Children are aware of color and racial differences at an early age. Children start noticing differences in skin color and appearances at 2 to 3 years old. Children will learn to identify their own race or ethnicity at 4 to 6 years old. They might have a positive or negative identity depending on what they are taught, observed or experienced. As your child’s understanding of their own identity deepens, they may begin to form opinions about race, culture and differences.

We must teach our children of every race and color to love themselves and to understand racism and the importance of social justice. Currently, there are many constructive marches, rallies and conversations but there are also destructive, violent activities going on that children hear, feel and see.

Dr. Howard Stevenson, clinical psychologist, recommends this 3 Step plan for conversations with your children about race and social justice:

1. Embrace your children’s difference. Make it clear how much you love them, how their difference is a gift and not everyone will appreciate them.
2. Correct misconceptions about people who are diverse. Help them understand that no one is less human than another. Help them understand that no one is less human than another. Help them understand that no one is less human than another. Help them understand that no one is less human than another.
3. Monitor your children’s emotions before, during and after the conversation. Let them know that these conversations will be ongoing.

Research at Harvard University found that when parents promote feelings of racial pride, knowledge and connection, black kids do better in school. Surround your children with books, television, and movies about by people of color who celebrate and value their culture. Such information can be an excellent resource for discussions on the struggles, achievements, history and future of their people. Celebrate Black History Month and Martin Luther King’s birthday in your home.

Partner with other parents for support, group meetings and sharing resources. It will be an excellent time to come together in love, hope, hugs and sharing.

Summer Safety

Practice wearing masks and social distancing for outdoor activities at parks, beaches, playgrounds; and at group activities-arenas, church, and social activities.

Always supervise your children when in or around water. Drowning is the leading cause of injury or death among children ages 1 to 4. Teach your kids to swim and the importance of wearing a life jacket if they cannot swim.

Other safety tips would be, never leave infants, children, or pets in a parked car even if windows are cracked. Use sunscreen and insect repellent. Dress infants and children in light weight, light colored clothing. Drink plenty of water. Stay cool with showers and baths. Seek medical care immediately if your child has heat-related illness.

Source: CDC.gov
Your Voice-July 2020

The Coronavirus (Covid19)
New Jersey has successfully decreased the impact of the coronavirus and Stage 1 (opening beaches, restaurants, summer camps) has started. However, the state still requires wearing masks and social distancing and recommends staying at home as much as possible.

The coronavirus (Covid-19) transmission rate has increased in 16 of New Jersey’s 21 counties over the past week - with six counties rising at least 50% - as the state moves forward with Stage 2 of the reopening plan, but the overall rate remains below the key 1-to-1 mark used to track the spread of the outbreak.

The state has expanded testing significantly over the past three months, leading the positive rate for test to fall. On June 21, 3.65% of those tested had the virus. Getting tested is important.

The transmission rate has been between .81-.86. As long as the transmission rate stays below 1, the number of new infections in the state will continue to decline.


Tu Voz Julio de 2020

El Coronavirus (Covid19)
Nueva Jersey ha disminuido con éxito el impacto del Virus Corona y ha comenzado la Etapa 1 (apertura de playas, restaurantes, campos de verano). Sin embargo, el estado todavía requiere usar máscaras y distanciamiento social y recomienda quedarse en casa tanto como sea posible.

La tasa de transmisión del Coronavirus (Covid-19) ha aumentado en 16 de los 21 condados de Nueva Jersey durante la semana pasada, con seis condados aumentando al menos en un 50%, a medida que el estado avanza con la Etapa 2 del plan de reapertura, pero la tasa general permanece por debajo la marca clave 1 a 1 utilizada para rastrear la propagación del brote.

El estado ha expandido significativamente las pruebas en los últimos meses, lo que lleva a una tasa positiva de caída de las pruebas. El 21 de junio, 3.65% de los examinados tenían el virus. Hacerse la prueba es importante.


Seguridad de Verano

Practique usar máscaras y distanciamiento social para actividades al aire libre en parques, playas; y en actividades grupales: arenas, iglesias, actividades sociales.

Siempre supervise a sus hijos cuando estén dentro o cerca del agua. El ahogamiento es la principal causa de muerte por lesiones entre los niños de 1 a 4. Enseñe a sus hijos a nadar. Siempre use chaleco salvavidas Aprenda RCP. Mantenga una cerca de cuatro lados alrededor de las piscinas de la casa.

Nunca deje bebés, niños, mascotas en un automóvil estacionado, incluso si las ventanas están rotas.

Use protector solar y repelente de insectos. Vista a bebés y niños con ropa ligera y de colores claros. Beber abundante agua. Mantente fresco con duchas y baños.

Busque atención médica de inmediato si su hijo tiene una enfermedad relacionada con el calor.

Source: cdc.gov