



Partnership for Children of Sampson County Provider Newsletter

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"Ready for School, Ready for Life!"

Victoria Byrd, DBA
Executive Director

Raquel Cervantes
PAT Educator

Barbara Fortner
PAT Educator

Isis Lucas
PAT Educator

Mauricia Montoya
Subsidy Program Specialist

Cassie Pennell
Program Services Manager

Yolanda Pridgen
Early Learning Specialist

Veronica Ramos
NCPK Program Specialist

Nicole Wilson
NCPK Education &
Behavior Specialist

Need your car seat checked or replaced?
Call 910-592-9399 for an appointment or for more information!

SCHOLARSHIP PROGRAM: Helps parents with the cost of childcare. Parents must be working more than 32 hours a week or going to school FT. Call for more information!

PARENTS AS TEACHERS: Targets children pre-natal to 5 yrs. old. Call Raquel Cervantes for more information.

DIRECTORS' FORUM: Center Directors receive information. Contact Yolanda Pridgen for information.

Safety for Fun in the Sun

Source: American Academy of Pediatrics

Summer can be a time for fun in the sun for children and adults alike. While enjoying the activities of summertime, we as child care providers need to remember that, like ALWAYS, safety really matters! When it comes to providing care for young children, no matter the time of year, there are measures we can take to create a safe environment for children to grow, learn, and explore in.

Here is a list of some common summer safety hazards and some tips for preventing these hazards so you can create many happy summer days:

Sun Exposure:

Babies under 6 months of age:

- Avoid sun exposure, dress infants in light weight pants, long sleeves and brimmed hats that shade the neck are still top recommendations from the American Academy of Pediatrics to prevent sunburn. Also, staying in a shaded area is helpful.

For Young Children:

- Apply sunscreen at least 30 minutes before going outside
- Use sunscreen even on cloudy days
- The SPF should be at least 15
- Make sure parents have completed and signed a medication form so you as a provider can apply the sunscreen.

For Older Children:

- The FIRST and BEST line of defense against the sun is covering up. Wear a hat with a 3-inch brim, sunglasses to block harmful ultraviolet rays, and cotton clothing with a tight weave.
- Stay in the shade as much as possible.
- Limit sun exposure during peak intensity hours-between 10am and 4pm.
- Use sunscreen with at least 15 SPF (Remember to get a permission form completed FIRST).

- Use extra caution near water AND sand because they can reflect UV rays and may result in sunburn more quickly.

Heat Stress:

- Activities that last 15 minutes or more should be reduced when the heat and humidity is high.
- Plan on going outside before 10am and after 4pm on extremely hot and/or humid days.
- Before prolonged physical activity, children should be well hydrated.
- During activity outside, periodic drinking of water should be enforced.
- Clothing should be light colored and light weight; sweat saturated clothing should be replaced with dry clothing.

Bug Safety:

- Do not use scented soaps, perfumes or hair spray on children; this will attract bugs.
- Avoid areas where insects nest or congregate.
- Avoid clothes with bright colors or prints.
- To remove a visible stinger from skin, gently scrape it off horizontally with a credit card or your fingernail.
- Avoid using insect repellent/sunscreen combo spray products—sunscreen needs to be reapplied every two hours, but insect repellent should not be reapplied.

Playground Safety:

- The play area should have adequate soft surfacing: sand, shredded rubber, wood chips).
 - Monitor the area for pinch and puncture points, entanglements and entrapments.
 - Never attach or let children attach ropes, jump ropes, leashes, or similar items to play equipment; children could strangle on these.
 - Make sure metal play equipment is not too hot to play on.
- Being aware of outdoor hazards in the summer, as well as other times of

the year, can help you make the best environment for fun in the sun!

Fun in the Sun Activity

Sponge Balls



Supplies: Sponges in a variety of colors, sharp scissors, dental floss

Directions: **1.** Collect a few packages of sponges in a variety of colors (You will need 3 sponges for each sponge ball). **2.** Arrange sponges into different color combinations. **3.** Cut a sponge in half, then in half again creating 4 pieces. **4.** Repeat this step with 2 more sponges. **5.** Arrange all the pieces into your hand in a random order. **6.** Squeeze them together tightly and give them a little twist to keep them tight. **7.** Have a helper tie a piece of dental floss around the center and double knot it. **8.** Trim the edges of the floss. **9.** ENJOY



Summer Time Snack

Supplies and Ingredients: Plastic cups (5 or 7 oz size), popsicle sticks, variety of fruit, orange juice.

Directions: Peel and cut fruit into tiny pieces. Layer the fruit into the cups. Place the popsicle stick in the middle of the cup of fruit. Pour orange juice over fruit. Freeze and enjoy!



Pop, Pop, Popsicle
 (Sung to the tune of: "Row, Row,
 Row Your Boat")
 Pop, pop, popsicle
 A yummy frozen treat!
 Cherry, lemon, orange, grape!
 Cool and fun to eat!

Workshop Fee Policy: Providers must register and pay for the workshop at the same time. Please bring exact change. Just calling in and asking that your name be on the list will not be considered as registered until the fee has been paid. Fees are non-refundable and may only be transferred if the workshop is cancelled.

SCPFC First Quarter Trainings

Saturday, July 22, 2017

IT'S SIDS: Training on Sudden Infant Death Syndrome. This training is required within 4 months of hire and should be updated every 3 years for all providers working with infants and children under 2 years of age.	Yolanda Pridgen	Large Training Room	9:00-11:00AM
Creative Curriculum : Studies in the Classroom: Participants will learn how to enhance their learning environment using studies as a lesson plan	Nicole Wilson	Small Training Room	8:30-10:30 AM

Saturday, August 26, 2017

Playground Safety: This is a required training The information gained from this training will help providers create a safer playground environment for all children. <i>*The cost of this training is \$10*</i>	Yolanda Pridgen and Nicole Wilson	Large Training Room	8:30am-12:30pm
Math Games for the Classroom: Participants will learn how to incorporate fun developmentally appropriate math activities into their daily lessons.	Joe Appleton	Small Training Room	9:00-11:00AM

Saturday, September 23 2017

Somebody's Watching Me: Adequate Supervision in a Childcare Setting: Participants will learn the importance of adequate supervision in a childcare setting for all ages of children in their care. Participants will gain knowledge on ways to provide adequate supervision in order to keep children safe.	Yolanda Pridgen	Large Training Room	9:00-11:00AM
Taking the Inside Outside Participants will learn to take the indoor learning outside to create a rich learning environment for all children.	Nicole Wilson	Small Training Room	8:30-10:30 AM

BASIC SCHOOL AGE CARE TRAINING

Daniel Bates
 August 19, 2017
 8:30am-1:30pm

Contact SCPFC office for payment information



UPCOMING DIRECTORS' FORUMS:

Building Meaningful Relationships with Families
Michele Remington
 Wednesday September 27
 12pm-2pm

The Partnership for Children is open Monday—Thursday 8:00am-5:00pm. We are closed to the public on Fridays. For your convenience, we are open one Saturday each month 8:00am-12:00pm. A variety of workshops will be provided on these Saturdays. The Resource Center will also be available. Call for dates and more information.