



Physical Activity and You

Looking for some new ways to decrease stress while promoting the healthy development of your child? The answer may surprise you! Studies show that physical activity has a number of immediate and long-term benefits. Frequent exercise can help reduce stress and improve your mood. While physical activity has many benefits for you, it turns out that your child's exercise habits are related to yours. When you make positive choices that involve a daily routine of exercise, it is more likely that your child's activity levels will also increase. It's a win-win and with the sun finally peaking its way out of the clouds, it's time to get outside and get moving! Here are some tips to keep you healthy and active.

The Centers for Disease Control (CDC) recommends 1 hour + of physical activity each day for children. For adults at least 2 hours and 30 minutes per week of muscle strengthening activities:



- Go on a hike and make it a fun adventure!
- Play an outdoor game of soccer or play catch with your child.
- Make family walks a routine by coupling them with mealtime.
- Visit a new park and encourage active play.
- Check out city or county parks and recreation departments for information on team-sport sign ups (little league, softball, soccer, etc.)
- Stuck inside for the day? Free full-length workout videos for adults are available at [Fitness Blender](#).

For more articles like this one see

[Oregon Parenting Together](#)



Blog of the Month

Every morning, I comb and brush my children's hair. Keep in mind that I have 3 kids ages 14, 12, and 10. Before readers jump to conclusions of "Aren't your kids old enough to do their own hair?"-- let me provide a little back story. Since I can remember, I would always massage my children's heads before I'd comb out their hair.

[-- Read More --](#)

Local Preschool Programs Now Accepting Applications!

FREE PRESCHOOL

MARION & POLK COUNTIES

INCOME CHART			
# in Family	100%	130%	200%
2	\$16,910	\$21,983	\$33,820
3	\$21,330	\$27,729	\$42,660
4	\$25,750	\$33,475	\$51,500
5	\$30,170	\$39,221	\$60,340
6	\$34,590	\$44,967	\$69,180
7	\$39,010	\$50,713	\$78,020
8	\$43,430	\$56,459	\$86,860

NO INCOME REQUIREMENT 4 YRS

Salem Keizer School District Title Funded Preschool
1850 48th Avenue NE
Salem, OR 97305
p. (503) 399-5510
Service area: Bush, Highland, Scott, Four Corners, Swegle, Richmond, Grant and Washington

Gervais School District
290 First Street
Gervais, OR 97026
p. (503) 792-3803
Service area: Gervais School District

St. Paul Elementary School
20449 Main Street NE
St. Paul, OR 97137
p. (503) 633-2691
\$50/mo. Tuition - 3 years
\$100/mo. Tuition - 4 and 5 years

Falls City Elementary School
177 Prospect Street
Falls City, OR 97344
p. (503) 399-5930
Service area: Falls City School District
\$295/mo. Tuition

Perrydale Elementary School
7445 Perrydale Road
Amity, OR 97101
p. (503) 623-2040
Service area: Perrydale School District

North Marion Preschool
20257 Grim Road NE
Aurora, OR 97002
p. (503) 678-8500
\$295/mo. Tuition beginning September 2019

Woodburn School District
1390 Meridian Drive | Woodburn, OR 97071
p. (971) 983-3043
Programs: Migrant Education and Preschool Promise
Service area: Woodburn School District

0 to 130% 3-4 YRS

Community Action Agency
2475 Center Street NE | Salem, OR 97301
p. (503) 581-1152
Programs: Early Head Start, Head Start, and Childcare Partnership
Service area: Salem, Woodburn, Dallas, Stayton, Independence, Ainsville and Canyon area.

Kidco
290 First Street | Jefferson, OR 97026
p. (503) 792-3803
Programs: Head Start
Service area: Jefferson School District

Salem-Keizer School District
1850 48th Avenue NE | Salem, OR 97305
p. (503) 399-5510
Programs: Head Start, Oregon Pre-K, and Preschool Promise
Service area: Salem-Keizer

Oregon Child Development Coalition (OCDC)
Independence; (503) 838-2745
Silverton; (503) 981-3001
Salem; (503) 484-0899
Woodburn & Brooks (503) 981-3001
Programs: Head Start, Migrant/Seasonal Head Start, Early Head Start & Preschool Promise
Service area: Marion Polk County

The Confederated Tribes of Grand Ronde
9015 Grand Ronde Road
Grand Ronde, OR 97347
p. (503) 879-2161
Programs: Early Head Start, Head Start and Preschool Promise

Siletz Tribal Head Start
201 SE Swan Avenue | PO Box 549
Siletz, OR 97130-0549
p. (541) 444-2450
Programs: Head Start
Service area: Marion County

