

ACTIVITIES AND RESOURCES FOR FAMILY RESILIENCE

Begun in response to the stay-at-home order initiated in March, this compilation of resources will be published bi-weekly to support youth and families for the duration of this pandemic. Family and Youth Coordinators for The Ohio National Guard Family Readiness will bring you a collection of ideas to help keep everyone engaged and growing during these challenging times. Our goal is that out of the suggestions shared, your family will find activities that will work best for you and the age of your children. Please remember that what works for one family may not be ideal for each family's situation - and that is perfectly fine.

The Ohio National Guard Family Readiness & Warrior Support is committed to supporting you and your family. We will send ideas and resources that should be easy for parents to use at home. Wherever possible, we have included an online reference so that you can readily find the instructions and list of needed supplies.

Resources included in Edition 22:

The 4-H Hub (page 2)

Educational Resources (pages 3, 4, 5)

Apps for the Family (page 6)





THE 4-H HUB



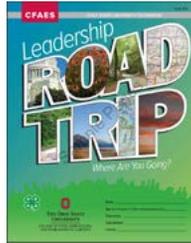
Have you ordered your family's FREE 4-H Project Books yet?

The Ohio 4-H Program offers a wide variety of educational projects for youth from ages 5-19. Ohio Military Kids is made possible through the partnership of Ohio 4-H and the Ohio National Guard. Ohio Military Kids is proud to offer a selection of 4-H Project Books to families of Ohio service members at no charge!

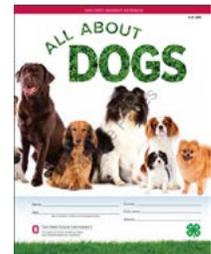
These project books are excellent educational resources for children of a variety of ages to explore new topics, deepen their interest in a particular subject, or as a supplement to a hobby that they enjoy! Through your family's interaction with 4-H project books, you may discover an opportunity to further your involvement in Ohio's 4-H Program through a local club or through year-round experiences. For more information about Ohio 4-H, visit: <https://www.ohio4h.org/home>.

4-H Project Books are peer-reviewed by youth development educators and utilized nationally! Ohio 4-H Project Central hosts a vast library of titles that can be purchased, and a selection of these titles are offered to you at no charge. Through OCTOBER 31, you may place an order for up to ten copies of any selection of the books listed below:

- All About Dogs
- Discovering 4-H
- Explore the Outdoors
- Everyday Food and Fitness
- First Aid in Action
- Leadership Road Trip
- Makeover My Space



This is your last chance to order from these titles! Order by October 31!



Watch for a new selection of titles to choose from in November including cooking, knot-tying, art, and horses!

To put in your order for these FREE resources that will be shipped to your home, please visit this link: go.osu.edu/omkbookorder1. If you have any questions about our free book resources or how your family can become involved with Ohio 4-H, please contact Kayla Oberstadt, 4-H Program Manager for Ohio Military Kids at Oberstadt.1@osu.edu.

EDUCATIONAL RESOURCES

Reading Materials That Aren't Books

Print exposure is the amount of time a child or person spends being visually aware of the written word (reading)--whether that be through newspapers, magazines, books, journals, scientific papers, or more. Research has shown that the amount of print material that a child accesses has deep cognitive consequences. Children who are exposed to large amounts of print often have more success in reading and have a larger vocabulary to draw from than children who see less print.

When we think of reading, most of us immediately think of stories, especially books. Scholastic.com has identified a variety of reading materials that aren't books that will allow children to practice developing their reading skills. How many of these forms of print have you read with your children, or do they have access to in the home?

Magazines: There are lots of great magazines for kids, both at the newsstand and available for digital downloads.

Comics & Graphic Novels: Don't discount the power of comics and graphic novels to hook kids on reading. They are a great way to teach your children about the back and forth of dialog.

Manuals: For kids who want to know how things work, manuals for things like cars, lawnmowers, and appliances can be great options -- and they build vocabulary, too.

Newspapers: If you are worried about exposing your child to news articles about crime or traumatic events, choose a local community newspaper or give your child a specific section to read that you've already vetted.

Poetry: Grab a collection of poems or sit down and write some with your children. Rhyming is an important skill for reading, and having your children write poems on their own is a great way to build that skill.

Travel Brochures: They can plan fantasy vacations and learn a bit of geography, too.

Encyclopedias: Did you read encyclopedias as a kid? Your child might have to read them online, but that's OK, too. Start with a subject and see where it takes the two of you.



Math Fluency



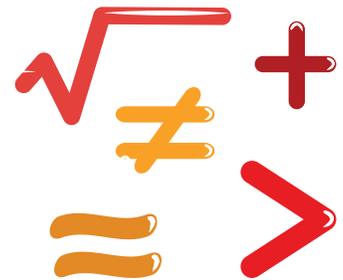
There is more to math fluency than simply memorizing math facts. Math fluency is about understanding mathematical concepts to the point of feeling confident in completing math processes and solving problems. It's when one can tackle and complete a math task without hesitation and feel comfortable in knowing what to do and how.

