



July 2021 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 and we encourage you to go out and explore as much as possible, while keeping safety in mind. 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.

### Fireworks:

While fireworks are a blast and so pretty to look at, infants should not be exposed to fireworks because they generally experience the greatest amount of sound pressure. Exposure to loud sounds can result in the following: Tinnitus– ringing in the ears, which can be a symptom of hearing loss. If planning on going out, try not to be too close or use protection over the ears for your young toddlers.



[Firework safety for kids](#)

[Sparkler firework craft](#)

### Swimming/water play:

Water play activities help to develop hand-eye coordination, enhances concentration and focus, motor skills, and sensory exploration

[Benefits of swimming](#)

[Benefits of water play](#)

### Hiking/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.



### Backyard camping:

Camping in your own backyard provides parents with a great alternative and a fun way to create long-lasting memories, new family traditions, while saving money and time. There is nothing like gazing up at the stars at night and singing songs around the fire pit.

[Benefits of Camping in you Backyard](#)

### Gardening:

Gardening can be so much fun with your toddlers, as well as with older kids in the home. It's such a great learning experience to plant, water, watch it grow and then get to pick the fruits and veggies to eat. This is also a great time to learn about colors, sorting, big/little, and so much more.

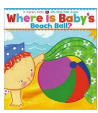


[Fun Activities in the garden:](#)

### Summertime fun 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.

[Awesome books to look at:](#)



### Helping around the house:

Toddlers love to help out around the house. You can show your little one how to help with clothes, dusting, sweeping, picking up things and even help with feeding the animals.

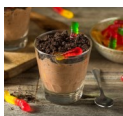
[Benefits of toddlers helping out with chores:](#)

### 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](#)

### Events in the Area:

Check your local parks for 4th celebration

July 19th-24th Bedford Co. Fair @ Bedford County Ag Center.

July 23rd Morning story time 10:20 for 0-6yrs @Public Library

July 24th Splash Bash 7-4pm [Lucky Ladd Farms](#), Eagleville

## 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>