

NATURE ART

When you get out in nature with the kiddos, what can you find to create art?

- **STICK SCULPTURE:** Sticks, fallen leaves, wildflowers, stones, grass and the odd found object can be combined to make fabulous temporary sculptures on the lawn.
- **ROCK ART:** Making sculptures out of rocks is all about balance. Simply grab some rocks, stones and pebbles and see what develops.
- **STONE DRAWING:** Left to their own devices, kids will sooner or later figure out that rocks can make marks on other rocks. Encourage them to experiment to see which stones create the best colours.
- **DIRT PAINTING:** You don't need a lot of supplies to paint with dirt (just add water), but if your kids are looking for something a little more colourful, you can add a little bit of water-based paint or food colouring into the mix.

Now get outside ... and let nature inspire the artist within!

<https://kinderart.com/blog/nature-art/>



Staff Spotlight Amber Ward, Administrative Assistant

"Hello everyone! I've worked closely with children in care giving and recreation as well as administrative work. My role is to support our programs so that they can support, parents, providers, and most importantly children of the community. Nothing brings me more joy than seeing children happy emotionally, mentally, and physically."



FIVE-MINUTE PAPER CUP POPSICLES

Use your imagination and use what you have on hand ...
here's a recipe to inspire you!

Ingredients:

- 1/2 cup plus 3 tablespoons plain yogurt
- 1 small organic banana, 1/2 sliced, 1/2 mashed
- 3-4 small organic strawberries, mashed
- 1 small organic kiwi, mashed
- 4 small paper cups
- 4 popsicle or craft sticks

Instructions

- Step 1. Cut 1/2 inch slices of the banana - one for every cup you're making - and place a banana slice in the cup, flat.
 - Step 2. Push a popsicle stick into the banana slice slowly so that the stick stands up on its own.
 - Step 3. Mash or dice the strawberries, kiwi, and the remaining banana and mix in with the yogurt. [the kids can help with that!]
 - Step 4. Fill the cups with the yogurt and fruit mixture and gently bang them on the counter a few times to release the air bubbles. [This is fun for the kiddos!]
- Put the cups on a tray and freeze them for a few hours. Peel off the cup (ours came right off with no problem). Try these with any combinations of your favorite yogurt and fruit! If serving to children under 2 years of age, puree yogurt and fruit before mixing to avoid choking hazards. If you don't have popsicle sticks, you can use small spoons as the handle for your popsicles.

<https://rufflesandrainboots.com/5-minute-dixie-cup-popsicles/>

HEALTHY HYDRATION



Healthy Hydration

All living things need water to survive. Plain water is the best drink choice for kids. Why? It's super healthy with zero calories & no added sugar. It's good for the body - keeps joints, bones and teeth healthy, helps the blood circulate, and can help kids maintain a healthy weight into adulthood. Being well hydrated improves mood, memory and attention in children. And it's economical – tap water is much less expensive than sports drinks, sodas and juice.



How to help your family choose water

Water doesn't have to be boring! There are plenty of ways to entice everyone in the family to drink healthy and stay hydrated throughout the day. Being a good role model yourself is a great way to help make water part of your children's routine and get them in the habit of drinking water before they're thirsty. Here are a few twists to add some fun:

- Infuse water with lemons, berries, cucumber or mint for some added flavor. This is an easy way to keep the whole family coming back for refills. Be sure the pieces of fruit are large enough so they are not a choking hazard for young children.
- Keep fruits and vegetables that are high in water content handy - and there are plenty of them. Some of the best vegetables to choose from are cucumber, zucchini, iceberg lettuce, celery, and tomato. Top fruits include watermelon, cantaloupe, strawberries, blueberries, and grapefruit.
- Freeze fruit inside ice cubes. It dresses up the drinks at any table, and young children can help fill the trays.
- Delight kids with special water bottles or cups. Whether it is a personalized sports bottle or a fancy cup with an umbrella or swirly straw, adding a festive touch can go a long way.
- Make your own popsicles with pureed fruit for an afternoon cool-down. Make it a fun family activity by using small paper cups. Let your kids decorate them before filling or look for popsicle molds in fun shapes and colors.

<https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Choose-Water-for-Healthy-Hydration.aspx>



How much water do children need?

At around 6 months, babies can be introduced to water. They only need about 4-8 ounces per day until they are a year old because the rest of their liquids are coming from breastmilk or formula. To stay well hydrated, children ages 1-3 years need approximately 4 cups of beverages per day, including water or milk. This increases for older kids to around 5 cups for 4-8 year olds, and 7-8 cups for older children.

It should be noted that these amounts vary by individual and may need to be adjusted depending on levels of activity and environmental conditions like heat and humidity. When kids are active and when it's hot and humid, kids need more liquid to stay hydrated.

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