

Child Care Connections

June 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

SAFETY
FIRST

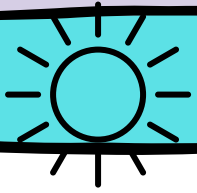
Summertime Safety

The summer months are here!

School will be out soon and hopefully that means more time spent outside! Whether you're spending time as a family in the sun, splashing in a pool or in the waves- it's important to make sure that safety is a priority. Read on for some very important summer time safety reminders!

SUMMER SAFETY

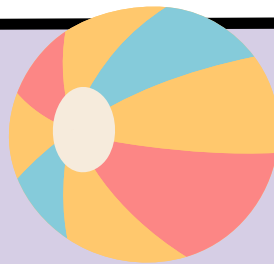
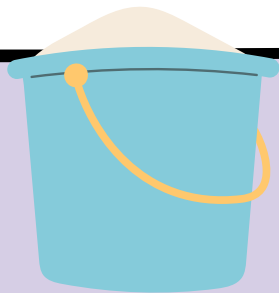
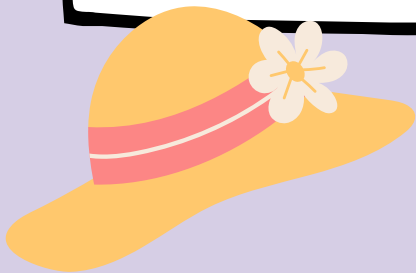
CDC Guidelines

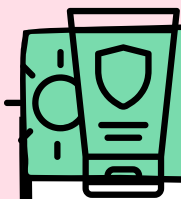


Sun Safely

Spending time outside as a family is a great way to be physically active, reduce stress, and get your daily dose of vitamin D. You can work and play outside without raising your skin cancer risk by protecting your skin from the sun. Protection from the sun's harmful UV rays is important all year long but since typically more time is spent outside during summer, we want to be extra vigilant about taking the necessary precautions.

- Most skin cancers are caused by too much exposure to ultraviolet (UV) light.
- UV rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can damage skin cells.
- UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow.
- In the continental United States, UV rays tend to be strongest from 10 a.m. to 4 p.m. daylight saving time (9 a.m. to 3 p.m. standard time).
- The UV Index forecasts the strength of UV rays each day. If the UV index is 3 or higher in your area, protect your skin from too much exposure to the sun.

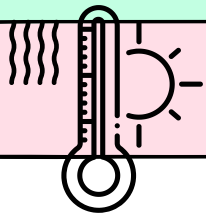




How to Protect Your Skin from the Sun

- **Shade:** You can reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.
- **Clothing:** long sleeves and pants when practical, T-shirt or a beach cover-ups, Clothes made from tightly woven fabric, Clothing specifically made for UV exposure, hats, visors, bandanas, etc.
- **Sunglasses:** Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.
- **Sunscreen:** Broad spectrum sunscreen that filters out both UVA and UVB rays and has an SPF of 15 or higher. Don't forget to reapply! Keep in mind that sunscreen is not recommended for babies who are 6 months old or younger.





Extreme Heat

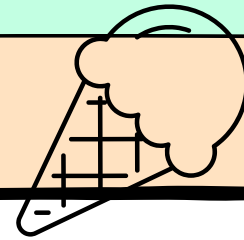
Heat-related deaths and illnesses are preventable. Despite this fact, more than 600 people in the United States are killed by extreme heat every year. Below are some helpful tips, information, and resources to help you stay safe in the extreme heat this summer

STAY COOL, STAY HYDRATED, STAY INFORMED

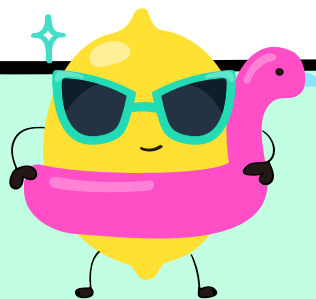


stay cool

Stay Cool



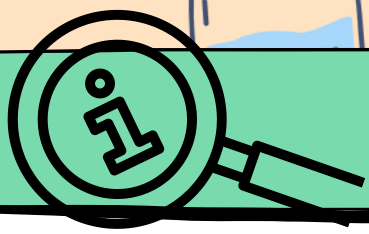
- **Wear Appropriate Clothing:** Choose lightweight, loose-fitting clothing.
- **Stay Cool Indoors:** Stay in an air-conditioned place as much as possible. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- **Schedule Outdoor Activities Carefully:** Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.





Stay Hydrated

- **Drink Plenty of Fluids:** Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink.
- **Stay away from very sugary or alcoholic drinks**—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.
- **Replace Salt and Minerals:** Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat.
- **Keep Your Pets Hydrated:** Provide plenty of fresh water for your pets, and leave the water in a shady area.

