

HIPPY

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A Newsletter for the Home Instruction for Parents of Preschool Youngsters
Parent Edition May 2018 Volume 1, Issue 35

Upcoming Family Events: May

37th Annual Toad Suck Daze, Conway	4-6th
The Secret Life of Suitcases, Walton Arts Center, Fayetteville	11th
Mother's Day	13th
Greek Food Festival: Annunciation Greek Orthodox Church – Little Rock (FREE)	18-20th
26th Annual Magnolia Blossom Festival and Steak Cook-off: Downtown Historic Square– Magnolia(FREE)	18-19th
National Kids to Parks Day, Lake Dardanelle State Park, Russellville	19th
21st Augusta Days: Downtown Augusta	24-27th
Hamburger Day	28th
Memorial Day	28th
For more events in your area: http://www.arkansas.com/events/	

May Fun Facts

- ◆ It is the third and last month of the season of spring.
- ◆ The birthstone of May, the emerald, symbolizes success and love.
- ◆ May in the Northern Hemisphere is similar to November in the Southern Hemisphere
- ◆ The last week of May is Library and Information Week.

Winner Mother's Read in March, Jessikah Kelley of Southeast Arkansas Educational Coop

Summer Routines and the Importance of Rest

Now that the sun is out longer and the kids are about to be out of school, it can be tempting to relax your child's schedule for the summer months. You may want to relax the daily and bedtime schedule and let your child play a bit longer outside. However, keeping to regular routines is very important for your child's sense of security, health and well-being. Children rely on schedules and routines so they know what to

expect throughout the day. This makes them feel safe which in turn allows them to trust their caregiver and relax into their role of being children.

Benefits of Routines:

- ⇒ **Routines eliminate power struggles.** When certain activities are just part of the consistent daily routine kids are less likely to argue.
- ⇒ **Routines help kids learn to**

be independent. Over time, kids learn to do their routine activities without constant reminders.

- ⇒ **Schedules help parents maintain consistent expectations.** When the schedule and expectations are set, parents are more likely to stick with their rules.



Strategies for Staying Sun Safe



As the weather gets warmer, we all want to spend more time outside. While being outdoors is great for kids for many reasons, it is also a time when parents have to make sure that kids are protected against the harsh rays of the sun.

Repeated, unprotected exposure to the sun's UV rays can cause skin damage, eye damage, immune system issues, and skin cancer. Since most kids get much of their lifetime sun exposure before they turn 18, it is important to teach young children how to enjoy the sun safely and model these lessons.

Sun burns and even a "healthy tan" could actually be a sign of sun damage. Unprotected sun exposure is especially dangerous for kids with moles on their skin (or whose parents have a tendency to develop moles), fair skin and hair, and a history of skin cancer in the family.

Below are some important tips to help your kids play safely in the sun:

- 1. Avoid the Strongest Rays of the Day:** When the sun is highest overhead and its rays are the strongest, usually between 10am-4pm, it is safest to seek shade or go indoors. If outside, make sure to apply and reapply sunscreen throughout the day; this applies to playing in the backyard, at the beach, and on cloudy days.
- 2. Cover Up:** Protect your family from the sun by covering up their skin. Test the protection of your clothing by placing your hand inside the garment and making sure you cannot see your hand

through the fabric. Encourage usage of sunglasses to protect young eyes.

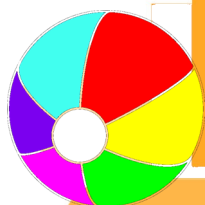
Babies have thinner skin and it burns more easily. The best protection for babies younger than 6 months old is the shade. If your baby must be in the sun, dress him/her in light weight clothing that covers his/her body, including a wide-brimmed hat to shade the face.

- 3. Use Sunscreen Consistently:** Look for SPF numbers on the label of the sunscreen that are higher than 30 to prevent sunburn and tanning, both of which are signs of skin damage. Choose a sunscreen that protects against UVA and UVB rays (or broad-spectrum sunscreen).

Other sun protection tips:

- ✱ Use sunscreen sprays cautiously: they can be breathed in and irritate the lungs and may be hard to tell if they have been applied thoroughly.
- ✱ Apply sunscreen whenever kids are outside, ideally 15-30 minutes before going outside.
- ✱ Don't forget about ears, hands, feet, shoulders, behind the neck and under bathing suit straps when applying sunscreen.
- ✱ Reapply sunscreen about every 2 hours or after your child has been sweating or swimming, even if using water-resistant sunscreens.

