

MAY FLOWERS Scavenger Hunt

How many of these flowers can you and the kiddos find?

Many of these types of flowers grow locally in the wild, or are common garden additions to local gardens. A walk in your town or neighborhood with the family can be a great learning opportunity!

- If you don't know what each type of flower looks like, look it up on your phone before going on your scavenger hunt!
- You can also take screenshots of flowers on your phone to use when identifying flowers outside.
- Did you know there are lots of flower identification books at your local library? There are many great guides designed with kids in mind!

BLEEDING HEART
BUTTERCUP
COLUMBINE
DAISY
IRIS
PEONY
POPPY
ROSE
SNAPDRAGON
TULIP
WISTERIA
ZINNIA

In addition to identifying different types of flowers, you can ask the kids:

"What color is that flower?"

"How many flowers can you count?"

"If you could be a flower, what would it be?"

"How does that flower make you feel?"

Think of other questions to ask your kids ... you never know what they can come up with!

Sarolta DeFaltay, Family Support Specialist, Tompkins



Becky Howe, Family Support Specialist

"Working along with families has been my passion for 50 years. How time flies since I was first a certified family child care provider in 1971! After a 14 month gap in home visiting with families since the COVID 19 restrictions, it is so nice to be out and about with kids and parents again! Thank you families for the great opportunity to walk beside you all these years. To a very happy and healthy summer for all!" - Becky Howe



MAY Snack Corner

Frozen Yogurt Bites

Ingredients

- Yogurt
- Berries or sliced fruit

Utensils

- Spoon
- Tray
- Cupcake Cups or small paper cups. (Silicone cups are best, if you have them)



Directions

- Line the tray with cupcake cups.
- Fill cupcake cups halfway with yogurt
- Add Berries or Fruit
- Freeze for 2-3 hours.

How Can Children Help?

- Gather utensils and ingredients.
- Dollop yogurt with a spoon.
- Add toppings.
- Experiment with different yogurt flavors and fruit combinations; you might discover an unexpected new fave!

- Michael Hoit, Family Support
Specialist/ Coordinator, Cortland



TICK SEASON REMINDERS

It's so great to be outdoors again! There's nothing better for your health and well-being than getting some exercise in the fresh air.

Adult ticks, which are approximately the size of sesame seeds, are most active from March to mid-May and from mid-August to November. Both nymphs and adults can transmit Lyme disease. Ticks can be active any time the temperature is above freezing. Infected deer ticks can be found throughout New York State.

The following guidelines to protect your family from ticks is from the NY Department of Health:

- Wear light-colored clothing with a tight weave to spot ticks easily.
- Wear enclosed shoes, long pants and a long-sleeved shirt. Tuck pant legs into socks or boots and shirt into pants.
- Check clothes and any exposed skin frequently for ticks while outdoors.
- Consider using insect repellent.
- Stay on cleared, well-traveled trails. Walk in the center of trails. Avoid dense woods and bushy areas.
- Avoid sitting directly on the ground or on stone walls.
- Keep long hair tied back, especially when gardening.
- Bathe or shower as soon as possible after going indoors (preferably within two hours) to wash off and more easily find ticks that may be on you.
- Do a final, full-body tick check at the end of the day (also check children and pets), and remove ticks promptly.

for more information, visit: <https://www.health.ny.gov/publications/2813/>



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