an emergency.



When most people think of drowning, they imagine the rough ocean waves taking a person under or someone drowning at a crowded public pool. But buckets, toilet basins, puddles and even the washing machine can lead to unintentional drowning, especially in young children. All standing water poses a threat to children. It takes only one inch of water to drown.

SAFE KIDS and the Children's Medical Center suggest the following water safety tips to keep children safe from less obvious drowning hazards:

- ⇒ Keep toilet lids down, and invest in a lid latch for the toilet seat. These are inexpensive items that provide needed protection.
- ⇒ Children in baby bath seats and rings must be watched every second.
- ⇒ Keep doors to bathrooms and laundry rooms closed.
- ⇒ Take a infant and child CPR class

The MCG Children's Medical Center is the lead organization for SAFE KIDS of East

Central Georgia. Children Medical Center

Medical College of Georgia Health

System, Augusta, GA (721--KIDS-5437)

<http://www.mcghealth.org/cmc/>



What's Going On ?



Passport to Parenthood-For All Expectant Parents

June 1 2003 9:00a.m.-11:00a.m.
July 13 2003 9:00 a.m.-11:00a.m.
 Family Advocacy Conference Rm.
 Expectant mothers will sign up for the New Parent Support Program. Tri-care benefits are explained along with how good nutrition promotes a healthy pregnancy. Exercises are discussed and how they can ease the discomforts of pregnancy, labor, and delivery. Referrals to base and community resources will be given along with a bag full of free samples. Call Sharon Lowe at 327-8430.

Bundles for Babies/Newborn Care
May 28, 8:00a.m. -12:00 P.M.
June 25, 8:00a.m. -12:00 P.M.
July 30 8:00a.m. -12:00 P.M.

Learn how a new baby affects your financial situation. *Better Brains for Babies* offered during this class. Open to Active Duty Air Force and their spouse. Attendees receive a bundle of baby goods compliments of Air Force Aid Society. Call Family Support Center @ 926-1256 to register.

Anger Management
June 16, 23 0900-1100
July 9, 16 0900-1100

Are you finding yourself overly aggressive in getting your points) across? If so, consider signing up for this two-day anger management session. Contact Veronica Griffin at 327-8427.



WIC

Monday- Friday
0800-1600
Location: Building 700
Phone: 327-8433

The Dad's Class

"The Dads' Class" a class for new and expectant Fathers:
 Baby care basics
 Role expectations
 Family harmony
 Balancing work and family
 Facilitated by Capt. Jeff McLean, a dad with real life diaper experience!!!!

June 4, 2004
1100-1300

Family Advocacy Conference Room

Lunch is provided!
 Call Sharon Lowe
 at 327-8430 to register.



Prevention Relationship Enhancement Program
Time; 0900- 1600
Pines Oaks Lodge
Call Veronica Griffin
at 327-8427



What's Going On ?

New Parent Support Program
Invites You To Be a part of

Mom's Support Group
When : Every third Thursday
Where: Family Advocacy Playroom
Time: 1000-1100

Contact Yvonne Fisk
 or Judi Derriso 327-8398

PARENTS' + TOT'S PLAYGROUP

A monthly group for parents with children ages newborn through 5 years. It provides an opportunity for parents to socialize with others, share ideas and have FUN with their children. Come join us for crafts, singing, dancing and other GREAT activities. *The group meets on the last Monday of the month from 0930 - 1030.* Smith Community Center at RAFB. Come and join us. No reservation required.

Call Veronica Griffin at 327-8427 for questions.



Baby's First Photo Album

For someone who doesn't talk yet, a picture's got to be worth at least a million words, making this flippy little album the perfect gift to create for your baby. handle chewing, dropping, and many repeated

It'll satisfy their natural love of faces, especially faces they know, and it's sturdy enough to

WHAT YOU NEED

- ◆ Family photographs
 - ◆ Photo stickers or cutout letters for labeling
 - ◆ Hole punch
 - ◆ Key ring or teething ring
- Time needed: Afternoon or

