

Child Care Connections

March 2023



FAMILY TIME

NEWSLETTER



It's all about Family



Here at *Child Care Connections*, we value the Families in our Community and always strive to provide you with the best support services and resources to help you on your parenting journey. This monthly newsletter will include parenting resources and information on important community services, as well as fun at home activities for the whole family!

Have a suggestion or request for an upcoming newsletter?

Contact us at: amurray@fowinc.org

Spring into Action!

Resource Adapted from : "Spring Activities: by Today Parent.com"

Spring is here- hopefully bringing some nicer weather along with it! We have all been cooped up inside and have probably gotten used to keeping ourselves and our kiddos busy with electronic devices and other indoor methods of entertainment. If you're looking for some fun ideas to get your family out of the house and off of the couch- keep reading!

SPRING ACTIVITIES FOR FAMILIES

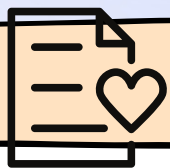
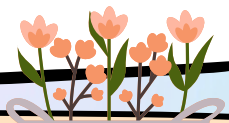
By: Kait Hanson, "Today" Parents, March 2023



Spring Fun for the whole Family!

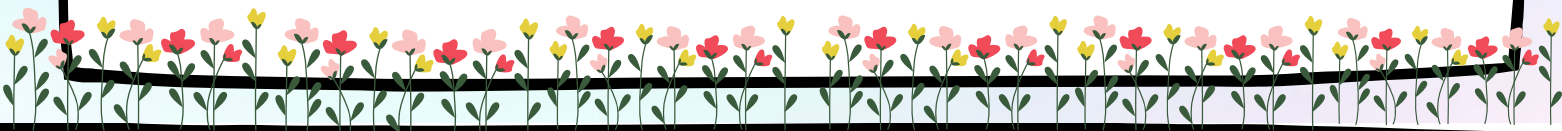
Whether you will be home for spring break and looking for the best activities to enjoy as a family or seeking spring activities for kids to enjoy by themselves, there are no shortage of exciting options. As the winter weather begins to thaw, families can enjoy more time outside with activities like picnics or hikes. For days that are still too chilly to enjoy the outdoors, finding spring related activities for the indoors are still great options!

Laura Linn Knight, author of "Break Free from Reactive Parenting," says that every season has unique opportunities for families to make new traditions, spend quality time together in special and meaningful ways and foster connection". As spring gets ready to grace us with warmer weather and sunnier skies, it is the perfect chance for families to take advantage of this magical season with family-friendly activities." Take a look at some of Laura's suggestions below!



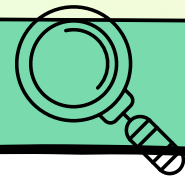
Make a Spring Bucket List!

Sit down as a family and create a Spring Bucket list! Take turns writing down ideas for activities you would each like to accomplish this Spring. Some examples could be: Visiting several different community parks, learning how to fish, planting a garden, etc. Feel free to add some of the activities listed on the rest of this newsletter to your bucket list!





I Spy with my Little Eye...



Get the family outside if the weather is nice and enjoy a game of "I Spy". Take turns "Spying" things in your environment, whether you're in your yard, taking a walk in the neighborhood or at the local park.

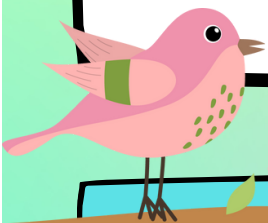
If the weather is a bit chilly, try playing "I Spy" in your home! Move around your space and make the game more active by adding the rule of needing to put hands on the identified item in order to win the game.



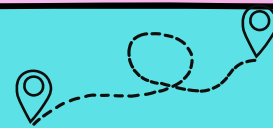
Stop and smell the Flowers



Take a walk or drive around your community to spot all the flowers that are starting to bloom! If you can stop and smell them, great! Talk about the differences between each flower-color, shape, size and smell. Let your littles take pictures of the flowers if they can.



Take a Hike!



Plan a family hike! Whether you go on a marked trail in the mountains or a flat walk on a rail trail in your community-try to surround yourselves with as much nature as possible. Talk about what you see and hear on your little hike.





