



July 2023 Newsletter



Summer time fun with babies, toddlers, and your older children at home.

We are always looking for fun things to do with the family. We encourage you all to go out and explore, as much as possible, and be to be safe as possible. In this newsletter, we hope that you will find some fun things to do throughout the day with your kids. This time, we added several ideas to do at home along with yummy recipes and activities.

Keeping you and your littles safe:

We all love the excitement of July 4th. Most families will enjoy grilling, having a bonfire, and of course, shooting off fireworks. Just remember to take caution and watch your little ones at all times. It only takes a second for something to happen. Also, don't forget they need ear protection from the loud noise.

More about firework safety



Not to mention, being out in the hot sun can also cause heat exhaustion and heat stroke. Be aware of the signs.

Know the signs of heat exhaustion and heat stroke in kids.

Backyard Camping

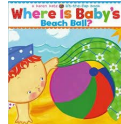


Camping in your own backyard provides parents with a great alternative and a fun way to create long-lasting memories and new family traditions, while saving money and time. Not only that but there is nothing like gazing up at the stars at night and singing songs around the fire pit.

Benefits of camping in your own backyard

Summertime fun with books:

We all love a little bit of relaxation, especially on a hot day. If possible, find a nice shaded area and enjoy a nice book together.



Hiking and Nature Walks:

We all need to get out of the house and have a little fresh air, even if, only getting in the backyard. You can create a place outside for your little one to play in sand, grass, rocks, and even dirt. You can add pine cones, leaves, flowers, and other things you find in nature. Listed below are some great outdoor activities.

Activities for outside exploration:

Safety and hiking by age groups:

Summer bugs: It's that time again where the bugs like to play just as much as the kids. So how can we protect ourselves and our little one's from getting those itchy red bites? Click on following links for more information.

Best way to protect your kids

Many toddlers and smaller children are also very scared of flying insects or any type of bug, for that matter. Here are a few tips on how to help them face a fear of bugs.

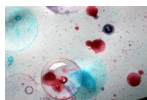
5 Tips for helping your child face a fear of bugs.

A few fun art activities

Flyswatter Fireworks: Pour small piles of paint on paper and use a fly swatter to create paint fireworks.



Bubble Firework Art: Mix food coloring and bubbles. Let the bubbles pop on a canvas, paper or sidewalk for fireworks.



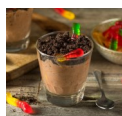
A few summer treats:

While summer time is fun and sure is hot, it's always nice to have some nice treats. Here are a few to try out with your kids.

Breakfast Parfait Pop


















Cup of dirt



INSECT SCAVENGER HUNT

Head outdoors and look for these insects!

		
<input type="radio"/> BEE	<input type="radio"/> CRICKET	<input type="radio"/> MOSQUITO
		
<input type="radio"/> BEETLE	<input type="radio"/> DRAGONFLY	<input type="radio"/> LADYBUG
		
<input type="radio"/> FLY	<input type="radio"/> GRASSHOPPER	<input type="radio"/> BUTTERFLY
		
<input type="radio"/> MOTH	<input type="radio"/> ANT	<input type="radio"/> HORNET
		
<input type="radio"/> CATERPILLAR	<input type="radio"/> MANTIS	<input type="radio"/> COWPUP

Resources:

<https://babynavigator.com/16-gestures-by-16-months/>

<https://teachmetotalk.com/category/podcast/>

<http://fgrbi.com/resources-for-families/>

<https://cdctn.org/early-intervention>

Events:

July 8th 10-5pm Dino days craft fair 99 Lakeview Dr. Manchester
July 15th Toddler time with Bethany Mize Giles County Library: 122 S 2nd St. Pulaski
July 17-22 Bedford County Fair at ag center
Check local libraries for summer reading and fun activities