

Miss Katie's Kids Korner

Easing From Summer Back to School

by Katie Taylor

If you're like most families with school age children, you do your best to get them ready for their first day of school. You buy new clothes, load up on notebooks, pencils, pens and erasers and make sure summer reading lists are completed. You shop with the giddy anticipation of getting the kids out of the house, while they tag sadly behind. Then the new "school things" are brought home, hung up in the closet and forgotten.

Kids live in the moment, and that moment is SUMMER! To them, school is in the distant future. As a parent, however, you know that September follows closely behind the glorious summer days of August. Here are a few tips to help ease the transition from summer to school.

Early to Bed/Early to Rise – Over the summer, kids tend to stay up later and are allowed to stay in bed longer. About a week before school, start sending them to bed and getting them up five to ten minutes earlier every day, so that their bodies can adjust to "school time."

Meals – During the summer, mealtime is off-schedule as well. Get back on one, or, if you've never had a meal schedule, make one. Studies have shown that kids who eat one sit-down meal a day with their families have better communication skills and overall self-esteem. Mealtime is also an excellent time to teach manners. Little "thank-yous" and "pleases" go a long way with teachers and peers alike.

Chores – Another self-esteem builder is giving your child specific daily tasks. With a little help, even your 5-year-old can dress herself and be responsible for making her bed. (Note: Praise the effort; do not "improve" the result).

Talk – Going back to school can cause anxiety for your child. Listen to their fears and work together to come up with ways to deal with them. Talk to them about how they might act on the first day of school; who they might meet, what their new teacher will be like. If this is your child's first time at school, take them to see it. Show and explain the different doors and how the bus will drop them off and pick them up at the

same time every day. The more your child knows what to expect, the more secure he'll be on the first day of school.

Clothing – Keep in mind that it's still HOT in the classrooms and their new fall clothing is not appropriate. Let them wear ONE item of new clothing, the new jeans with an old T-shirt for instance. There will be plenty of time to wear those sweaters and long-sleeved jerseys.

With a little planning ahead, not only will you be able to enjoy the rest of your summer but your first days of autumn as well.

"Miss" Katie Taylor teaches *Kindermusik* at the **Christ Lutheran Church** in Ellenville. You can contact her at ktyville@ulster.net; phone 647-7291. ✨

In Step

Time Wounds all Heels

by Arthur Lukoff, D.P.M.

Your heel hurts! Is it worse with your first steps after periods of rest? Is it worse with periods of standing and at the end of the day? The most common cause is called Plantar Fasciitis and this accounts for over 90% of heel pain.

Plantar Fascia is a rubber-band-like band that attaches between the ball of the foot and the heel. When there is repetitive or excessive strain, pain will start at the inner part of the heel and just in front of it.

Plantar Faciitis is most often associated with poor foot mechanics. The arch may flatten too much and put excessive strain on the band. The stretching may cause a bony enlargement of the heel commonly called a heel spur. The spur is not causing the pain; the tearing of the plantar fascia is the real culprit.

Trying to not walk on the heel, by keeping off of it, only makes it worse. This tightens the back leg muscles, which then tighten the Plantar Fascia.

Initial home treatment can consist of getting into a sturdy pair of sneakers such as New Balance or Nike, to name a few. Gentle stretching of the Achilles tendon, along with ice and your favorite anti-inflammatory, is the first step to being pain free. If this is not helping after two to three weeks, you may want to seek professional help. ✨

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