Play Outside!

- Draw with chalk
- Play a game of tag
- Hide and seek
- Blow and chase bubbles
- Pick flowers
- Have a picnic
- Take board games outside to play!- sit at a table outside or on blankets in the grass



Outdoor Scavenger Hunt!



Use the attached Scavenger Hunt List to get your family running around outside!



Bring the outdoors, In!

If the weather is not appropriate to go outside, bring some Spring inside! Use the attached coloring pages to decorate your walls at home with spring themed artwork created by your littles.

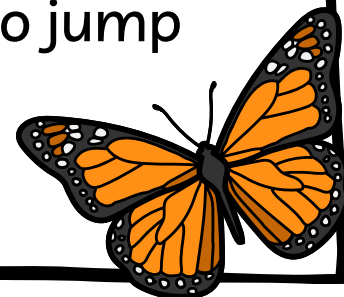


at Home



Check out the attached resources to jump
start your Springtime fun!

hello
SPRING



In the Community



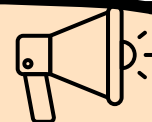
Amazing Butterflies Exhibit
Thursdays through Sundays
until May 7th

Lasdon Park & Arboretum
2610 Amawalk Road, Route 35
Katonah, 10536

Maple Weekend
Saturday & Sunday
March 25-26

New Beginnings Farmstead
2585 State Route 209
Kingston, 12401

Exciting News!




The Ulster County Infant & Toddler Play Group is getting ready to start back up in Spring!

We have a really wonderful group of Parents and little ones who are utilizing this group to Play, Explore and Socialize! This group is tailored to infants and toddlers however, older siblings are welcome to join.

If you would like to be added to the email list for updates about the play group please inquire by email at:
amurray@fowinc.org



A colorful logo for a 'Spring Family Bucket List'. The word 'Spring' is written in a large, green, cursive font with a vertical line pattern. Above the text is a rainbow with red, orange, yellow, and blue bands, set against a white background with orange clouds. A bee is flying near the rainbow. There are also small orange stars and butterflies scattered around the text.

Spring

FAMILY BUCKET LIST

Places we want to visit:

Activities we want to try:

WHAT can I see in SPRING?

OUTDOOR SCAVENGER HUNT

You're on a hunt to see which Spring sights you can spot outside!
Go to a park or walk around your own neighborhood and check off all
of the spring sights you can find.



