

The Power of PLAY

“Children are more than busy when they’re playing. When your children play with you, they are also learning that they are loved and important and that they are fun to be around. You are your child’s favorite toy. There is nothing in the world your child would rather do than play with you!”



Summer Water Fun!

Children enhance their gross motor skills, coordination and physical fitness through lifting, pouring, carrying, running and splashing, while actions such as squeezing help to develop the small muscles in a child's hands. All you need is a large bowl or two, and anything you might have in the kitchen, such as measuring cups, a funnel, turkey baster, unused sponges ...

Take the bowls of water outside where kids can splash ...
and let them at it!

Play WITH them by asking “what if” questions ... describing what they’re doing ... and getting silly while everyone gets a little wet!

For more ideas on using everyday household items such as spoons, pots, blankets, and boxes to enjoy fun play time with your child, visit:

<https://www.zerotothree.org/early-learning/play>



Staff Highlight: Brittany Vanderhoof, Family Support Specialist

“Hi there! My name is Brittnay Vanderhoof. I have worked with children and families in school and community settings as a preschool teacher and prekindergarten teacher. I find so much joy in being able to connect with the community and to use my experience inside and outside of the classroom to help families flourish and achieve the goals they create for themselves!”

SUMMER RECIPE

Frozen Banana Yogurt Pops

Nothing says summer like frozen treats and food on a stick. This recipe for Frozen Banana Yogurt Pops is the best of both!

From peeling the bananas to decorating them, this is definitely a treat that kids can help make, so be sure to get your children involved in the process!

Begin by peeling the bananas and cutting them in half. Insert a popsicle stick into the flat bottom of each banana half. If you don't have popsicle sticks, you can use the handle end of a spoon. Next, dip your bananas in yogurt- any flavor. Use a spoon to cover the entire banana and smooth out the yogurt. Allow any excess yogurt to drip off. Then, sprinkle your bananas with your choice of toppings, such as raisins, cereal pieces, or chocolate chips. Place the dipped and decorated bananas onto a plate or baking sheet lined with wax or parchment paper. Place the plate in the freezer until the yogurt has hardened — about 2 hours. Enjoy a frosty treat!

[Retrieved from: www.theproducemoms.com]



Avoid sunburns while enjoying time outside!

- Wear lightweight clothing that covers the body, sunglasses with at least 99% UV protection, and hats with a brim to shade the face, ears, and back of neck.
- Play in the shade between 10am-4pm when UV rays are strongest.
- Wear sunscreen whenever you spend time outdoors. 80% of the sun's UV rays can get through on cloudy days. Also, UV rays can bounce back from water, sand, snow, and concrete, so make sure you're protected.
- Put sunscreen on 15-30 minutes before going outside. It needs time to absorb into the skin. Reapply every 2 hours and after swimming, sweating, or drying off with a towel.

Use enough sunscreen to cover all exposed areas, especially the face, nose, ears, feet, hands, and even backs of the knees. Rub it in well.

Keeping babies safe in the sun!

- Keep babies younger than 6 months out of direct sunlight. Find shade under a tree, an umbrella, or the stroller canopy.
- Even in the shade, babies under 6 months should wear lightweight protective clothing.

If you can't keep baby in the shade, use sunscreen on small areas of the body, applying carefully around the eyes. If baby rubs sunscreen into their eyes, wipe eyes and hands clean with a damp cloth.



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