

Early Learning Parents' Pages ADA Edition

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Celebrate dads! June 21 is Father's Day.

The first Father's Day celebration in the United States was July 19, 1910. In Spokane, Washington, Sonora Smart Dodd, one of six children raised by a widowed dad, wanted to establish a Mother's Day equivalent for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea. She succeeded. Washington State celebrated the nation's first statewide Father's Day July 19, 1910. Slowly, the holiday spread. In 1916, President Wilson honored the day using telegraph signals to unfurl a flag in Spokane when he pressed a button in Washington, D.C. In 1924, President Calvin Coolidge urged state governments to observe Father's Day. Many years passed before Father's Day became a federal holiday. President Richard Nixon signed a proclamation in 1972 making it official. Think of special ways your family can honor fathers and grandfathers June 21. Having a meal together, spending time with dad or granddad fishing or watching a sports event, going on a nature walk or playing a game together are great ways to spend the day.

Grandparent's Dilemma: Stay sane or have all the grandchildren for a visit? You can do both.

Spring and summer offer opportunities for grandparents and grandchildren to visit and spend time together. School breaks mean more free time for children and parents who appreciate a break. Make the most of your time with your grandkids. If they are coming to stay with you, consider their ages and how many will be there together. If you have the space and stamina, it could be fun to have them at the same time.

Designate one room for girls, one for boys or have them all sleep in sleeping bags on the family room floor. Assign each one a clothesbasket or box to put their toys, books or other "treasures" in the box so things do not get lost or broken. This helps eliminate arguments that begin, "Grandma, she has my..." or "He took my..." and helps keep your house organized.

Before they arrive, make or buy some inexpensive gifts such as books, toys, special notepads, markers, crayons, magnets or magnifying glasses. Wrap them or put them in gift bags and give the items while they are with you, save them for a special time, or give them one each day. A disposable camera is nice for an older child to take pictures during his visit or allow her to use your camera or smart phone to capture activities she enjoys during her visit. (You can help younger children take pictures.) Print out the pictures and help them make a memory book where they write or dictate to you as you write about each picture. They can take the memory book home to share with their parents. Have them make one to keep at your house, too. Grandchildren will love looking through past memory books when they come to visit.

Make sure to "child-proof" your home before children arrive, especially if there will be toddlers or preschoolers. Put child locks on cabinets and safety covers over electrical outlets. Make sure all medicines and poisons, such as insecticides and cleaning supplies, are in cabinets a child cannot reach or that have safety locks. Knives and scissors need to be in drawers or cabinets that are not accessible to children. Have copies of grandchildren's insurance cards and a list of any medications or medical conditions such as allergies or diet restrictions. Keep emergency phone numbers for local doctors, dentists or hospitals as well

as the poison control center hot-line number near your phone and saved in your cellular phone. Have a first-aid kit for children at home and in your car and be familiar with CPR for children. You do not know when an accident may occur, but you can be prepared.

Plan quick, kid-friendly meals, so you don't have to spend all your time in the kitchen. If children are older, ask them to help you plan and prepare meals. Having one or two special meals such as "Pizza Night," "Taco Tuesday" or "Children's Choice" gives something to look forward to and makes less work for you. "Pizza Night" could be pizza from your local pizza delivery, a visit to your favorite pizza restaurant or making your own mini pizzas. "Taco Tuesday" may be a visit to a local Mexican restaurant or a taco buffet at home with different types of meat, vegetables and cheese for soft or crispy taco shells along with the children's favorite chips and salsa or dips. Use fruit, yogurt and Cool Whip with waffles and let your grandchildren make dessert tacos. "Children's Choice" may be a choice of restaurants or home meals from a list of options you suggest. Or the children could make up a list and vote on two or three they like best. If you go out, choose a kid-friendly restaurant with quick service and go early before children get tired or sleepy. Take a bag with small books, coloring sheets or games in case you have to wait.

Valuable experiences like these create lasting memories and allow your grandchildren to connect with skills and concepts that will be taught in school in an enjoyable, playful environment.

When it's time to return the children to their parents, you will still be sane, the grandchildren will be smarter and feel closer to you, and their parents will feel refreshed and well-rested. Who knew it could be so much fun to learn about the world by hanging out with grandparents! Who knew it could be so much fun and so rewarding to hang out with grandchildren!