yellow flowers



worms



duckling



budding or flowering tree



purple flowers



bumblebee



bluebirds



bird nest



butterflies



mud

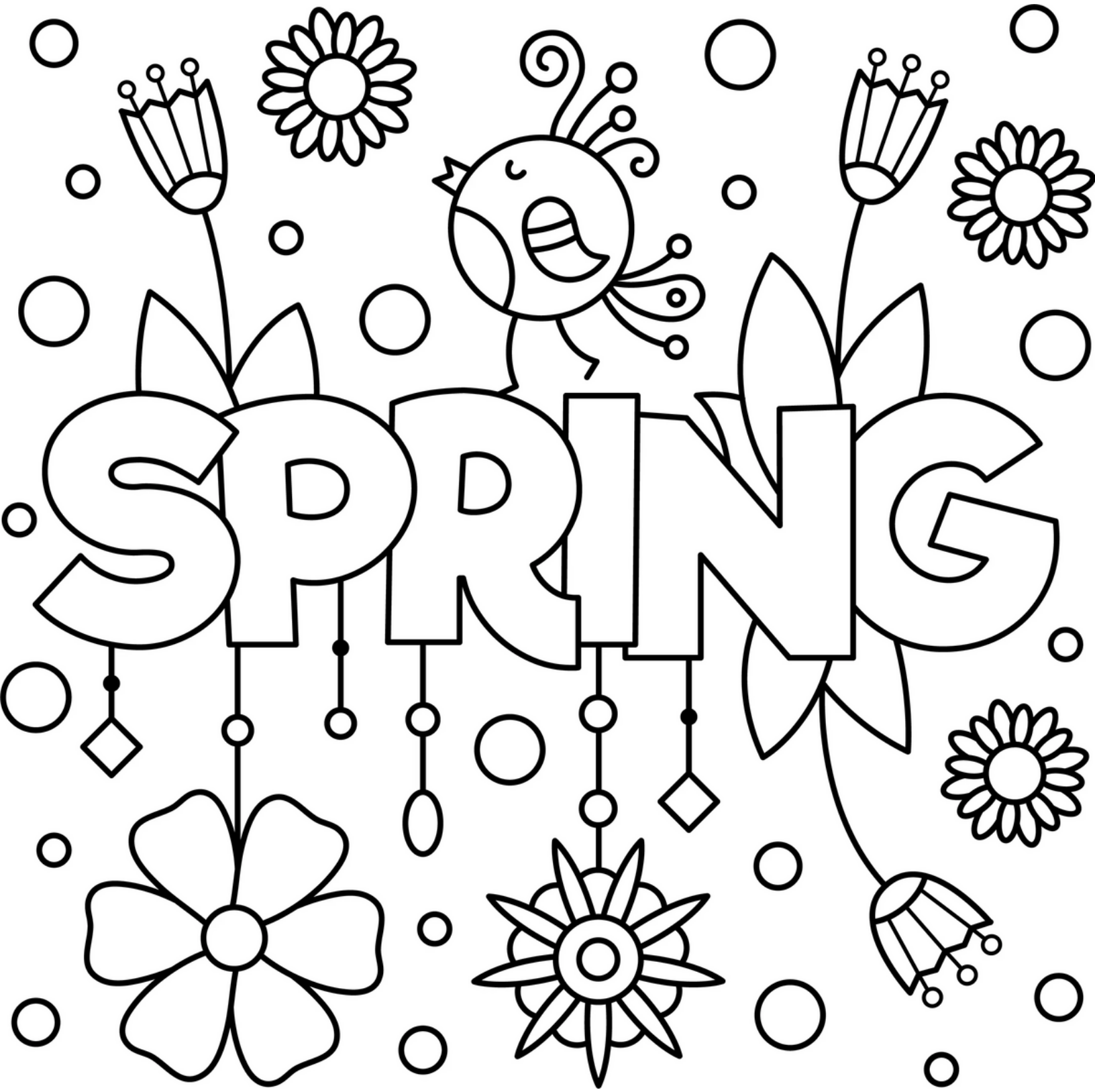
Spring Scavenger Hunt

Can You Find Them All?

- Something green
- 3 different shaped leaves
- Birds chirping
- Spider's web
- Cloud in the sky
- Bee buzzing
- A yellow flower

