



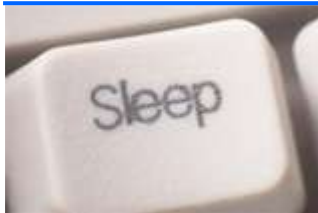
## “Summer Solstice”- June 21, 2010!

The astronomical beginning of summer in the Northern Hemisphere is marked by the June solstice. Depending on the year, the day that marks the official start of summer is either June 20 or June 21. Each day leading up to the summer solstice the sun climbs higher in the sky daily. On the day of the solstice, the first official day of summer, the sun appears to stand still. It has reached as far north as it will get. The word solstice means the sun stands still. The winter solstice occurs when the sun gets as far south in the sky before coming to a stop. So get out and enjoy summer’s longer sunrises and sunsets!

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## Sleep

June 2010



Sleep is essential for a person’s health and wellbeing, according to the National Sleep Foundation. Yet millions of people do not get enough sleep and many suffer from lack of sleep. According to a sleep expert David F. Dinges Ph.D. at the University of Pennsylvania School of Medicine, irritability, and moodiness

are some of the first signs a person experiences from lack of sleep.”

Everyone’s individual sleep needs vary. In general, most healthy adults are built for 16 hours of wakefulness and need an average of eight hours of sleep a night. However, some individuals are able to function without sleepiness or drowsiness after as little as six hours of sleep. Others can’t perform at their peak unless they’ve slept ten

hours. And, contrary to common myth, the need for sleep doesn’t decline with age but the ability to sleep for six to eight hours at one time may be reduced. A number of physical problems can interfere with your ability to fall or stay asleep. It is a good idea to talk to a physician or mental health provider about any sleeping problem that reoccurs or persists for longer than a few weeks. As you may not be able to con-

### Special Points of Interest:

- **Sleep**
- **Summer Camp Blues**
- **Sunburn & Sun Protection**

## Summer Camp Blues

It is that time of year again, children out of school, enjoying their summer vacation. Have you been contemplating sending children to summer camp?

Each summer, many

children will have to deal with feeling homesick if part of their summer involves sleep-over camp, but parents can play a big role in helping their children overcome homesickness. Par-

ents can help their children understand that feeling homesick is very natural and that physical activity and making new friends will help distract them from the sad and nervous emotions



## Continued ~ Sleep



control or eliminate all of the factors that interfere with your sleep, but you can create an environment and adopt habits that encourage a more restful night.

The following are suggestions you can try:

- Go to bed and get up at about the same time every day, even on the weekends, sticking to a schedule helps reinforce your body's sleep-wake cycle.
- Don't eat or drink large amounts before bedtime, eat a light dinner at least two hours before sleeping. If you're prone to heartburn avoid spicy or fatty foods.
- Avoid nicotine, caffeine and alcohol as these are stimulants that can keep you awake.
- Exercise regularly, physical activity, especially aerobic ex-

## Continued ~ Summer Camp Blues

that are part of homesickness. Parents should also encourage their children not to give up in situations where they may feel overwhelmed and lonely instead, offering suggestions of ways children can make themselves feel better.

Before children go to

overnight camps, they should practice shorter separations to learn which coping methods work for them. Parents can help their children understand which aspects of the separation they can control (like letter writing, participation in activities) and which aspects they

cannot control (like duration of the separation, routines of the new environment). The least homesick children, are those who change what they can about the separation and adjust to what they can't, and that takes practice. Research shows that doing something fun to

## Sunburn and Prevention



Remember use often, especially when washed away by perspiration or water.

You know a sunburn when it happens red, painful skin that feels hot to the touch. Sunburn usually appears within a few hours after sun exposure and may take from several days to several weeks to fade. Intense sun

exposure that results in sunburn increases your risk of certain complications and related skin diseases. These include dry, wrinkled skin, liver spots; and skin cancer, including melanoma.

Sunburns are caused by exposure to too much ultraviolet (UV) light. UV radiation is a wavelength of sunlight in a range too short for the human eye to see. Commercial tanning lamps and tanning beds also produce UV

## Continued ~ Sleep

ercise, can help you fall asleep faster and make your sleep more restful.

- Make your bedroom cool, dark, quiet and comfortable. This helps create a room that's ideal for sleeping.
- Sleep primarily at night. Daytime naps

may steal hours from nighttime slumber. Limit daytime sleep to about a half-hour and make it during mid-afternoon.

- Choose a comfortable mattress and pillow.
- Start a relaxing bedtime routine. Do the same things each

night to tell your body it's time to wind down.

- Go to bed when you are tired and turn out the lights. If you don't fall asleep within 15 to 20 minutes, get up and do something else. Go back to bed when you are tired.

Nearly everyone has

occasional sleepless nights. If you have trouble sleeping on a regular or frequent basis, see your doctor. Identifying and treating the cause of your sleep disturbance can help get you back on the road to a good night's sleep.

## Continued ~ Summer Camp Blues

forget about homesickness, thinking positively, changing feelings to be happy and reframing time are the most common ways that boys and girls coped with their homesickness. Girls also seek social support from friends and counselors more often than the boys.

Research also shows that older children are less homesick than younger children, as they have generally had more experience away from home and, therefore, have had more practice coping.

Tools that can possibly help "cure" homesickness include:

- Engaging in fun activities, especially physical activities
- Thinking positively
- Making Friends
- Practicing "away from home time" without parents before camp begins.

So parents, keep these tools in mind when the

time comes to send your children off to summer camp.



## Continued ~ Sunburn and Prevention

light and can cause sunburn.

Use these methods to help prevent sunburn:

- Avoid the sun between 10 am and 4 p.m., because the sun's rays are strongest during these hours.



- Cover up, wear tightly woven clothing that covers your arms and legs, and a broad brimmed hat, which provides more protection.

- Use sunscreen frequently and liberally, apply sunscreen liberally 30 minutes before go-

ing outdoors and re-apply about every two hours, sooner if it is washed away. Use it even on cloudy or hazy days.

- Wear sunglasses when outdoors, look for a manufacturer's label that says block 99%



-100% UV light. Remember to protect your skin this summer while enjoying the outdoors.