UP to 200% 3-4 YRS

Preschool Promise Program offered at:**

- ▶ **The Confederated Tribes of Grand Ronde**, Grand Ronde p. (503) 879-2287
- ▶ **OCDC Concoquia**, Salem p. (503) 838-2745
- ▶ **OCDC Independence**, Independence p. (503) 838-2745
- ▶ **OCDC Silverton**, Silverton p. (503) 981-3001
- ▶ **Prescolar Daycare Jalisco**, Independence p. (503) 838-6394
- ▶ **Child Development Center at Western Oregon University**, Monmouth p. (503) 838-8238
- ▶ **Chemeketa Child Development Center**, Salem p. (503) 399-5048
- ▶ **Island Adventures**, Salem p. (503) 990-3273
- ▶ **Loving Beginnings**, Salem p. (503) 409-7434
- ▶ **Mary's Guarderia**, Salem p. (503) 507-0312
- ▶ **Precious Cargo Preschool & Childcare**, Salem p. (541) 961-1149
- ▶ **Salem Christian Academy**, Salem p. (503) 569-4963
- ▶ **Salem-Keizer School District**, Salem p. (503) 399-5510
- ▶ **Tiny Hands Specialized Care**, Stayton p. (503) 767-2679
- ▶ **Arce's Daycare**, Woodburn p. (503) 982-9750
- ▶ **Woodburn School District**, Woodburn p. (971) 983-3043

** Programs subject to change for 2019/20 school year.

PARENTS PLEASE NOTE: Some exceptions may apply. Head Start families may automatically be eligible if they are a foster child, homeless, receive Temporary Assistance for Needy Families (TANF), Supplemental Security Income (SSI), or a child who is on an Individualized Family Service Plan (IFSP) or Individualized Education Program (IEP). Contact programs for more information.

PRESCHOOL

Launch to Success and Beyond

For more information, please visit www.ParentingHub.org

Scan me



Kindergarten Registration is OPEN NOW!

School may be winding down, but it's time to think about the transition to next year for kindergarten. Kindergarten registration for many school districts throughout Oregon open this month. By enrolling your child early, your school is able to prepare the best possible education for your child. Many schools offer a kinder jumpstart program to assist with transition into kindergarten. Visit [our website](#) for a list of all Elementary Schools in Marion and Polk Counties.



Scholastic Read-A-Palooza at The Book Bin

We're SO EXCITED to be taking part in the Scholastic Read-A-Palooza Book Donation Drive this year in partnership with The Book Bin of Salem!

<https://kids.scholastic.com/kids/books/read-a-palooza/>

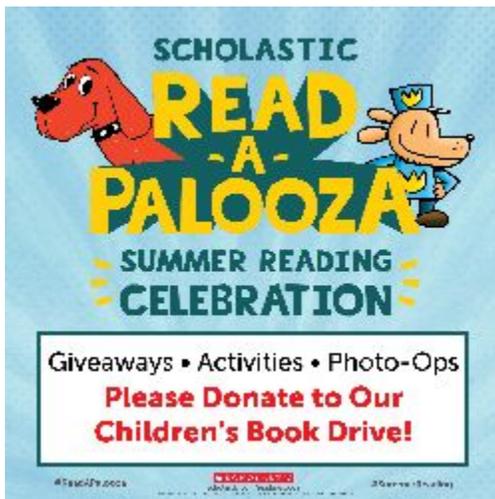
Stop by The Book Bin anytime (during regular business hours) between now and July 13th to donate new and/or used children's books in good condition!

The Book Bin
450 Court St NE
Salem, OR 97301

On July 13th The Book Bin be hosting a SUPER FUN event to celebrate summer reading. We'll have lots of activities and giveaways, and you can also enjoy our monthly Second Saturday Storytime with Gretchen Brandenburg McLellan at 10:30am!

Books donated at our store will go to the Marion and Polk Early Learning Hub, who will distribute the books to their programs. Check out the Hub website for more information about all of the programs they oversee! We'll also have a Hub representative at the store on July 13th, right after storytime, to tell you more.

<https://parentinghub.org/>



Upcoming Parenting Classes

Watch for our July newsletter for upcoming Parenting Classes such as classes about Positive Discipline

For future classes in Marion County visit our [calendar!](#)

For future classes in Polk County visit [Mid-Valley Parenting](#)



Vroom

Brain building moments

Do you want fun easy activities that help your child learn? Download the **FREE** Vroom smartphone app for activities and learn the science behind early brain development. Available in English and Spanish.

Search for the Daily Vroom app in the iTunes, Google Play or Amazon Fire stores.

OR

Sign up for weekly brain building message by texting CHILD to 48258.

Vroom Tip

While waiting at the supermarkets, drugstore, or doctor's office, pretend you're a newscaster. Using your pretend microphone, ask your child questions: "What do you see? Who else is here? What do you think is going to happen next?"

[More Vroom Tips](#)
