



First True Love's QUARTERLY PRESS

Anointed Kids Ministry - AKM

The goal of the Anointed Kids Ministry (AKM) is to teach ages 3-8 years old within the church to continue trusting and growing in their relationship with God. The lesson administered, *The Grow Curriculum*, propels the children to be faithful to Christ in all they do as they get older.

- Brandell Dangerfield

AKM meets every Sunday during the 10 am Worship Service.

Why do we pray?

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MINISTRY (AKM)**

WHY DO WE PRAY?

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www.ftlwom.org

We pray because we can have worship; we pray for our family, blind people and people that can't; we pray because some people need so much more help.

- Landon

We pray when people are blind and we pray for worship.

- Braylen



Praying is important because when you pray you can talk to God and Jesus. Also, you can talk to them and tell them if you had a bad day and if you did something bad you can ask for forgiveness.

-Giuliana

I pray because I learn about God. He is our Father and will always be a Leader. I pray because when I ask God to help me, it works.

- Konner

It's Summertime and The Learning Is Easy

BY: DR. CAROLYN ROMAN

School is out for summer! The chrome books and regular textbooks have been snugly packed away. The teachers are enjoying a much-needed and welcomed summer break while parents now oversee or plan daily activities for their children. When I was a teacher, I loved those “lazy days of summer”. However, as a parent of two intelligent, curious, easily bored, and yes, sometimes mischievous girls, I had to plan some activities for them to help me survive the summer. I quickly realized that during the summer I simply transitioned from having two teaching positions to one. Since I was my children’s first and best teacher, and to maintain my sanity, I always planned some “easy learning” experiences to keep them engaged and learning during the summer months. In this edition of our newsletter, I will share some ideas for “easy learning” summertime experiences.

Summer is a time for relaxation and fun, yet it is also a time to provide our children cognitively stimulating experiences that allow them to continue to learn as well as practice skills that they have previously mastered. It is definitely a great opportunity to spend quality time with our children to ensure that they are emotionally secure in our love for them. Summer is family bonding time, in which parents demonstrate that each child is special and important. Children need to hear their parents sincerely say these words often: “I love you”; “I am proud of you”; “I am here for you, no matter what you do”; and “You can talk to me about anything”. Summer is a great time to get to know your children and allow them to get to know you as well. Most importantly, summer is a time to check in with your children to make sure that all is well—spiritually, physically, cognitively, socially, and emotionally.

The first step in planning summer experiences is to spend some quality time (make sure to shut down all electronic devices) talking to your children to find out their areas of interest. What do they like to do? What are some things that they would like to know more about? This first step will provide information that you will need to plan meaningful summer activities for your children. I strongly recommend that you visit your local library to check out high interest books for your child to read during the summer months. The library has books of interest for all children whether your child likes Elmo and Big Bird, sports, fashion design, hair and make-up or numerous other things; there is a book for that. So, make sure to make a summer reading list to read to your children or for them to read. Spend some time talking about the books that are reading.

The Tangipahoa Parish Library Summer Reading Program is one of my favorite summer experiences for children. This summer reading program provides a wide variety of free learning opportunities that include musical performances, hands on experiences with animals, visits by the Tangi STREAMliner Bus and Brain Food Truck and much more. Please visit their website www.tangilibrary.com for a schedule of events and locations. Another favorite place to visit during the summer is the Louisiana Children’s Discovery Center. Located in downtown Hammond, this center provides interactive educational experiences for a small fee. In addition, it also provides summer camps. Visit their website lcdcofhammond.org for more information. These are just a few examples of “easy learning” summer experiences. Spend some time with your children researching and planning other learning experiences. It’s summertime and the learning can be easy; if you provide fun, meaningful, cognitively stimulating experiences for your children.

Summer
Time♥



JULY - AUGUST - SEPTEMBER

Summer Safety Tips

BY: VERONICA RICKS, NP

Psalm 46:1 God is our refuge and strength, and ever present help in trouble.

If your summer plans include enjoying the water, grilling for your family, and fireworks, here are some tips to help keep you safe while enjoying your summer.

Water and beach safety

On an average day, at least 11 people die in the United States from unintentional drowning; one in five of those are children 14 or younger according to the Centers for Disease Control and Prevention. The Red Cross encourages everyone to know critical safety, knowledge, and skills that could save your life in and around the water .

1. Preventing unsupervised access to water; providing constant active adult supervision, and knowing how to swim is critical to help prevent drowning.
2. It's best to swim in a lifeguarded area. When swimming at a beach, swim within the designated swimming area; obey all instructions and orders from lifeguards; and ask them about local weather conditions before entering open water.
3. When swimming or relaxing in a pool or hot tub or at a beach, always designate a water watcher whose responsibility is to keep a close eye in constant attention on everyone in and around the water.

Grilling safety

1. Always supervise a barbecue grills when in use.
2. Never grill indoors, such as in the house, a camper, or any enclosed area.
3. Don't leave perishable food out in the sun.

Fireworks

1. Always choose a location away from buildings and trees
2. Never give fireworks to small children, and never throw or point a firework toward a person, animal, or vehicle.
3. Store fireworks in a cool, dry place away from children and pets.

August is National Immunization Awareness Month

1 Corinthians 6:19-20

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body.

Reasons to get vaccinated ...

1. We are all at risk for serious diseases that could be prevented by vaccines.
2. If you have a chronic health condition or weakened immune system, you may be at a greater risk for complications from certain diseases.
3. By being vaccinated, you can reduce the chance that you'll pass on a serious disease to your loved ones.
4. Persons with certain medical conditions and those undergoing cancer treatments are unable to be vaccinated. Vaccines can help prevent the spread of contagious diseases to those who are vulnerable.



September is National Childhood Obesity Awareness Month

Philippians 4:13. I can do all things through Christ, which strengthen me.

Childhood obesity is a disease with many contributing factors, including genetics, eating patterns, physical activity levels, and sleep routines. Conditions where we live, learn, work and play, can make healthy eating and getting enough physical activity difficult if these conditions do not support good health.

According to the literature, about one out of five American children are obese. Children that are overweight or obese have a higher risk for asthma, sleep apnea, bone and joint problems, type two diabetes and heart disease.

Here are a few solutions caregivers and parents can help prevent childhood obesity:

1. Adopt a more healthy eating pattern - as a family, eat a variety of vegetables and fruits, whole grains, lean protein foods, and low-fat and fat-free dairy products.
2. Move more as a family; walk the family pet before and after school; riding bikes and having races in the yard all count toward physical activity. Incorporate active chores, such as washing the car, vacuuming a room or raking leaves.
3. Set consistent sleep routines. Good sleep can help prevent type two diabetes, obesity, injuries, and problems with attention and behavior. Children who don't get enough sleep are at risk for unhealthy weight gain.
4. Replace screen time with family time, turning screens off an hour before bed and removing screens from children's bedrooms can help reduce screen time and improve sleep. Too much screen time in young children can lead to poor sleep, weight gain, lower grades in school and poor mental health.* reducing screen time can free up time for family activities and can remove cues to eat unhealthy food.