

AMAZING ANIMAL FACTS FOR KIDS

1. A polar bear's hair is not white - it's colorless! Each thick stand of hair is hollow and reflects the light, making the polar bear appear white. Beneath this transparent fur, the skin is black, to soak up any warmth from the sun and keep the bear as warm as possible.
2. A giraffe has seven bones in it's neck, which is the same as a human has, but they are much larger.
3. Hippos' closest living relatives are the aquatic mammals: whales, dolphins and porpoises.
4. A chameleon's tongue is at least as long as its body, but it can grab prey in a fraction of a second.
5. Huskies can run at speeds of around 20mph, but their key skill is endurance.
6. Adult bison are the largest land mammals in North America.
7. To hover, humming birds may beat their wings up to 200 times per second.
8. Giant tortoise from the Galapagos Islands near Ecuador can weigh up to 550lbs—the same as a brown bear!
9. The lion has the loudest roar of all the big cats. It can be heard as far as 3 miles away.
10. Emperor penguins can stay underwater for up to 27 minutes and dive as far as 500m deep.
11. When they find a source of water, wild Bactrian (two-humped) camels will drink as much as 88 pints. They will even drink salty water, unlike other mammals.
12. Pandas are BIG eaters—every day they will eat for 12 hours, eating up to 26lbs of bamboo!
13. Elephants eat 16 hours a day.
14. Sloths are really SLOW. So slow, in fact, that in the humidity of their native climate an algae actually grows on their fur. This gives them a greenish hue, which acts as camouflage.
15. Manatees are mammals, and they have one baby every two to five years. The babies are born underwater. Females are pregnant for 1 year. The young nurse for 1 1/2 - 2 years.
16. Pregnant nine-band armadillos always give birth to four identical babies.
17. A butterfly has 12,00 eyes.
18. Sea Otters hold hands when they sleep so they don't drift away.
19. Frogs can breath through their skin.
20. Pigs roll in mud because they don't have sweat glands—they do it to stay cool and not get sunburned.

Excerpts taken from: [26 amazing animal facts for kids - Lonely Planet](#)



7 Important Things to Consider Before Getting a Pet

1. Can you commit?

Pet ownership is a long term commitment. Dogs and cats have an average life span of 10-15 years. Would you be able to commit to them for such a long time? Dogs and cats require a lot of attention. If you feel that you can't devote your time for your pet, getting a pet is not a wise choice for you .

2. Can you afford?

Owning a pet can cost you a lot. Food, grooming, toys, veterinary care and treatment are the expenses you can't avoid if you own a dog or cat.

3. Will pets fit your lifestyle?

If you have long working hours, a busy social life and you travel a lot, think twice before getting a pet like a dog and a cat. Dogs and cats require attention. They need you to play and interact with them constantly. Solitude can lead to serious behavioral problem. Make sure your pet can accommodate to your lifestyle.

4. Do research

Do research beforehand on the pet you wish to get. Pet care for instance, require a great deal of knowledge. Grooming, nutrition tips and safety are stuffs you need to know before you get a pet dog or cat.

5. Allergies

Make sure you or your family don't have allergies towards fur and animals. If you are not sure whether you or your children are allergic to cats and dogs, spend time at your friend's house with a pet to find out.

6. Training

If you are thinking of getting a pet such as cat or dog, pet training (obedience training, behavioral training and etc.) is something that you can't miss out. One of the basic training is potty training. There is no single, guarantee method for success in potty training. You have to invest time and effort in it. Dogs for example need to be taught to be well behaved, or they will destroy your house and leave a big mess for you to clean up.

7. Get a Veterinarian

Almost all pet owners have a veterinarian they can rely on for their pets' medical concerns. A Veterinarian is the first person you call when your pet is sick or injured. Veterinarian are also your important source of information about your pet. Find yourself a trustful veterinarian before getting a pet.

Excerpts taken from: [7 important things to consider before getting a pet \(petbacker.com\)](http://petbacker.com)





What Every Child Needs



The 8 Things Kids need to Thrive

1. **Security**

Kids must feel safe and sound, with their basic survival needs met: shelter, food, clothing, medical care and protection from harm.

2. **Stability**

Stability comes from family and community. Ideally, a family remains together in a stable household, but when that's not possible, it's important to disrupt the child's life as little as possible. Kids and families should be a part of larger units to give them a sense of belonging, tradition and cultural continuity.

