

CompuChild Chatter



September 2006

CompuChild USA

The cycle begins again—new shoes, new clothes, new backpacks, new glue sticks and pencils. They have grown so much just over the summer! Some CompuChild classes continued through the summer with some enrichment classes mixed in, while other classes took a vacation with the children. Still other students enjoyed a whole summer of computer camp—we sneaked in a little learning while the kids were having fun! So many children are starting the school year off with some strong review as we ease into new material—it's wonderful how much they re-



Please call (841.5268 or 935.1802) or email me (rgardner@compuchild.com) with questions or concerns. Visit us online at www.compuchild-ri.com



What's this about sitting right?

Some of us who have used computers for a long time know that we are at risk if we ignore the messages our bodies send us while we work. It took the industry a long time to catch on to the fact that the same chair or desk doesn't fit every person, and that computer furniture and computer hardware have to fit the person using it in order to prevent injury down the road. Necks, shoulders, backs, wrists, eyes, and more can sustain injury if we don't use the computer properly.

Our children may be healthy, strong, and flexible, but they need to learn

proper usage habits early or they risk injury as well. Perhaps even more than their parents since they are using computers earlier and will continue to do so for a lifetime.

Attached you'll find a handout that discusses using neutral posture at the computer—please read it for your own well-being as well as that of your child. In a home environment, where the computer is shared by the family, it probably can't be adjusted perfectly for everyone, but even a little adjustment can go a long way.

These are some questions to ask your CompuChild:

- ☞ Should I just push the draw shut when I take out my CD?
- ☞ Can you show me the 'caps lock' key so that I can turn on the big letters so they stay on?
- ☞ Where are the circuit boards?



Where can we go today?

This is a new feature in our quarterly newsletter: fun & interesting websites to visit together. Every issue, we'll include some new places that you might not have known were out there. Any parent who finds a new site to share with others is welcome to send it to be included in the next newsletter—thank you in advance. Here are our first "Where can we go today?" stops:

- ☞ <http://www.nasa.gov/audience/forkids/kidsclub/flash/index.html> - this is NASA's site for kids and includes current images of the Exploration 13 crew
- ☞ <http://www.kidsastronomy.com/> - don't be alarmed by the dinosaur roar! This site is also about space.
- ☞ <http://www.animaland.org/> - a non-space site! Learn how to take proper care of your pet, play games, and a whole lot more