As parents and teachers, we can help kids build math fluency in the skills they already know or are learning to contribute to their overall fluency with math facts. In the end, we want kids to understand the math they complete and have the ability to explain their thinking. Fortunately, there are quite a few ways to help little mathematicians improve their math fluency. Try the following tips from Kids Academy to help your child build fluency at home or in the classroom:

1. Good old-fashioned practice

Outside of school, parents can mix in math lessons and practice into a child's everyday routing:

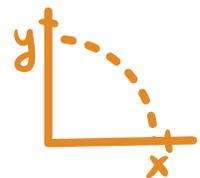
- Practicing math at the grocery store while buying items.
- Using fractions while cooking or baking at home.
- Keeping math manipulatives on hand and engaging during playtime.
- Play family games that include math.
- Building a daily or nightly routine that features frequent math practice.



2. Flex and hone mental math skills

Mental math is having the ability to complete math problems so well that we can complete them in our heads! There are many ways to help your child practice mental math to increase their fluency:

- Ask math questions and problems aloud, preferably without a visual aid. If your child struggles, encourage him or her to visualize the problem, and allow enough time to let your child process the information and generate an answer.
- Flash cards are great for mental math! Without pencil and paper to work out the problems in a longer, more structured way, children are faced with the necessity to solve it in their heads.
- For kids who have been working on a skill for a while, build speed and fluency with short drill activities that force kids to solve problems as quickly as possible. Be sure not to use this technique in a way that frustrates or upsets struggling kids.



3. Offer variety



Kids should experience math and solve problems in a variety of ways to learn math inside-out. Especially with a subject like math, a student can easily get stuck or frustrated if they learn only one way to complete a problem. Be creative and offer different ways to present concepts and problems:

- Use math manipulatives to give your kids a hands-on approach to problem solving.
- Get actively involved with your child's math lessons, activities, or projects.
- Use games, journaling, math apps, or flashcards to mix up your child's lesson.
- Plan activities ahead of time ensure that a variety of different practice types are being offered.

4. Make it fun!

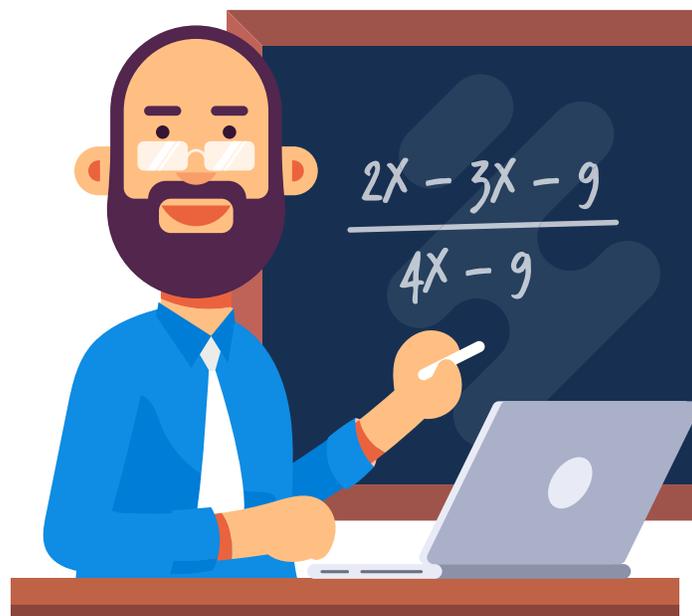
When students are frustrated, they aren't having fun! Conversely, when students are having fun while learning, they tend to gain a better appreciation or even develop a liking towards a subject such as math.

- Make it a competition! Invite friends, siblings, or family members to join in the fun and create a competitive game involving the math skill your child is working on.
- Use card games, dice, or dominos to create new and engaging games to play with your child.
- Help your child create their own game. When kids take ownership over an activity, they form a sense of pride. Meanwhile, teaching another friend, sibling, or family member the game is the best way to learn and retain new information.

5. Don't bite off more than your child can chew

While kids have a remarkable ability to retain new information, children are human and can only absorb so much at once. When planning math lessons and activities, keep in mind that your child should only focus on a limited amount of new information at once.

Some focused strategies to help kids learn and retain information quickly might include using songs, math tricks and shortcuts, mnemonic devices, and flash cards. One great strategy for teaching related math facts would be to use fact families when teaching addition and subtraction.



APPS FOR THE FAMILY

Scheduling all of the events of a busy family can be tough, but there are a number of family apps that can serve the needs of your loved ones! Being a parent is one of the hardest jobs out there, whether you're teaching your kids to ride a bike or how to read. And, in a busy world, it can be hard to keep in touch with our children. Fortunately, there are family apps out there that can make it a lot easier! If you're looking to keep up to date with your calendar of events, manage chores and to-do lists, plan meals for the week...etc., take a look at these apps that can help you manage the ins and outs of daily life.

[FamilyApp](#) - A private messenger with content and services bringing you and your family together! Content includes resources for children and parents, health and food tips, activity and travel ideas, technology and social recommendations, and tips for your home and style.

[FindMyKids](#) - This app allows you to track the location of your child online and helps you to not worry if your child isn't close by or isn't answering your calls. You can also receive notifications about whether your child is entering/leaving places they visit regularly, if they have a low battery on their phone, and if your child presses the SOS button.

[Life360](#) - This app protects and connects the people who matter most with comprehensive safety features for life at home, on the web, and on the go. Features include family safety assist, 24/7 emergency dispatch, location safety, driving safety, and digital safety.

[Cozi](#) - A simple way to manage everyday family life. Features a shared calendar, reminders, grocery list, recipe box, and more!

[FamilyWall](#) - A leading family organizer that includes shared calendars, grocery lists, family locator, photo/video album, and a secure messenger (among others).