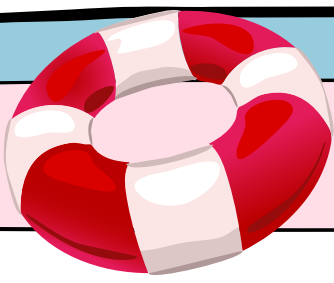


Stay Informed

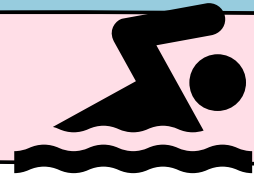


- **Check for Updates:** Check your local news for extreme heat alerts and safety tips and to learn about any cooling shelters in your area.
- **Know the Signs:** Learn the signs and symptoms of heat-related illnesses and how to treat them.
- **Monitor Those at High Risk:** Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others: Infants and young children, People 65 years of age or older, People who are overweight, People who are physically ill, Those who take certain medications, such as for depression, insomnia, or poor circulation





Water Safety



Drowning is a major public safety concern that is completely preventable.

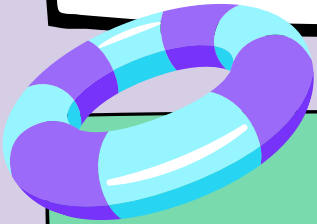
- More children ages 1–4 die from drowning than any other cause.
- Drowning happens in seconds and is often silent.
- Drowning can happen to anyone, any time there is access to water.



You Can Prevent Drowning

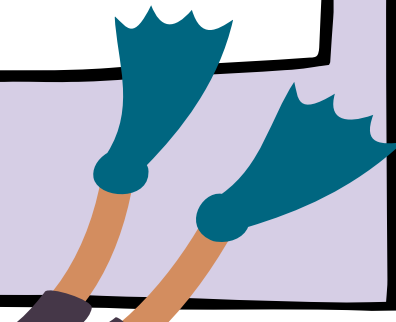
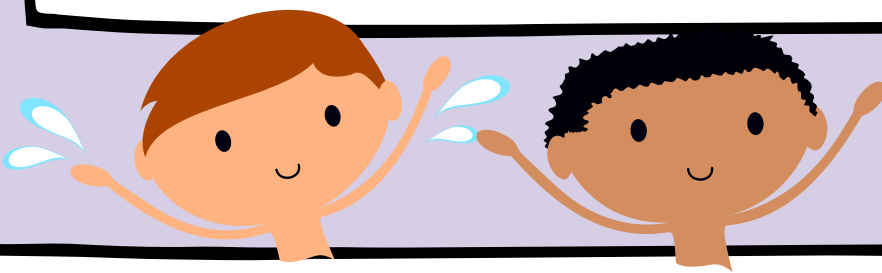
- Learn basic swimming and water safety skills: Formal swimming lessons can reduce the risk of drowning.¹⁻⁵ Children who have had swimming lessons still need close and constant supervision when in or around water.
- Build fences that fully enclose pools: Construct and use a four-sided fence that is at least four feet in height and fully encloses the pool and separates it from the house, with self-closing and self-latching gates. Remove all toys from the pool area that might attract children to the pool when the pool is not in use.
- Supervise closely: Designate a responsible adult to supervise closely and constantly when children are in or near water (including bathtubs). You can assign a specific adult to supervise each child when they have access to water.

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- Wear a life jacket: Life jackets reduce the risk of drowning while boating for people of all ages and swimming abilities. Life jackets should be used by children for all activities while in and around natural water. Life jackets can also be used by weaker swimmers of all ages in and around natural water and swimming pools. Do not rely on air-filled or foam toys, as these are not safety devices.



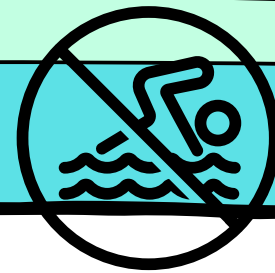
Water Safety for Toddlers

Water safety is important for all ages, but especially for toddlers. Drowning is the leading cause of injury death in children 1-4. Young children can drown in as little as an inch or two of water, and it can happen quickly and silently. The biggest drowning threat facing families with toddlers is unexpected, unsupervised access to water: swimming pools, hot tubs and spas, bathtubs, natural bodies of water such as ponds, and standing water in homes. For example, 69% of all drownings among children age 4 and younger happen during non-swim times.



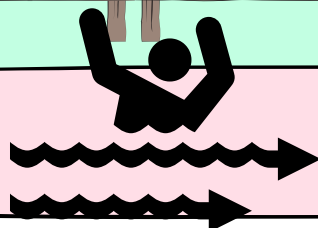


Layers of Protection



To lower the risk of drowning and other water-related injuries to children, the American Academy of Pediatrics (AAP) recommends using "layers" of protection.

When children are not expected to be around the water (non-swim times), barriers can help prevent tragedies during inevitable, brief lapses in supervision which are a normal part of every day. When children are playing in and around water, close and constant supervision become essential.

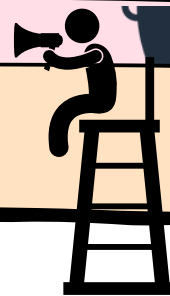


Water Dangers

Check for water dangers at home and where you visit. Preventing unintended, unsupervised access to water is proven to be one of the most effective ways to reduce drowning deaths among young children. Start with these layers of protection in and around your home to help make your toddler's environment safer.



