

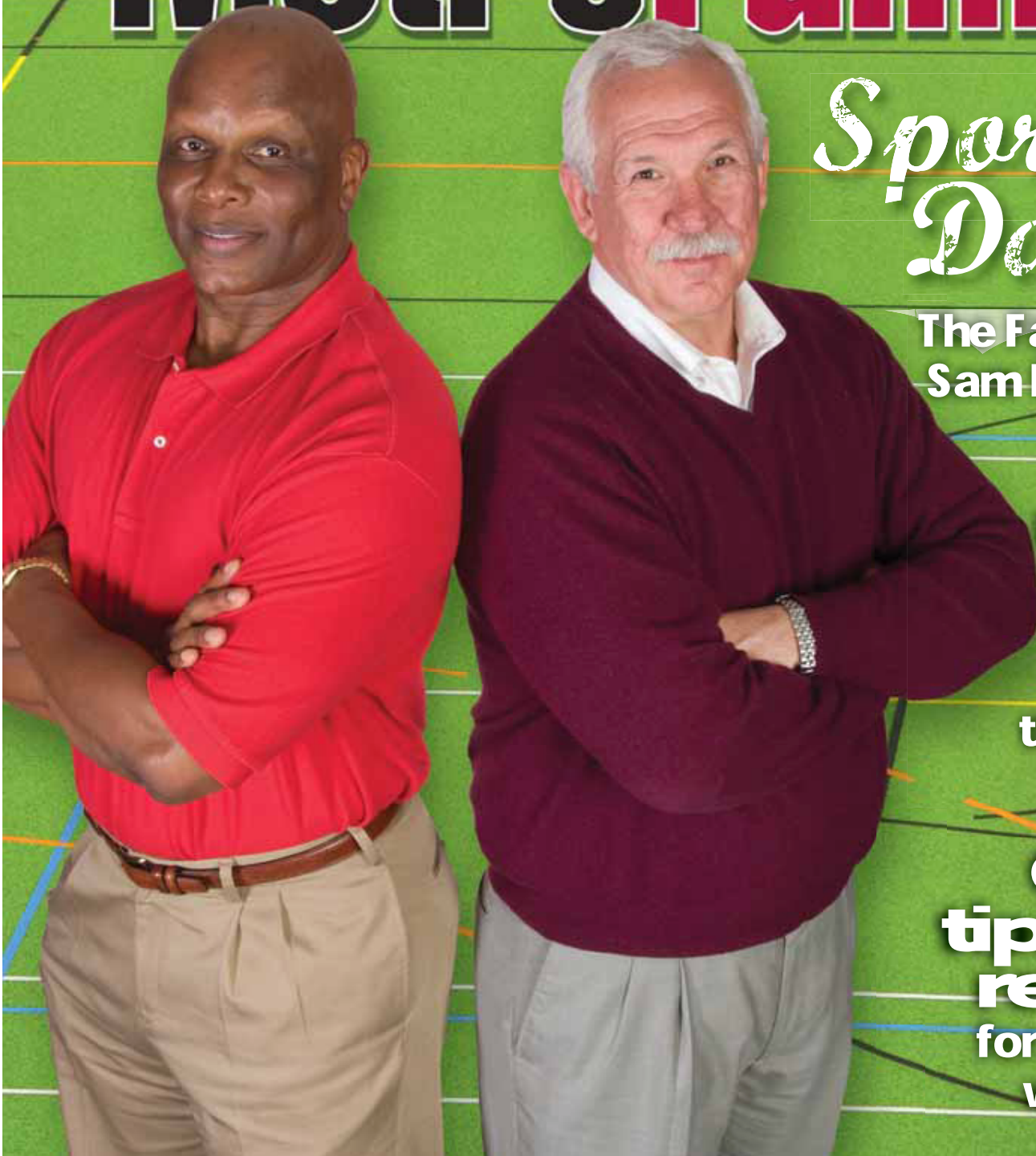
JUNE 2009

# MetroFamily

## *Sports Dads:*

**The Fathers of  
Sam Bradford  
and the  
Griffin  
brothers  
talk  
about  
winning  
the game  
of life**

**Great  
tips and  
recipes  
for cooking  
with kids**



The Essential Resource for Central Oklahoma Families

[www.MetroFamilyMagazine.com](http://www.MetroFamilyMagazine.com)

# Problem-Solving Products Safe Swimming for All Ages

When we hear about new or helpful products, we like to let our readers know! Here are a few of the interesting items we've found recently.

