

HAPPY

homeroom



A Newsletter for the Home Instruction for Parents of Preschool Youngsters
Parent Edition

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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.

(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

(Source: kidshealth.org, parents.com)

Congratulations to our Father's Read in February

We appreciate all of our fathers/father figures that participated in the Father's Read in February.

Ozark Unlimited

Resources-

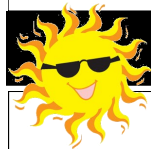
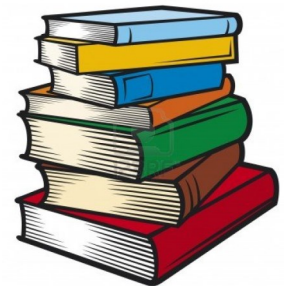
Adam Willis

Dawson Cooperative

-Arkadelphia

Justin Wilcher
Desmon Dixon
Wyatt Hughes
Russell Hughes
Gerald Paige
Clinton Coleman
Ronnie Graham

Carlton Coleman
Cedric Hughes



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.
- ✦ Some medications increase the skin's sensitivity to the sun, so ask your doctor whether this is an issue for your child.



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 (i.e. brushing teeth, napping, etc.) 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 and they feel in charge of themselves and independent.
- **Kids learn to "look forward".** Kids may want to do something now, but know that they will be able to do it at a certain time in the schedule and can "look forward" to it.
- **Schedules help parents maintain con-**

sistent expectations. When everything is a fight, parents may end up giving in more often. When the schedule and expectations are set, parents are more likely to stick with their rules because that's just the way things are done.

- **Routines decrease stress and anxiety.** When a child's schedule varies and is inconsistent, this causes anxiety and stress for the child which may cause negative behaviors. Children handle change best when they are prepared.

Schedules do not have to be rigid and planned out to the exact minute, but below are a few considerations to help you in planning and keeping your child on a routine that will ensure everyone has a happy and enjoyable summer:

- 🕒 If your child was in preschool, find out what your child's playing, eating, and napping/quiet time schedule was at school and set up something similar at home.
- 🕒 If you had a scheduled time to work on your HIPPA lessons during the year, continue using that time to work on other educational activities during the summer.
- 🕒 Keep consistent nap and bedtime routines

and times. Do not increase your child's bed time to more than 30 minutes past their regular school year/weekday bedtime.

- 🕒 Some children are visual learners, so making a chart of your daily routine may allow your child to better understand the schedule for the day.
- 🕒 Try to stick to a consistent wake time in the morning so children can keep to their regular schedule.

Children need adequate (10-13 hours per day for 3-5 year olds), consistent rest to repair various organs, tissues, and muscles, learn new information and solidify long term memory, release the growth hormone that is needed for tissue growth and muscle development, and regulate their emotions.

- 🕒 Keep meal and snack times as consistent as possible. Hungry kids can be irritable and challenging.
- 🕒 If you do need to change the schedule for the day, give your child plenty of notice and warning, if possible, to decrease his/her anxiety about the change.

(Sources: Aparenting.com, aplaceofourown.org, sleep.org)



Watch Out! Water Safety Tips



There is no better way to cool off from the heat of an Arkansas summer than by splashing around in a pool, lake, or river. However, these bodies of water have the potential to be very dangerous for young children. Below are some water safety tips to keep everyone healthy and having fun this summer.

General water safety tips:

- 👤 Actively supervise kids whenever around water— even if lifeguards are present. Do not drop kids off at pools, leave them at the beach, or leave them in the water unattended, even for a brief time.
- 👤 Always stay within an arms reach of young children and swimmers of limited ability and avoid distractions when supervising children around water. *Small children can drown in as little as one inch of water.*
- 👤 Locate the danger when visiting somewhere new: find the fountains, pools, lakes, ponds, and other potential drowning hazards.
- 👤 When using inflatable or portable pools, remember to empty them immediately after use and store them upside down and out of reach.

Fact: Drowning is the 2nd leading cause of accidental death in children ages 1-14.

👤 Educate your children about water/swimming safety. Teach kids to only go in or near water when an adult is present and watching.

👤 Enroll your child in swimming lessons that teach children how to tread water, float, and stay by the shore or edge of a pool.

👤 Do not rely on swimming aids such as floaties, water wings, or noodles. They do not replace supervision, a lifeguard, or Coast Guard approved flotation devices.

👤 Make sure backyard pools have four-sided fencing that is at least 4 feet high and is self-closing or remove access ladders and secure lids tightly to prevent unsupervised children from wandering into the water.

👤 Start slowly when introducing babies to water. Make sure they always wear waterproof diapers and change them frequently.

****Don't assume that a child who knows how to swim isn't at risk of drowning.**

Lake or pond safety tips:

👤 Make sure children wear foot protection, even in the water, as ponds and lakes may have jagged rocks, broken glass, or other trash.

👤 Watch out for weeds which could tangle legs or arms.

Beach safety tips:

👤 Beaches have special dangers like currents and tides. Ask the lifeguard about water conditions.

👤 Do not let kids swim in large waves or undertows and tell them to never stand with their backs to the water as a wave could easily knock them over.

Home water safety tips:

👤 Once bath time is over, drain the tub immediately.

👤 Keep toilet lids closed and use toilet seat locks to prevent drowning.

👤 Learn CPR.

👤 Never leave children unattended in the bathtub and avoid other distractions during bath time.

👤 Always test the temperature of the water in pools and tubs to make sure it is not too hot or too cold for children.