

# Take advantage of new child-care opportunities

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There are an alarming number of young children left alone at home after school and during the summer months. These children are left alone at home because the parents are poor and cannot afford baby sitting services. However, now there are more after school programs available.

If your community has before and after school care available, you may want to take advantage of it. Unfortunately such care is only available to a small number of families.

Therefore, it becomes imperative that you be a good neighbor. Find a reliable person in the neighborhood you can depend upon for emergency care. Tell that person how you appreciate him or her keeping an eye on your child. Repay that neighbor by exchanging needed services.

Be a good citizen. Help support the local fire and police departments. Find out what programs and activities are available for children in your community. During the summer, children benefit by going to camp, retreats, sports events, and other organized youth activities. Make out-of-school time count.

Established organizations and organized clubs with programs for children are available in many communities. If you are interested in programs for children, ask about when and how often they meet, location, cost, ages of other children, and the structure of the groups.

Your county Agricultural Extension Service offers programs and projects for youth through the 4-H office. You may wish to contact the 4-H agent for more information about your child joining a club or participating in special programs. Other organizations which usually exist in most communities include Big Brother/Big-Sister, church youth programs, Boys Club, Boy/Girl Scouts, Camp Fire Inc., YMCA,

## N.C. Black Rep to present play about Malcolm X, MLK

What happens when two of America's most prolific Africa-American leaders of this century, Malcolm X and Dr. Martin Luther King Jr., meet in a hotel room in Harlem seven days before Malcolm X is assassinated?

"The Meeting," by Jeff Stetson, the new production of the North Carolina Black Repertory Company, will hold its premier Friday, June 1, at 8 p.m. in the Arts Council Theatre, 610 Coliseum Drive.

"The Meeting" illuminates, in equal proportions, the reasoning behind the techniques and philosophy that Dr. King and Malcolm X have chosen to embrace. A frank and sometimes heated debate reveals succinctly that although each may have chosen different roads to travel, one thing seems clear: the destination for both of them is freedom.

The NCBRC will sponsor a "Malcolm X and Dr. MLK Jr. Look-Alike Contest" Sunday, May 26, in the Arts Council Theatre at 6 p.m.

Each winner will receive limousine service, dinner for two and complimentary tickets to the June 1 opening night performance. There is no entry fee for the contest.

For more information call 723-7907.

Girls' Club of America and YWCA.

Children need consistent direction and support from their parents. They need to know boundaries and limits to help protect themselves. Rules help give order and provide children with safety nets.

If you decide on self-care, you need to teach your child some specific skills. This includes personal and home safety, what to do in emergen-

cies, and how to handle conflicts with siblings or friends.

You may wish to write rules down and put the list in a convenient place. Gear rules to your family, keeping the developmental level of your child in mind.

You may want to develop personal safety rules concerning key safety, using a password before opening the door, receiving and answering

calls. Also discuss rules concerning outdoor safety, visiting friends and safety going to and from school.

Make sure the child knows the parents' work numbers.

Talk with your child about safety and emergencies. Use role playing to help your child learn what to do in an emergency.

Practicing safety rules can prevent accidents. You may wish to dis-

cuss what should be done in the following situations:

- The child sees a fire or smoke.
- What the child should do if locked out of the house.
- How the child should handle cuts, scratches, bruises and burns.
- Threatening weather (thunder, storms) is on the way.

Review the following basic security and safety checklist. Do you need to discuss any of these areas with your child? Talk about:

- a hidden emergency key,
- emergency numbers to call,
- fire plan,
- if there is a break-in, and
- a neighbor to call in an emergency.



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