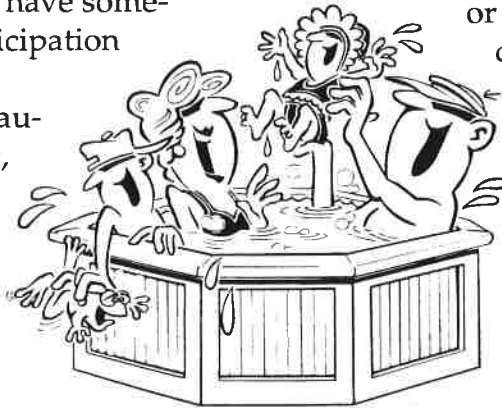


JUNE, JULY AND AUGUST

Most areas in the Northern hemisphere consider the months of June, July and August summer months. The name June is derived from the Latin word for youth, *juveniss*. July was named in honor of Julius Caesar and August, for Augustus, first Roman emperor.

SUMMER REMINDERS

- Make summertime a special time of family togetherness whether it be a vacation or day trips, or perhaps, short excursions to the local park or playground. Plan these events in advance so that the children have something to look forward to-anticipation is part of the enjoyment.
- Review summer safety precautions for swimming, boating, hiking, playing and other outdoor events in the sun. It's a good time for children to learn about nature, including being able to identify plants, such as poison ivy, sumac or oak. Tic checks have become a necessary routine in many places in the United States.
- Avoid making summertime a vacation from experiences you and your children have already incorporated into your lives, such as learning and praying. Children should not be led to believe that once school is out, learning takes a respite or that going to Church while you're on vacation is unnecessary. Summer is a great time to get in touch with your spiritual, reflective and intellectual selves.
- Parents who have more than one child should use the lazy days of summer to have time with each child individually. This is something that is worth planning. Ideally, it would



be beneficial to have a day to spend alone with each child. Since this is not always feasible, a few hours scheduled with each child several times over the course of the summer should be your goal. This practice is important for all families, but becomes a necessity with children who are more than four years apart in age.

- Make sure children are properly supervised. Working parents have to be sure that the children are not only safe during their absence, but also have things to do. This takes planning, creativity and cooperation from everyone who is involved, including the adult or adults responsible for your children.
- Prepare raining day activities. A long, wet summer can be the perfect climate for growing young couch potatoes. Be on guard.

FAMILY FUN

Who can ever forget Winston Churchill's immortal words: "We shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the fields and in the streets, we shall fight in the hills." Sounds like a lot like our last family vacation.

VACATION

A period of travel and relaxation when you take twice the clothes and half the money you need.

Friendship is precious, not only in the shade, but in the sunshine of life; and thanks to a benevolent arrangement of things, the greater part of life is sunshine.

Thomas Jefferson