

# Partnership for Children of Sampson County Provider Newsletter

Volume 15 Issue 1 July-September 2019 "Ready for School, Ready for Life!"

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## Summer Time Safety Checklist

[www.verywellfamily.com](http://www.verywellfamily.com)



Summer means a lot of playing outdoors. It is always important to keep kids safe while they enjoy fun in the sun. Share these great, easy tips with your families so they can enjoy the summer weather:

- Sunscreen is a must! Sunscreen helps protect against the sun's damaging rays. Sunscreen should be applied 20-30 minutes before going outside. Use generous amounts of UVA and UVB blocking sunscreen with SPF of at least 15 and reapply every 2 hours, or more if swimming or sweating.
- Sunglasses protect the eyes from the sun's damaging rays. Look for sunglasses that block 99 to 100% of UVA and UVB rays. Inexpensive sunglasses that are labeled as protective for UVA and UVB are effective in blocking the sun's harmful rays.
- Sun protective clothing can also help protect against the sun's damaging rays. Dress the children in wide brim hats, tightly woven cotton clothing or clothes that have SPF built in. Try to stay out of the sun between 10am and 4pm when the sun is at its most intense, and try to stay in the shade.
- Bugs are a big summer annoyance, pass along disease, and cause painful bites and stings. Insect repellents help guard against harmful insects. Be sure not to put insect repellent on children hands or face because this can contribute to accidental ingestions of toxic chemicals. It is also important to wash off the product before going to bed to avoid over exposure to the chemical. You should also avoid using scented soaps or perfumes because they attract insects. Try to avoid letting children walk around outside with sweetened beverages because these also attract bees and wasps.
- It is important to keep in mind frequent water breaks are important in preventing dehydration. You should drink water before exercise or going outside and about every 15 to 20 minutes while outside.
- If you are spending time by the water it is important to maintain constant supervision on children. Drownings can happen quickly and quietly so children should be supervised at all times. Do not use floatation toys as a substitute for supervision. Learn CPR in case it is ever needed...it can mean the difference in life and death. Also, learn about secondary drowning. This can happen on dry land hours after a child inhales water into the lungs.

Being prepared and informed can help you and your children enjoy a summertime of fun in the sun!



**Need your car seat checked or replaced?**

Call 910-592-9399 for an appointment

**PARENTS AS TEACHERS:**

Targets children pre-natal to 5 yrs. old. Call Raquel Cervantes

**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!





## Celebrations!

### July is:

National Blueberry Month  
National Park and Recreation Month

### August is:

Children Eye Health and Safety Month  
August 26 is National Dog Day

### September is:

Baby Safety Month  
Fruit and Veggies-More Matters Month



## Summertime Fruit Dip

### Ingredients:

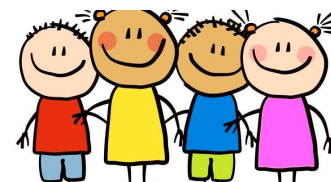
- 1 C orange juice
- 1 3.4 OZ package instant Vanilla pudding mix
- 1 C plain Greek style yogurt
- 1 8 OZ package frozen whipped topping....thawed

Whisk orange juice and pudding mix together until it starts to thicken and get smooth

Whisk in yogurt. Gently fold in whipped topping. Refrigerate until ready to serve.

Add strawberries, pineapple, grapes, mango spears, apple slices, and graham crackers for dipping!





Do you have a child who will be 4 YEARS OLD  
on or before August 31, 2019?

*If so, you may qualify at no cost to you for the NC Pre-Kindergarten Program, which is designed to prepare children  
for success in school.*

PLEASE CONTACT OUR OFFICE FOR ADDITIONAL INFORMATION

(910) 592-9399

211 W. Main Street

Clinton, NC 28328



Do you have, or know of a child who is  
younger than 4 1/2 years old and lives in Sampson County?

If so, he or she qualifies for Dolly Parton's Imagination Library, which mails one book a  
month to children at **no cost** until they turn 5 years old.

Please go to [www.scpfc.org](http://www.scpfc.org) to complete the application or call our office for more  
information.



We are excited to bring this  
program to Sampson County!