Water Supervision



- Use touch supervision in or near the water
The AAP recommends staying within arm's length, providing constant "touch supervision," whether it's bath time or swim time. Most child drownings inside the home occur in bathtubs, usually during a lapse in adult supervision. During swim time, get in the water with your toddler. If you need to get out, take your child with you, even if lifeguards are present.
- Assign a "water watcher" Especially during parties or picnics at the pool or lake, when it's easy to get distracted, assign a "water watcher" to constantly keep eyes on the child. Take turns, passing along a water watcher card to the next responsible adult after a set time (such as 15 minutes).



at Home



Take a look at the attached resources for some great ideas to have some fun in the sun as a family this summer!

In the Community



Strawberry Picking

Kelder's Farm

10 am- 6pm

5755 US Route 20G

Kerhonkson, NY, 12446

Family FREE Night!

Mid-Hudson Discovery Museum

June 18th, 5:30pm-8:00pm

75 North Water St.

Poughkeepsie, NY, 12601

NO SCHOOL TODAY!

YMCA of Kingston & Ulster County

507 Broadway

Kingston, NY, 12401

Registration required

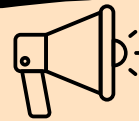
Twilight Music in the Park

Thursdays @ 6pm

Walkway Over the Hudson's

87 Haviland Rd.

Highland, NY, 12528



Exciting News!

Check out the **ALL NEW TINY TIPS** Newsletter!

Enjoy monthly tips and tricks about caring for our youngest population.

For more info and to subscribe, Please send an email to:

askingmissashley@gmail.com



FUN Summer Activities

TO DO WITH KIDS

HAVE A PICNIC

MAKE FRUIT SMOOTHIES

ROAST MARSHMALLOWS

BUBBLE CHASE

CAMPOUT IN YOUR YARD

GO ON A BIKE RIDE

TAKE A WALK ON A RAIL TRAIL

GO TO A ZOO

HAVE A WATER GUN OR BALLOON BATTLE

PLAY WITH SHAVING CREAM

VISIT A LOCAL FARM

WATER PLAY: SPRINKLER, WADING POOL OR A HOSE

PLAY FRISBEE OR KICKBALL

DO A SCAVENGER HUNT

JOIN A SUMMER READING PROGRAM AT YOUR LOCAL LIBRARY

FUN Summer Activities

TO DO WITH KIDS *CONTINUED*

WATER BALLOON BASEBALL

GO TO THE BEACH

GO ON A HIKE

SEE A DRIVE-IN MOVIE

FLY A KITE

HAVE YOUR OWN PARADE

GO TO A WATER PARK

DRAW WITH SIDEWALK CHALK

GO TO THE FAIR

MAKE SENSORY BOTTLES

VISIT AN AMUSEMENT PARK

VISIT YOUR LOCAL PARK

GO TO A FIREWORKS SHOW

MAKE POOL PARTY JELLO CUPS

MAKE CLOUD DOUGH

MAKE WATER BOMBS OUT OF SPONGES

MAKE GOOP

TURN YOUR SLIDE INTO A WATERSLIDE

CREATE YOUR OWN BACKYARD SPLASH PAD



HOME MADE
SPLASH PAD!

POOL PARTY
JELLO CUPS!



SENSORY BOTTLES





Summer SENSES

SCAVENGER HUNT



THE MUM EDUCATES



- Find something that tastes sour.
- Find something cold.
- Find something green.
- Find something that keep your body cool.
- Find a bird chirping.
- Find a flower that smells amazing.
- Find a red fruit that tastes sweet.
- Find a buzzing bee.
- Find something loud.
- Find something frozen.
- Find something that feels mucky.
- Find something round and green.
- Find something that smells fresh.
- Find something crawling.
- Find three yellow things.
- Find a singing bird.
- Find something a bug eats.
- Find something wet.
- Find something hard and dry.



THE MUM EDUCATES

WHAT YOU NEED:

2/3 cup Corn starch

1/4 cup Conditioner

Food dye

Bowl and Spatula to mix

INSTRUCTIONS:

- 1.** Measure and place the corn starch in medium sized mixing bowl.
- 2.** Measure and place the conditioner in the same bowl.
- 3.** Knead until the dough is formed.
- 4.** You can portion the dough and add food dye to make different colors!

Cloud Dough Recipe!



BELLBIRD

Early Educational Resources

× BELLBIRD RECIPES ×

Goop

Ingredients

- 2 cups of Salt
- 2/3 cups of Water
- 1 cups of Corn Flour
- 1/2 cup of Water

Method

1. Stir salt and 2/3 cup water in a saucepan over low to medium heat for 4-5 minutes.
2. Remove from heat. Mix corn flour with 1/2 cup water and add to the mix in saucepan. Stir until smooth.
3. Return mixture to low heat and continue to stir until goop has thickened, this will happen quickly.



119992B Flour



119995 Corn Flour