3. **Consistency**

No "good cop, bad cop." Parents should synchronize their parenting and make sure important values stay consistent.

4. **Emotional Support**

Parents' words and actions should encourage kids' trust, respect, self-esteem and, ultimately, independence.

5. **Love**

Saying and showing you love your kids can overcome almost any parenting "mistake" you might make. Even when your kids have disobeyed, angered, frustrated and rebelled against you, show them you love them and that you'll always love them.

6. **Education**

Make sure your kids get the best possible education for their future. This includes school, of course, but it also includes the invaluable life lessons you provide during the time you spend together.

7. **Positive Role Models**

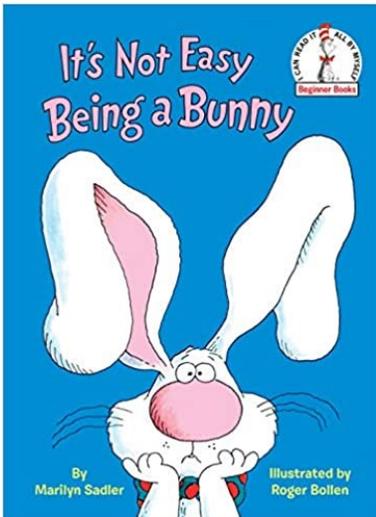
Parents are their kids' first and most important role models. Instill your values and teach children empathy by being the kind of person you want them to become.

8. **Structure**

Rules, boundaries, and limits: Without them, kids are forced to be adults before they are ready, and they lose respect for you and other adults.

Excerpt taken from: [What Every Child Needs | Children's Hospital Colorado \(childrenshospital.com\)](http://www.childrenshospital.com/what-every-child-needs)





It's Not Easy Being a Bunny

By Marilyn Sadler Illustrated Roger Bollen

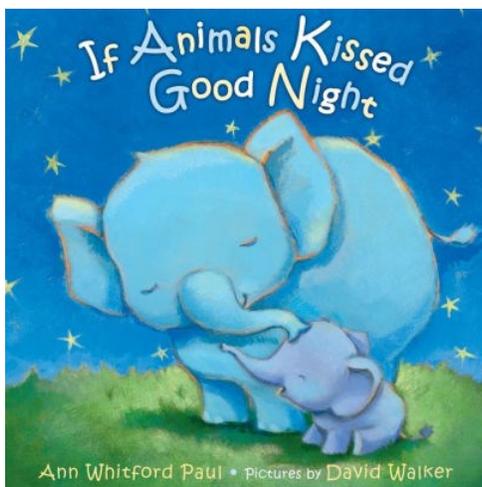
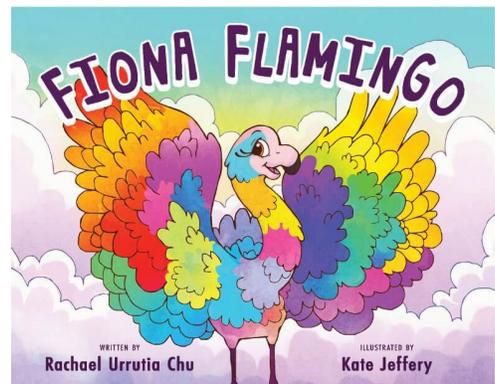
P.J. Funnybunny is tired of cooked carrots and his big ears. It would be way more fun to be a bear, a bird, or a pig...right? Read along as P.J. leaves home and tries to determine who he is—and where he belongs. But this bunny might just learn that all he wants to be is...himself!



Fiona Flamingo

By Rachael Urrutia Chu Illustrated Kate Jeffery

This colorfully illustrated book teaches that it's ok if you don't understand your emotions and it's ok to be scared, angry, and sad at times. It's a great resource for helping children see that their differences are a good thing and that being unique should not be looked down upon. And the story is so much fun!



If Animals Kissed Good Night

By Ann Whitford Paul Illustrated David Walker

If animals kissed good night like we do...how would they do it? Giraffe and his calf would stretch their necks high, Wolf and his pup would kiss and then HOWL, and Sloth and her baby would move sooooo sloooowwwww. And across the animal kingdom, every creature would share love in a unique way.



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Family members
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take care of
anyone else.

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- \$25 after completion of session 9, the Post-group Questionnaire and Program Evaluation



For more information contact Dawn Brown at
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 @FamiliesStrongWV

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