(Source: Kidshealth.org, parents.com)



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Mother's and Father's Day Gift Ideas

Loving Notes Jar: Father's Day or Mother's Day

Materials:

- Clear glass or plastic jar with a lid
- Colored paper
- Marker
- Optional: ribbon

Directions:

1. Cut the colored paper into 6 inch strips.
2. With help from a parent or adult (not the one receiving the gift), have the child write down all of the reasons why he/she loves his/her mother or father on different strips.
3. Fold the notes and place them in the jar.
4. Optional: Tie and curl ribbon to put around the lid of the jar. Also, cut a heart out of the colored paper and help the child write "I love you Mom/Dad" and glue or tape it to the outside.



"A Mother holds her children's hands for a while...their hearts forever."
-Unknown

(Source: artistshelpingchildren.org)

Footprint/Handprint Gifts

Materials:

- Finger paint or other thick paint in several colors.
- Thick white paper or canvas
- Permanent marker or thin paint brush
- Several paper plates

Directions:

- Put of each color of paint on a separate paper plate.
- If you are making a flower picture...
1. Paint your child's feet in green paint and stamp them near each other on the paper for "leaves".
 2. Use a finger or brush to draw a stem between the feet.
 3. Then paint your child's hands in different colors and stamp them at the top of the stem for the flowers.

My father didn't tell me how to live; he lived, and let me watch him do it.

-Clarence Budington Kelland



4. You can make a yellow handprint "sun" at the top of the page, as well.
5. Optional: Write or paint the words "Your love helps me grow."

If you are making a butterfly picture:

1. Color your child's feet whatever color you would like the wings to be and stamp them on the paper next to each other, pointing outward for the wings.
2. Use finger paint or a brush to draw the body in between the two wings.
3. Add grass and/or a yellow handprint sun.
4. Optional: Write or paint the words "Your love helps me fly."



(Source: domesticssuperhero.com)

Spring/Summer Bucket List



When school is out and the kids are home for the summer, it can feel very freeing as well as overwhelming. Start planning your summer now by making a bucket list. Gather your family around to share ideas for fun activities to do during the summer break. Post the list where everyone can see it or actually make a bucket and write each idea on a clothes pin. Have someone pick a new clothes-pin or activity from the list each day. Do whatever is chosen and have fun doing it!

Here are a list of sample ideas to get your bucket list started:

- ✧ Family game night
- ✧ Have a picnic
- ✧ Make a bird feeder
- ✧ Have a photo shoot in your favorite outfits. Let your kids be the photographers too.
- ✧ Make a sidewalk chalk mural
- ✧ Spring clean
- ✧ Take a walk through a park
- ✧ Bake a cake
- ✧ Pick wildflowers to make a bouquet
- ✧ Go fishing
- ✧ Fly a kite
- ✧ Dance in the rain
- ✧ Visit a zoo
- ✧ Take a bike ride
- ✧ Have an Art Week! Learn about and do art like famous artists.
- ✧ Explore new libraries
- ✧ Have a kids in charge day, where your kids pick the activities and meals.
- ✧ Build a giant fort (inside or outside)
- ✧ Camp out in your backyard
- ✧ Make your own ice cream

Spring/Summer Themed Books

- ✧ Flower Garden by Eve Bunting
- ✧ Jack's Garden by Henry Cole
- ✧ The Tiny Seed by Eric Carle
- ✧ Up, Down, and Around by Katherine Ayres
- ✧ Oh Say Can You Seed? by Bonnie Worth
- ✧ National Geographic Readers: Seed to Plant by Kristin Rattini
- ✧ What Does Bunny See? by Linda Sue Park
- ✧ Maisy Grows a Garden by Lucy Cousins
- ✧ Over in the Garden by Jennifer Ward
- ✧ Mama Built a Little Nest by Jennifer Ward
- ✧ Have You Heard the Nesting Bird? by Rita Gray
- ✧ The Teddy Bears' Picnic by Jerry Garcia
- ✧ We're Going on a Picnic by Pat Hutchins
- ✧ Olivia and the Kite Party by Alex Harvey
- ✧ Kite Flying by Grace Lin
- ✧ A Kite Day (A Bear and Mole Story) by Will Hillenbrand
- ✧ Curious George Flies a Kite by H.A. Rey
- ✧ Stuck by Oliver Jeffers
- ✧ Diary of a Worm by Doreen Cronin