Think healthy. Swim healthy. Be healthy.

Summer is here and families visit their favorite swimming pools, water playgrounds, lakes or beaches to have fun swimming and playing together. Swimming is a great way to have fun and get exercise at the same time. There are health concerns that the Centers for Disease Control (CDC) remind parents to think about when visiting public swimming pools, water playgrounds, lakes, rivers, hot tubs/spas and beaches with their children. Staying safe and healthy means being mindful of germs that are spread by swallowing, breathing in mists or aerosols, or having contact with contaminated water. Recreational water illnesses (RWIs) can be a wide variety of infections, including gastrointestinal, skin, ear, respiratory, eye, neurologic and wound infections. The most common RWI is diarrhea caused by germs like *Crypto* (short for *Cryptosporidium*), *Giardia*, *Shigella*, *norovirus* and *E. coli* O157:H7. When a sick child or baby has diarrhea in the water others in the pool or water can contact the sickness if they swallow even a mouthful of the germ water.

Chlorine or bromine added to the water to kill germs will not work right away and some germs like *Crypto* can live in properly treated water for several days. When pee, poop, dirt and sweat rinse off our bodies and go into the water, the pool chemicals break down these other things instead of killing the germs as effectively as they should.

Here are suggestions from the CDC:

Keep pee, poop, sweat and germs out of the water!

- Stay out of the water if you have diarrhea.
- Shower before you get in the water.
- Don't pee or poop in the water.
- Don't swallow the water.

Every hour—everyone out!

- Take kids on bathroom breaks.
- Check diapers, and change them in a bathroom or diaper-changing area—not poolside—to keep germs away from the pool.
- Reapply sunscreen.

Kids' Corner

The Consumer Products and Safety Commission (CPSC) has online activities for children to learn about pool safety and fun in the water. Children can see CPSC's educational videos and enjoy the interactive activities while learning about pool safety and family fun in the water.

[The Adventures of Splish and Splash](#)

Your child will enjoy these child-friendly, interactive video games that help families teach children about pool and spa safety. Meet Splish and Splash as they face choices at the pool.

Free Healthy and Safe Swimming Resources

[CDC Healthy Swimming brochures](#) (available in English or en Español)

[CDC Pool Chemical Safety posters](#) (each available in English and en Español)

[Water Quality & Health Council \(WQHC\)'s Healthy Pools page.](#)

Pool Safety Videos

<http://www.poolsafely.gov/pool-safely-videos/>

Coloring poster for Pool Safety

http://www.poolsafely.gov/wp-content/uploads/Activity_FINAL_Poster.pdf

Beach Kids

<http://water.epa.gov/learn/kids/beachkids/index.cfm>

Bobber the Water Safety Dog

<http://www.bobber.info/>

Water Safety from Kids Health

http://kidshealth.org/parent/firstaid_safe/outdoor/water_safety.html

Coast Guard Interactive Coloring Book

<http://www.uscg.mil/community/Coloringbook/#/24/>

Five Things All Parents Should Know About Water Safety

<http://coastguard.dodlive.mil/2014/08/five-things-all-parents-should-know-about-water-safety/>

Water Safety in Your National Parks

<http://www.nps.gov/webrangers/activities/watersafety/>

Head off the summer slide

Research shows children can lose two to three months of learning over the summer. To avoid that, try these tips:

- Enroll your child in a summer enrichment program.
- Take them to the library for summer reading events.
- Visit museums, zoos, parks and historical places.
- READ! READ! READ! –Newspapers, books, pamphlets, brochures, signs, menus, stories online, stories you write together, and letters from family and friends (Ask them to write cards, post cards or letters to your child.)
- Spend time outside and help your child learn about nature by exploring and talking about what they see, hear, touch, and smell.
- Teach your child new words everyday while you visit new places, favorite places, friends and relatives together.
- Use the Internet to take virtual trips to faraway places that your child will find interesting and exciting. Have your child draw pictures of herself in these places and write stories to go with the pictures.
- Visit the [Office of Early Learning's website](#) for additional resources on summer learning for children.