**Problem:**

**You don't want to put the diaper bag on the dirty floor.**

**Solution:**

**The Baggino** (\$149) cleverly converts from a messenger-style diaper bag (that even dad will carry) to a tool belt of changing necessities. Additional straps also make it easy to hang on the stroller. (Baggino.com)



**Problem:**

**Dad wants a ski vacation for Father's Day.**

**Solution:**

**We Ski & Snowboard** (\$39.99) for the Nintendo Wii gives you a virtual experience sans frostbite and at a fraction of the cost. (WeSnowSports.com)



**Problem:**

**You've been volunteered to coach the soccer team. Where to start?**

**Solution:**

**Coach Deck Soccer Cards** (\$19.95) feature exercise drills that will help amateur coaches get in touch with their inner pro. Also available in baseball and basketball versions. (CoachDeck.com)



**Problem:**

**Keeping junior's math skills sharp this summer.**

**Solution:**

**Flashcar Math Learning Game** (\$24.95) combines math and car racing that engages kids in learning difficult concepts while having fun. (Kids-LearningGames.com)



**Infant Swimming Resource (ISR)**

**began in 1966** when founder Harvey Bennett saw the devastation endured by a neighbor's family when their child drowned. Bennett (now Dr. Bennett) made it his mission to prevent children from drowning.

Dr. Bennett's ISR program has proven to be an effective technique for children ages six months to six years. According to the ISR website, 788 children have used ISR techniques to save themselves from drowning.

Nothing replaces parental supervision, but ISR may provide an additional level

of protection. Currently, there are three instructors in the Metro offering one-on-one lessons. Each lesson lasts 10 minutes, and classes are held five days a week for four to six weeks. The lesson plan is customized for each child.

Children ages six months to one year will learn to hold their breath underwater, roll onto their backs and float unassisted; older children will learn these techniques plus a swimming/resting sequence that will assist them in getting to safety.

One local instructor, Marcy Toler, became an ISR instructor after seeing the benefits first-hand. "Our son went through the program in Oklahoma City and I thought it was so positive to see a swim program that could save kids lives, I knew I wanted to be a part of such a great organization," said Marcy.

To learn more about ISR or to contact an instructor, visit [InfantSwim.com](http://InfantSwim.com).

## Reach Out and Read Oklahoma

**Children heading to their doctor's office may leave with more than a shot—**doctors may also provide children with a new book. The new Reach Out and Read-Oklahoma Coalition is part of the nationwide early literacy program that works with doctors and nurse practitioners in encouraging parents to read aloud to their young children.

Doctors and nurses will receive new age-appropriate books for children from six months to five years of age, starting with board books and progressing through more complex picture books. Healthcare providers will also provide tips to parents about reading with their children.

"Far too many of Oklahoma's children are arriving at school unprepared to read, and unprepared to learn," said Dr. Marny Dunlap, Medical Director of Reach Out and Read-Oklahoma. "One of the major contributing factors to this is that less than half of our state's parents are reading to their young children every day. Reach Out and Read works with doctors and nurses to help parents understand the critical importance of reading aloud and gives them practical tips on how to make it fun for the whole family. Just as importantly, we give parents the tools to act upon that advice—a colorful, new children's book for the child to take home."

"Reading aloud to a young child every day is a wonderful way to stimulate language," said Perri Klass, MD, Medical Director of Reach Out and Read. "You can help your child learn language and you can help your child enjoy books and stories."

Learn more at [ReachOutAndRead.org](http://ReachOutAndRead.org).