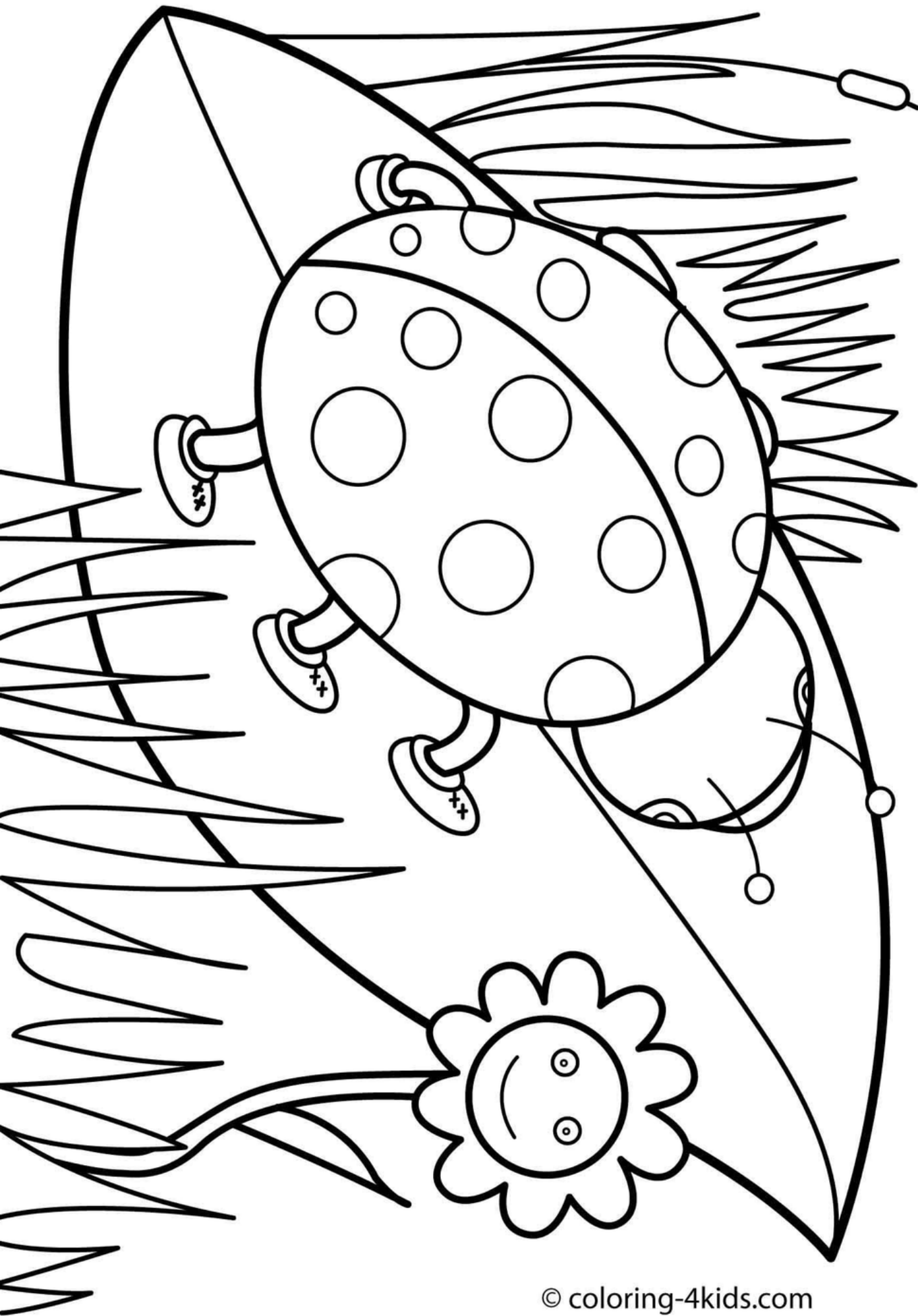


- An insect
- A worm
- A puddle
- Something red
- Seedling growing
- Something fluffy
- Bonus points: a cuckoo











HOMEMADE BUBBLE SOLUTION RECIPE

1 cup water

2 tablespoons light Karo syrup or 2 tablespoons glycerin

4 tablespoons dishwashing liquid

Stir together until everything is dissolved.

10 IDEAS FOR BUBBLE WANDS

- A ball with holes in it, like a Wiffle ball
- Colanders (for this one, you need a big bowl to dip into the bubble solution, and instead of blowing the bubbles, move your arms back and forth so the force of the wind does the work for you)
- Cookie cutters
- Fly or bug swatters
- Pipe cleaners shaped into wands
- Plastic baskets that hold berries (again, you can try blowing, but moving your arms might be less tiring)
- Plastic slotted spoons
- Straws
- The top end of a salt shaker or spice container
- The top end of a plastic bottle (like a water bottle)

BUBBLE GAMES TO PLAY

Create a Contest!

See who can blow the largest bubble or who can keep their bubble from popping the longest. You also can see who can blow the most bubbles in 30 seconds.

Use Your Body

Use different parts of your body to pop bubbles, like your elbow, nose, or big toe. Or put a sock on your hand and see how many bubbles you can catch without popping. For an extra challenge, try racing with your bubbles, too. Who can catch a bubble and run to a designated point first without it popping?

Use Your Imagination

Lots of childhood games can be adapted for bubbles. Could you play a game of Simon Says with bubbles? What about a game of bubble tag or even bubble baseball? The options are endless.