

PIEDMONT CHILD CARE CENTER NEWSLETTER

~JUNE AND JULY 2011~

"We cannot hold a torch to light another's path without brightening our own."

-Ben Sweetland



PCCC WOULD LIKE TO
THANK EVERYONE
WHO PARTICIPATED IN
THIS YEAR'S POLO FOR
PIEDMONT EVENT. THE
ANNUAL FUNDRAISER
AND SILENT AUCTION
EARNED \$11,000 THIS
YEAR!

THE PPA IS HOLDING A
YARD SALE EVENT ON
SATURDAY, JULY 30th.
YOU CAN PURCHASE A
TABLE FOR \$10 OR
DONATE ITEMS TO BE
SOLD. ALL ARE
WELCOME!

WONDERFUL WATER, SENSATIONAL SAND

With the beautiful summer weather comes the opportunity for your little one to get involved in sand and water play. While you may be hesitant to let your child get messy or muddy, there are tremendous benefits to this simple activity.

Have you ever longed to dig your toes into the sand? Sand has the same soothing effect on children. We find that kids who are frustrated, annoyed, or angry often choose the sand area to work out those feelings.

Children also learn simple mathematical concepts from playing in the sand. The simple act of pouring sand from cup to cup teaches concepts of estimation, volume, texture, and counting.

Most children and adults are naturally drawn to water. It can be soothing and comforting. The feel and sounds are pleasing, and this can be a creative, calming activity for your child.

Again, children learn basic concepts through this play. Watching objects float or sink, pouring, and filling, all teach basic mathematic ideas.

You can encourage sand and water play at home! Simply providing different sized containers and objects during a bath encourages learning. Providing a small sandbox at home by filling a bin or tray with sand is enough for a child to get interested. Asking questions such as "What would happen if ____?" or "How does the water/sand feel?" help to expand ideas.

Of course, spills and messes go with the territory, but the benefits are well worth the inconvenience. Get involved and enjoy the fun for yourself!!



Sunscreen!

Please remember to apply sunscreen on your child each morning, and bring a labeled bottle for staff to apply each afternoon!

With Summer upon us, Discovery Health offers Summer Safety Tips for Kids. Here are just a few:

****Sunburn**

According to the Skin Cancer Foundation, getting one blistering sunburn when you're a kid doubles your chances of developing melanoma.

Regardless of age and skin type (whether or not you burn easily), the American Academy of Dermatology recommends that everyone, adults and kids alike, apply a water-resistant sunscreen that protects against both UVA and UVB rays every day of the year. Yes, even in winter and on cloudy days. Choose a sunscreen that is at least SPF 30 and apply it 15 to 30 minutes before going outside.

When using sunscreen, apply as much as would fill a shot glass -- and if you're using both sunscreen and insect repellent, apply sunscreen first and then repellent.

****Hydration**

Did you know that if you're feeling thirsty, you're already mildly dehydrated? Relying on thirst as a reminder to take a drink leaves you at risk for dehydration. So to be sure your kids are OK, look for these other signs, instead, which can indicate that a child is dehydrated:

- Dizziness
- Dry mouth
- Cessation of sweating
- Irritability
- Lethargy
- Fatigue
- Dark yellow urine
- Anuria (lack of urine) for 12 hours (or 6 hours for infants)
- Tearless crying
- Sunken eyes



Help kids avoid becoming dehydrated by reminding them to drink often throughout the day. The American Academy of Pediatrics (AAP) recommends drinking about every 20 minutes if kids are active in sports, about five ounces is right for a kid weighing 88 pounds.

Water and sports drinks (drinks that contain electrolytes) are the best options for hydrating kids -- avoid sodas, juice and other fruit drinks. The National Alliance for Youth Sports recommends choosing beverages that contain 100 mg (or more) of sodium and 28 mg (or more) of potassium in an 8-ounce serving (if choosing sports drinks, watch out for high sugar content).

****Pool Safety**

They don't hang those "No running!" signs poolside for decoration. According to Safe Kids, in 2006 more than 3,700 kids younger than 5 years old were injured in near-drowning incidents, and every year, more than 830 kids ages 14 and younger die due to unintentional drowning.

It should go without saying but we'll say it anyway: Never leave kids alone near the pool, no matter what their ages or swim capabilities are. Parents can and should take precautions around home pools, in addition to closely supervising kids while they swim. Installing fencing around pools, at least 5-feet high, all the way around and with a self-closing, self-latching gate, can prevent 50 to 90 percent of accidental drowning incidents. Pool and gate alarms -- they alert you to when the pool water becomes agitated and when the gate is opened -- add another layer of protection.

Did You Know?

Wearing a personal floatation device while boating can save your life. All states have specific regulations for life jackets, for adults and kids. Be sure it has a snug fit -- snug enough to stop a kid's ears or chin from slipping through.

****Playground Safety**

More than 205,000 kids visit emergency rooms with playground-related injuries every year, estimates the Consumer Product Safety Commission (CPSC). Many of these injuries could be prevented with a little precaution and adult supervision. All staff at PCCC are specifically trained in proper playground safety and supervision.

Check the playground equipment before letting kids play on it. For example, surfaces that are too hot can cause burns, and loose ropes -- ropes that aren't secured on both ends -- can cause accidental strangulation. The ground should be covered in a protective surface such as rubber mats, wood or rubber mulch or wood chips, never grass, asphalt or concrete. The right surface materials could reduce the risk of head injury or other severe injury in the event of a fall.

Also, be sure that your child's clothing is playground-friendly: Remove any strings, such as those on hoodies, only let them wear closed-toed shoes at play and avoid clothing that is loose enough to catch on equipment.

