



July PALS Newsletter

Summer is a great time to take advantage of the great outdoors. Just remember these basic safety tips for fun in the sun. Make sure to apply sunscreen to you and your child. The American Academy of Pediatrics recommends that children wear sunscreen with at least 15-50 SPF

Remember to reapply sunscreen every two hours or after swimming, sweating, or toweling off



Hydrate!

Make sure kids drink a full glass of water before play.

Then require them to take water breaks at 30 minute intervals. Have water rich

snacks on hand such as

100% juice popsicles, watermelon, grapes, or orange slices



Signs of dehydration in kids

Sometime, despite our best efforts, children get dehydrated in hot weather. Early signs of dehydration may be:

- Dizziness or light headedness**
- nausea or headache**
- dark yellow or brown urine**
- fewer wet diapers than usual, older children will not go to the bathroom as much**
- Dry lips, tongue or throat**

Pool Safety Checklist:



Watch kids when they are in or around water, without being distracted. Keep young children within arm's reach of an adult. Teach children to swim. Every child is different, so enroll children in swim lessons when they are ready.

Install fences around home pools. A pool fence should surround all sides of the pool and be at least four feet tall with self closing and self latching gates.

Empty kids' pools after each use. Know what to do in an emergency. Learn CPR. It could save a life.



There is nothing as fun as water play on a hot day! To add some excitement, try setting up a simple and fun water obstacle course!

Use things like sprinklers, pool noodles, kiddie pools, buckets and even a tarp! Then let the fun begin!



Summer means fresh fruit in season. Why not pick your own?

Strawberry picking is a great workout. Bending, stretching, and twisting can help to increase flexibility and improve muscle tone. In addition, strawberry picking is a fun way to teach kids about where their food comes from.



Healthy Strawberry Oatmeal Bars

1 Cup Old Fashioned Rolled Oats

3/4 Cup White Whole Wheat Flour

1/3 Cup Light Brown Sugar

1/4 Tsp Ground Ginger

1/4 Tsp Kosher Salt

6 TBSP Unsalted Butter

2 Cups diced strawberries

1 Tsp Cornstarch

**1 Tbsp freshly squeezed lemon
juice**

1 Tbsp granulated sugar, divided



For the Vanilla Glaze (Optional)

1/2 Cup Powdered Sugar

1/2 Tsp Vanilla

1 Tbsp Milk

Preheat Oven to 375

**Spray baking sheet with cooking
spray**

**In medium bowl, combine oats,
flour, brown sugar, ginger and salt.**

**Pour in the melted butter and
stir until it forms clumps and the
dry ingredients are evenly
moistened.**



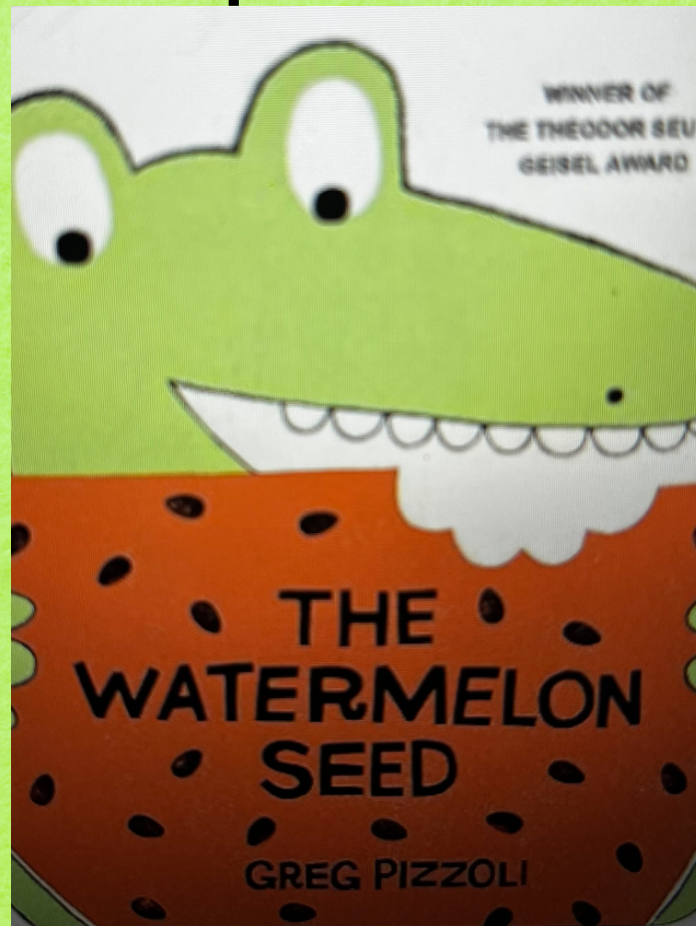
Set aside 1/2 cup of the crumble mixture, then press the rest into an even layer in the bottom of the prepared pan. Scatter half of the strawberries over the crust. Sprinkle the cornstarch evenly over the top, then sprinkle the lemon juice and 1/2 tbsp granulated sugar. Sprinkle the reserved crumbs over the top.



Bake the bars for 35-40 minutes, until the fruit is bubbly and the crum topping is golden. Place the pan on a wire rack to cool completely. While the bars cool, prepare the glaze: In a medium bowl, briskly whisk together the powdered sugar, vanilla, and milk until smooth.

Drizzle over bars, slice and serve!

After all that active play and baking, a little storytime is a fun way to settle down. This month's pick is:



Crocodile loves watermelon, but what will happen when his greatest fear of swallowing a watermelon seed comes to pass? Will vines sprout out of his ears? Will his skin turn pink? This book will have kids laughing out loud!

