



Steuben and Schuyler's most trusted child care resource.

Parent Newsletter

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Summer, Sun, and Safe Fun

As you look ahead to summer, consider how COVID-19 is spreading in your community when choosing activities. Outdoor activities and visits are safer than those indoors, but fully vaccinated people can participate in most indoor activities without much risk.

Outside summer activities for you and your children!

- Have a water balloon fight: Send your kids outside to battle it out and get soaked or join in on the fun. Fill small balloons inside or with a water hose.
- Grow herbs, lettuces, and flowers: Plant basil and a tomato plant in container gardens with high hopes for summer. Or have everyone plant sunflower seeds and patiently see whose will sprout first. As it grows, measure it, and once it flowers use the seeds to feed the birds.
- Welcome the birds: You can put up bird feeders, a nesting box and a birdbath to attract more new friends. Then head to Audubon.org to identify them.
- Map the neighborhood: Walk your neighborhood and see if your family can make a map from your house to another location. You'll be surprised at what they might notice.
- Hike the park: Even if you haven't gotten out into nature over the past year, it's time to find your nearest state or national park or national forest to get outside to take a walk or hike.
- Let's have a picnic: Picnic or grill in the backyard or in your local park. Grill meat or veggie hot dogs or bring sandwiches or takeout. Bring a Frisbee or soccer ball and play.

Source: <https://www.cnn.com/2021/05/29/health/100-fun-summer-activities-wellness/index.html>

Inside summer activities for you and your children!

- Phone a relative: Not everyone is traveling yet, and so many grandparents are missing their favorite little people. Why not call a relative who misses your kids and maybe misses you? You can continue those video calls.
- Thank-you notes: Write end-of-year thank-you cards to your teachers, other school staff and aftercare workers. (It's never too late to send them.)
- "Get well soon" cards: Let's add "we miss you" or "get well soon" cards to send to anyone you miss or who you know isn't well. Real mail is lovely to receive.
- Hand out snack bags: Gather shelf-stable snacks, bottles of water, socks and wipes into bags to hand out to people who need them. It's really hot outside in some places, and people are still hungry.
- Food donations: Make and contribute food to severely depleted food pantries.
- Walk a dog: Become a volunteer dog walker for your less mobile or elderly neighbors, or the local shelters.
- Make food to share: Cook or bake for your neighborhood's first responders or essential workers.
- Signs of thanks: Make signs for your lawn that thank anyone your family is grateful for.
- Chalk messages of hope: Lots of people are walking outside these days, and your kids can cheer them up with hopeful messages.



Source: <https://www.cdc.gov/coronavirus/2019-ncov/covid-data/covidview/past-reports/05212021.html>

Parent Resources

Concerned about your child's development? Want more information on water safety? Find tips and useful information on other topics you might find interesting.

<https://www.cdc.gov/parents/essentials/resources/index.html>



Vroom Activity- Brain Building Moments!

Science tells us that the more we engage with our children the better they will do later in school and in life. With these Vroom activities, you have what it takes to be a brain builder!

Cleaning Together Ages 1-2

Turn cleaning a surface into a game. Give your child a clean, almost-dry sponge and ask him/her to help you wipe off a surface you are cleaning. Ask your child to wipe it clean in long lines from top to bottom. Then try making a zigzag. Then circles. See what he/she thinks of it too!

Brainy Background

Doing "Grown-Up Work" can make your child feel very proud of himself/herself and his/her accomplishments. In addition, your child is learning how to take care of the things in his/her life and is also learning new words too!



To learn more, go to joinvroom.org or download the free daily vroom app!

Child Abuse Hotline Information

The State Wide Central Register receives calls 24 hours a day, every day from two types of sources: persons who are required by law (mandated) to report suspected cases of child abuse and maltreatment; and calls from non-mandated reporters, including the public.

For more information visit the Office of Children and Family Services website at <https://ocfs.ny.gov/main/cps/>

Do you suspect abuse or maltreatment? Report it now and call the statewide toll-free number at 1-800-342-3720.



Child Care Aware® of Steuben and Schuyler Contact Information:

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Hours of Operation: M - F 8:30 am – 4:30 pm
www.proactioninc.org/CCA

Visit our social media pages:

Facebook: *Child Care Aware of Steuben and Schuyler*

Twitter: @CCAoSny

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