

Raising Great Kids



MAY

Fun Summertime Activities

This summer explore your community and your own backyard for fun activities for your kids.

Visit the Library

Check out your local library, they often have a lot of programs for young children. Children and parents can take part in activities such as reading aloud, storytelling, finger plays, rhymes, and songs. Preschoolers usually enjoy group activities where they can watch puppet shows and do arts and crafts activities.

Discover Geography

What makes a place special? Take children for a walk around your neighborhood and look at what makes it unique. Point out how it is similar to other places you have been and how it is different. If you live near the ocean, a lake, or a park, take your children there and spend time talking about its uses. Read stories about distant places with children. Sing songs to teach geography, for example "Home on the Range." Make a wish list of places you would like to visit with your child. Look them up on a map and plan a trip to one, real or pretend.

View and Create Collections

Go to a children's museum to look at hands-on exhibits. Help your child start a collection to build his own museum. He can collect natural materials, such as leaves from a local park or sea shells from the beach.

Nature's Best

Teach children about the weather by using a newspaper to look up the temperature of cities around the world. Discover how hot or cold each city is in the summer. Watch the shapes of clouds and imagine. Do the shapes look like horses, ducks or other animals?

Camp out in a tent in the back yard. Gaze at the stars and try to find constellations such as the Big and Little Dipper. Make a treasure map for children to find hidden treats in the yard. Read about the state bird and state flower, and if possible, take a walk or ride your bikes to a nearby park to find them.

Use Community Resources

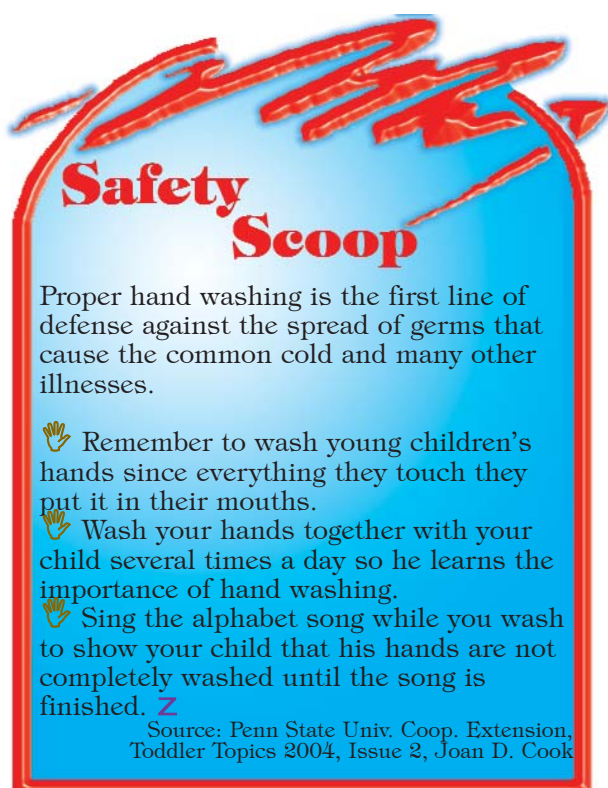
Watch for special events, such as free outdoor festivals, concerts, or movies. Some communities host these activities in local parks. Pack a picnic and enjoy time with your family. People are resources too! Policemen, firemen, teachers, or artists may live in your neighborhood. Most are eager to share their knowledge with children.

Rainy Day Activities

Summertime often brings afternoon thunder showers. On days when outdoor activities are not possible, you can share family history and photos with your children. Pull out old videotapes of past family gatherings. Prepare an indoor picnic with your child or cook dinner together.

Whatever the activity, children can enjoy and appreciate the summer months in ways that are both educational and relaxing for everyone. Z

Source: <http://naecy.org/ece/1998/11.asp>.

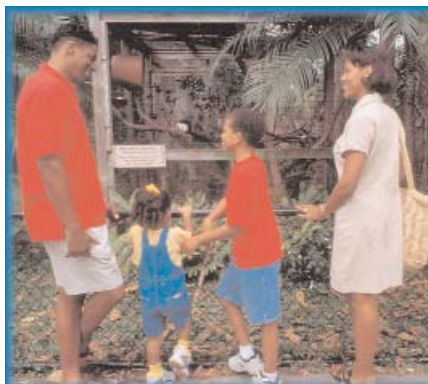


Safety Scoop

Proper hand washing is the first line of defense against the spread of germs that cause the common cold and many other illnesses.

- Remember to wash young children's hands since everything they touch they put it in their mouths.
- Wash your hands together with your child several times a day so he learns the importance of hand washing.
- Sing the alphabet song while you wash to show your child that his hands are not completely washed until the song is finished. Z

Source: Penn State Univ. Coop. Extension, Toddler Topics 2004, Issue 2, Joan D. Cook



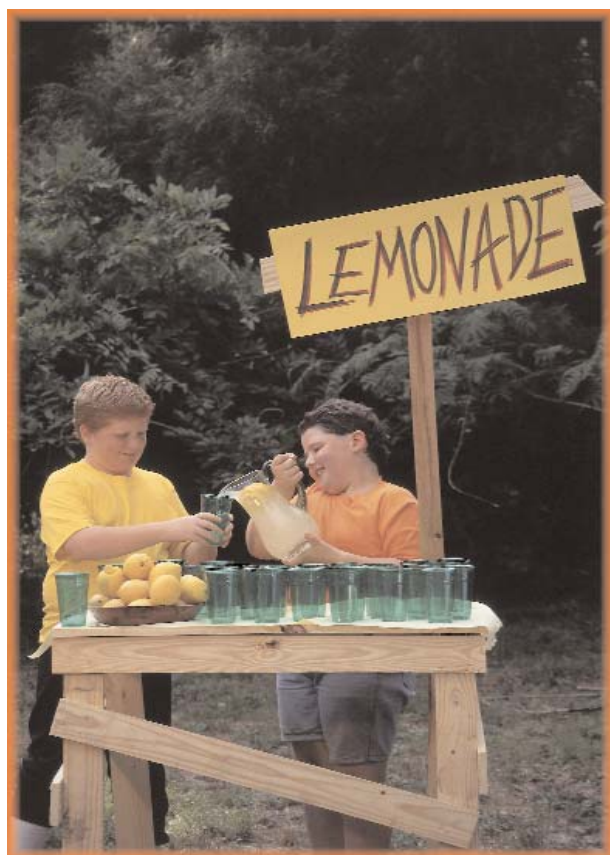
Did You Know?

Using “time-out” often or incorrectly may be useless or harmful to your child. Before you give a child time-out, keep in mind:

- ⌚ Time-out should not be humiliating, nor should it make children feel afraid.
- ⌚ Time-out should not last longer than it takes for the child to calm down.
- ⌚ Time-out is an opportunity for a child to clear his mind and rejoin the group or activity with a better attitude. Teach children how to solve their own problems with love and support, and time-out may no longer be necessary. **Remember, time-in is more important than time-out!**
- ⌚ Adults should offer children positive choices to their actions. For example, ask a child to help rebuild a block structure he has knocked down instead of giving him time-out. **Z**


Source: <http://naeyc.org/ece/1996/15.asp>.

Q&A What are some ideas for healthy eating for my kids this summer?



- 🥄 Freeze fruit juices into popsicles.
- 🥄 Make fresh lemonade.
- 🥄 Take a variety of sliced fruit to the beach or cool for a refreshing treat.
- 🥄 Dip fruits in a yogurt dip and vegetables in a ranch dip.
- 🥄 Grill vegetables to add a unique flavor.
- 🥄 Have kids help with shucking ears of corn before cooking them. **Z**

Source: <http://naeyc.org/ece/1999/10.asp>.



Banana Chocolate Crunch Popsicles


1 ripe banana
chocolate syrup
granola or crushed nuts

Peel banana, place popsicle stick in one end. Dip banana in chocolate syrup and roll in crushed nuts or granola. Freeze for 2-3 hours. **Z**

Source: <http://www.easy-kids-recipes.com/popsicle-recipes.html>.


Kids Can Help

Children can bring and measure ingredients, add ingredients to bowl and stir.



All children must be supervised when they are in the kitchen.

Here are some ideas for helping your child eat healthy this summer. He can help to prepare many of these ideas.



Palm Beach County Extension
University of Florida/IFAS
Family & Consumer Sciences
559 North Military Trail
West Palm Beach, FL 33415-1311
561-233-1742
pbcgov.com/coopext/facs

MR *IFAS*
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