



Summer 2009



Success in the Summer

Most children consider summer to be a favorite time of the year, especially those who have begun school but it can also lead to challenging times for some families...here are some tips to ensure a fun and successful summer:

- Have consistent expectations such as bedtimes, what time to get up in the morning, chores, and consequences
- Provide meals at consistent times
- Talk about fun and inexpensive activities that everyone wants to do and then plan a calendar together so that kids know what to expect and when
- Try and schedule a family mealtime every day where everyone can talk about the fun that they've had.

Consistency and maintaining a minimal routine will help your child to know what to expect and when. Add pictures to your calendar so that the kids can look at it themselves if they forget what you already talked about!

Please note that we will be closed for the first two weeks of August. All other programming remains the same unless otherwise posted on our calendar.

Have you heard that we are trying to promote physical activity in the early years within Renfrew County? We have added our caterpillar climber to promote gross motor play within the Centre. We are also hoping to re-open our courtyard this fall! Watch for fun activities promoting physical activity such as strolls, beach time and picnics! Remember physical activity does not have to be an organized sport but simply something that gets everyone moving! The outdoors provides such a natural learning environment for children while promoting physical activity! This Sunday, June 28th, come walk, run or cycle along the Ottawa River, at Dochart Park from 1-4 pm.



Simple things to do....

- Have a campfire and roast some marshmallows
- Go for a walk and look at all the beautiful flower gardens while keeping track of various colors, types etc.
- Catch bugs and worms (then let them go...)
- Start a special things garden for all those special rocks, bugs, sticks etc., that children love collecting
- Visit some of the inexpensive sites around our area such as the Burnstown Beach, Mill of Kintail, Fitzroy Provincial Park or the splash pad at Ma-te-way Park in Renfrew
- Have supper outside on a blanket or picnic table
- Go star-gazing on a clear evening
- Have a water fight!
- Start a composter
- Blow bubbles....
- Go fishing
- Have fun!!!



Mango Tango Smoothies

**1 cup mango slices
Dash of white grape juice
½ cup of vanilla yogurt**

**Combine the mango slices,
grape juice and frozen yogurt
in a blender or food processor.
Blend until smooth. Serves 1.**

What's Going On?

- **A Scaventure hunt in the Grove on July 2nd, @ 9:30am**
- **A picnic at Robert Simpson park on July 9th @ 11am**
- **An Ice Cream Stroll on July 23rd @ 10:30 am**
- **Burnstown Beach on July 30th @ 10 am**

School Wise will begin again on August 18th!

If you would like to know more about this popular program, please let us know!

- **Check out the library! They have lots of fantastic kids' programming!**
- **Sadly we will be saying good bye to Kristyne Hogan on August 27th. Thanks Kristyne for all of your hard work!**
- **Julie Johnson will be coming back to work on August 31st! We missed you!**

*Happy
Canada
Day!*



Summer safety

Water: Whenever infants or toddlers are in or around water, an adult should be within arm's length, providing "touch supervision."

Sun: For infants, the two main recommendations from the AAP to prevent sunburn are to avoid sun exposure, and dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) to small areas, such as the infant's face and the back of the hands.

Bug Safety: Insect repellents containing DEET are most effective against ticks, which can transmit Lyme disease, and mosquitoes, which can transmit West Nile Virus and other viruses. The concentration of DEET in most products varies from 10 to 30 percent. 10 percent only lasts for 30 minutes before it needs to be reapplied. Children should wash off repellents when back indoors.

Lawn Mower: Do not allow children to ride as passengers on ride-on mowers. Prevent injuries from flying objects, such as stones or toys, by picking up objects from the lawn before mowing begins.

Heat Related Illnesses: To prevent such illnesses keep children well hydrated, offer frequent breaks in a cool area, dress lightly