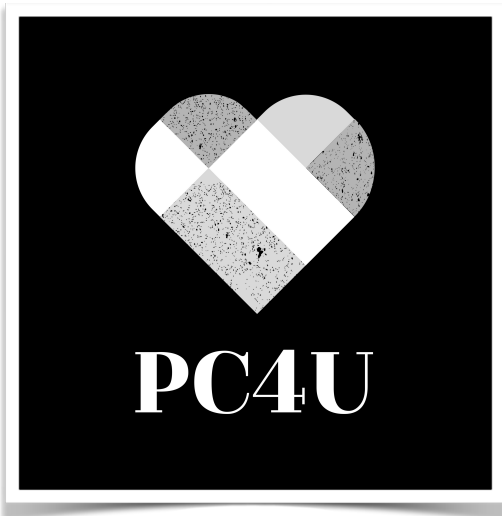
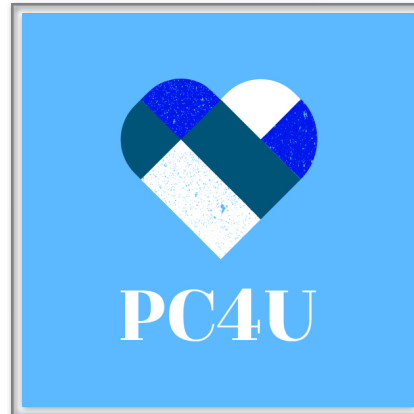

Why you should consider joining a program

Letting your child join a program can be one of the healthiest decisions for them. Not only are they receiving physical activity, but they are also going to receive critical socialization during these more restrictive times. The Covid-19 pandemic has changed how children will interact for the rest of their lives. Technological advancement has only further proven this with the creation of social media. Social interaction is simple yet so decisive in how a child's behavior changes. According to The Mayo Clinic, "socializing not only staves off feelings of loneliness, but also it helps sharpen memory and cognitive skills, increases your sense of happiness and well-being, and may even help you live longer." The Mayo Clinic also says there are "some protective effects" that stem from social interaction that can be crucial later in a child's development. Joining a program can truly benefit your child and give them memories to remember later on in their lives.



For more information

Consider checking out our website and Facebook page.



Project CARES for You

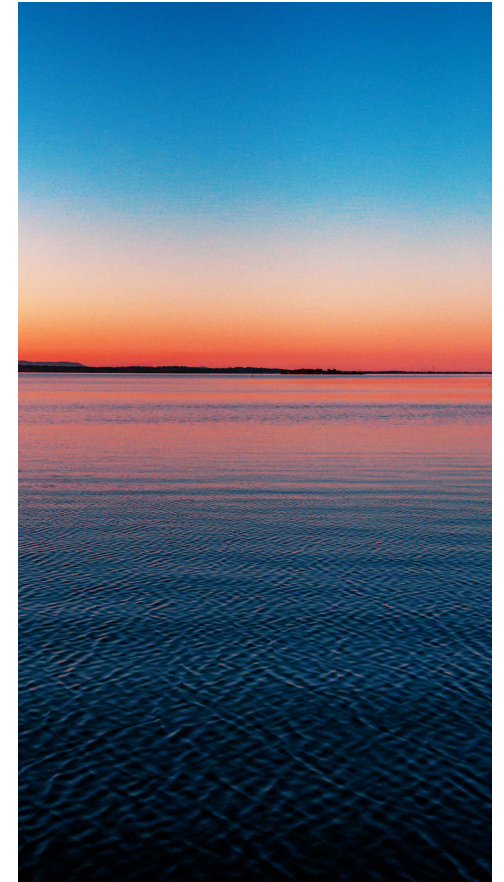
support@projectcares4u.com

www.projectcares4u.com

Facebook Page: Project CARES for You

Southside Hampton Roads Child Development Programs

Programs that will help your child to build communication skills and promote mental and emotional development.



What kind of programs are out there?

Outdoor Programs

These programs cover a wide range of activities that include camping, exercise and fitness, and family fun. Programs like these have many outdoor activities that are fun for the whole family.

Youth Programs

The Youth Programs are designed for after-school activities and can help your child to have social interaction. It can also be a safe environment for youth to stay and socialize when you need a babysitter.

Chesapeake City offers many great programs for children to be able to socialize and interact with others. The City of Chesapeake has programs that cover Athletics, Youth Programs, Therapeutic Recreation, and Chesapeake Outdoors. These Events and activities are a great chance to get your child outside, and active socialization with other children. The Youth Scholarship program that Chesapeake offers focuses on giving financial assistance to parents and guardians to help their children join any activities that require a fee. The City of Chesapeake also offers Youth Sports programs for those wishing to join a sport. All information regarding this programs can be found on the City of Chesapeake's official website.

www.cityofchesapeake.net

Suffolk offers plenty of outdoor and recreational activities for youth. These activities and programs include many aspects such as socialization, physical activity, and even stress relief. The Suffolk Office on Youth's mission is to "be a key leader of positive change for Suffolk's youth by promoting a safe educational and cultural environment for youth to build lasting, nurturing relationships while developing competence, confidence, and character in young adults." See Suffolk's official website for more information on the Office of Youth and their programs.

www.suffolkva.us

The Virginia Beach Youth Opportunities Office (YOO) helps to provide positive development from birth to 21 years of age through "collaboration and partnerships, education and training, awareness, youth civic engagement, and community involvement and investment. For more information on how they can help you and your family check out their official website.

www.vbgov.com

Norfolk City offers many different programs for youth. These programs are focused on mental health services and promoting general positive development from infant to adolescent. For more information visit the City of Norfolk's website.

www.norfolk.gov

Portsmouth has many programs dedicated to youth athletics and after-school activities. These programs are a great way for children to interact with others in fun, and creative environments.

www.portsmouthva.gov



What are the benefits of joining a program?

As stated before, the benefits of joining a program mostly pertain to the social, and mental development of your child. The socialization your child would be exposed to would help them to form deeper bonds with others, bring about positive change in the mental health of your child, and provide a safe, and healthy outlet for any stress your child may be facing.

Stress is something every child will go through many times in their emotional and social developmental years. These years span from birth to adolescence according to the National Institute of Health (NIH). The NIH says that the "social-emotional development begins with parental bonding" and that babies first language is not spoken at all, it is through emotions. The NIH has a full list of how a child should be developing from birth to early adolescence. They argue that if the proper development is not followed it could lead to mental and emotional health problems later in life. For more information visit the NIH's official website.

www.ncbi.nlm.nih.gov