



July 2022 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 to go out and explore while being able 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.

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](#)

Backyard Camping

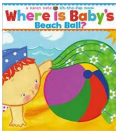


Camping in your own backyard provides parents with a great alternative and a fun way to create long-lasting memories, new family traditions, while saving money and time. Not only that, but there is nothing like gazing up at the stars at night and singing songs around the fire pit.

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, it's 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:

Baby on the Move: The use of [Baby Walkers](#) and why they are not the best for your little one.

Yes, you heard us right. In the past generations, parents used them hoping this was a way to get a child to walk faster. However, research has proved that it actually might take your child longer to walk because they don't get the right sensation and motor movement development that they need to require walking. Not only that, but they really aren't that safe for your little one.

Click for Video >



July is National Fragile X Syndrome Awareness month.

Fragile X is a genetic condition that causes a range of developmental problems including learning disabilities and cognitive impairment.

Understanding Fragile X

Fragile X Experiences and Importance of

A few summer treats:

While summer time is fun, it 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:

July 2nd 10-4pm [Watermelon Festival Lucky Ladd Farms](#)

July 4th 5-9pm Shelbyville Rec Center Fireworks

July 24th-30th [Bedford County Fair](#)

Please check your local parks for firework shows.

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>

For those grandparents, even aunts and uncles, here are some helpful resources.

Relative Caregiver Brochure:

Relative Caregiver Services: