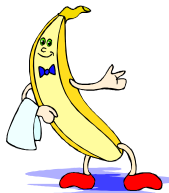


Outside Safety

Oh the joy of summer! The children are able to be outside and expand on their ever increasing learning skills. They can breathe fresh air, develop their muscles, learn and practice difficult skills and cooperate with other children. Every child benefits from outdoor play—every day. Some play areas are challenging and safe but there are others that can be hazardous with hidden dangers. It is vital that the adults step in and make sure that the areas are safe.

Help to prevent injuries by remembering to keep safety first.

1. Inspect the areas that the children use in your neighborhood and your own backyard. Do environmental checks at eye level and also get down on a child’s level to check. They find things that adults often overlook.
2. Make sure that all equipment is in good repair and installed properly. The climbers and swings need to be securely anchored into the ground to prevent tipping. Make sure that the fall zones around and under the equipment is cushioned. Ex: shredded tires, shredded wood chips or pea gravel.
3. Set reasonable, age appropriate rules. It helps if the rules are stated in terms of specific and positive behaviors. The rules need to be consistently enforced and reviewed often. Explain the rules and the reasons for them. This will help cut down on any misunderstandings.
4. Outdoor time requires playful adults who have sharp senses and quick responses. Children love when the adults in their lives get involved. It can be a wonderful way to keep connected with the children. They grow fast and you want to make sure to not miss a minute of it!
Have a safe and fun outdoor summer!



• **Banana Split Breakfast**

1. In the evening, put a container of yogurt in the freezer.
2. In the morning, thaw the yogurt and some frozen berries for 15 to 20 minutes.
3. Peel a banana, and cut it.
4. Put 2 banana pieces in a bowl. Top with 2 scoops of yogurt.
5. Sprinkle with cereal and berries.

Variation:
 Top with sprinkles or chocolate syrup for dessert or an afternoon snack.
 Enjoy your summer treats!

June and July 2010



Summer Skin Care For Children

There is usually no question that the sun’s rays are risky for all of us, above all for infants, toddlers, children and teens. Early exposure to too much sun and childhood sunburns can lead to damaged skin over time. The question does arise with the best methods of protecting our children.

Dr Brunilda Nazario, MD with WEBMD for children has some basic rules for smart summer skin care.

1. Try to stay inside or in the shade between 10am and 4pm. This is when the sun’s rays are strongest.
2. Dress in protective clothing. This includes hats and bright colored clothing. The dye in the fabric offers more protection than white.
3. Talk with your child’s doctor about the sun block he/she recommends for your child.

Remember to keep safe and enjoy!

Places To Go, People To See and Things To Do!

1. Experience the wonders of Asia without leaving Indiana! Asia Fest on June 5th at Garfield Parks Art Center 2345 Pagoda Dr, Indianapolis, 46203
2. June 5th is the Kids Fishing Derby at Eagle Creek park. Call 327-7116 for more info.
3. WFYI’s Let’s Meet PBS Kids in the Park on June 12th. A fun and FREE event from 10 to 4 at Military Park in downtown Indianapolis.
4. Hendricks County Rib Fest at Avon Washington Township Park from 5pm to 10pm on June 26th. Many family activities.
5. Radio Disney’s Family Fun Day at White River State Park in Indianapolis on June 26th.
6. Franklin Firecracker Festival on Saturday, July 3rd at the Indiana Masonic Home Circle. A day filled with family fun. You may call 317-736-3689 Franklin Parks and Recreation for more information on the days events.