



KidZCommunity Weekly Updates & Activities

Have you ever noticed how much children love playing in water? Of course, they'll often resist bath-time, but give them some water any other time, and they can play for quite a while, happily, calmly. Why is this? Well, if you think about it, our bodies are made up of 50-75% water (depending on age, gender, fitness levels); we need water to survive, so as humans, we've always needed a water source nearby (or means to get water to us). So biologically, historically, and culturally water is a part of us. It's not surprising then, that children are drawn to it.

Think of your own experiences with water... I personally love floating in water in a pool, lake, river, or ocean; I long for the rush of a wave, or the ripple of a stream; I love a warm shower washing the day away, or a soothing bubble bath. WATER SOOTHES, relaxes, heals.

Some scientists describe the effects of water on humans as "blue mind." When we are in, on, under, or near bodies of water we are often happier, healthier, more connected, and peaceful, than when we are away from it.

For children, besides water as a calming source, there are lots of learning opportunities. Water is open ended so it encourages creativity and problem solving; science and math skills like cause and effect and measurement come organically out of water play experiences (if I pour too much it will overflow; I have more, he has less), and social and language skills are built negotiating space, sharing, and turn taking.

Take some time to enjoy some of these fun, play-based water learning opportunities.

Blue Mind by Wallace J. Nichols

Water Play: Wet and Wonderful by Angie Dorrell (Earlychildhoodnews.com)



Water Play Fun!

If you have an outdoor space you can access then put out containers filled with water (plastic shoeboxes or large food containers will work if you don't have anything larger). Just remember that even ½ inch of water can pose a drowning hazard for small children, and water creates slippery surfaces; supervise children closely. If you don't have access to an outdoor space that can handle water play, where else might you use (bathtub, shower, kitchen)? Thanks to Sara, Kelly, Lindsey, and Bethany for these great ideas.



Explorers! Freeze items in water and let the child dig it out or use a toothbrush to scrub the items out. This can be done with small toys in an ice cube tray or larger toys in an old container or balloon even. Using salt helps to melt ice faster.

Watercolor Ice Painting - Freeze a fork, stick, or almost anything to create a handle for an ice cube. Color ice cube with food coloring or natural dyes. Paint on paper or sidewalks. You can even fill a balloon with colored water and have a ball to roll outside. Just make sure to peel all the balloon off the ice orb before letting a child have it.



Float or Sink

This can be used with any household items, water and a tub of any kind. Children have the opportunity to explore cause and effect, prediction, vocabulary (heavy, light, sink, float), and small motor skills.

Car Wash

Hot Wheels or bikes could always use a good cleaning. Add a little soap if you wish, grab a washcloth or sponge and have a car wash. This is good for any toys that could use a bath and are water safe.



Things to Add for Waterplay Fun

Sponges or rags: Have the children soak rags and sponges in water and encourage them to throw them, hard, against a fence or onto a patio or sidewalk. The resulting splats and splashes are fun and throwing things helps use up some of that energy.

Dish soap and toys: If you have supplies to spare add a squirt of soap to the water and have a toy car wash or bath time for dolls or plastic animals.

Measuring cups and spoons, unbreakable bowls and cups, whisks, paintbrushes, turkey baster, funnels, ping pong balls, plastic lids, dish brush, squeeze bottles

Bath-time fun: Don't forget, warm sudsy water is another fun place to play. Add a plastic tea set for a tea party; plastic eggs for filling and pouring

Splashing



Children love to splash. This can be accomplished by jumping in puddles, hitting water with hands or other objects, and also by dropping/throwing items into water.

Cover a tub, table or other surface with a plastic table cloth. Pour water on top and watch as the water splashes when hit.

Try dropping/throwing small balls (such as ping pong balls) into a tub of water and watch the water ripple and the balls bounce.

Spray Bottles

Another way to watch water move through space. Optional: Add paint to water to make it into an art activity.



Painting Ice

Paint directly on ice. Experiment with other art mediums (markers, chalk). Try scooping, shaking, or pouring salt on the ice, then rinsing off before painting to create additional crevices for the paint to settle in.



Washing

Children love to imitate what adults are doing. Add a squirt of dish soap to create bubbles. Ideas: washing babies, washing dishes, washing toys



Pouring Station



Items you will need: measuring cups, pitchers, cups or containers of different sizes
Optional: food coloring

Smashing Ice

Find a medium size container. Fill half way with water and Freeze. Break apart with mallet or hammer.
Additional Option: Freeze items inside and let them "excavate"





Orange Freeze

You can even freeze oranges or other melons in water for children to dig out and then eat.

Infused Water

Making fruit infused water helps children drink more water, and less sugar-filled juice. Let them choose what fruits or even veggies (cucumbers) to add to their own drink. They will like seeing the colors and explore different tastes.

Ingredients

Fruit & Herbs
2 quarts of water
Ice
Wooden Spoon
Pitcher

Instructions

1. Place the fruit and herbs, in the bottom of your pitcher and muddle with a wooden spoon, if directed.
2. Fill the pitcher with water, cover, and refrigerate two hours or overnight, for maximum flavor.
3. Fill a glass or thermos with ice. Pour your fruit infused water over the ice and enjoy!

Recipe by MomAdvice at <https://www.momadvice.com/blog/2020/01/ditch-the-juice-box-fruit-infused-water-recipes>





Garden Hose Fun

-Limbo - spray a stream of water and have children go under it. Great gross motor exercise.

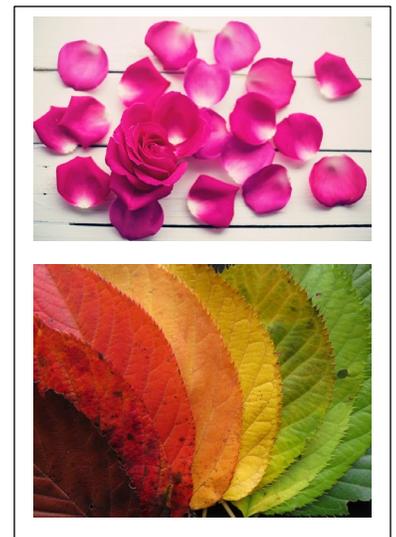
-“Got it!” Set up objects on the ground, fence or even drawings on the ground; use the hose to squirt them. I.e: “Can you squirt the triangle on the ground?” Child has to find triangle hidden among other chalk shape outlines.

-Fire Hose- Draw pretend fire with chalk. Have your child pretend to be a community helper and put the fire out with water.

Nature Soup!

Every child loves to make nature soup.

Ingredients: anything non-poisonous from nature, water, JOY



Shower Curtain & Water



With a tarp or shower curtain from the dollar store, you can make a slip and slide. Painting on a shower curtain or tarp and washing with soap and water is a fun way to have a reusable canvas. (Photo from the Tinkerlab)

Pebble & Water Sensory Tub

Materials: Container, Rocks, Water

Description: Set up a simple pebble and water sensory tub for your baby this summer! Explore sounds, textures and temperatures with this easy play idea.

Safety Note: Make sure all rocks are big enough to not be a choking hazard. Supervise water play; even 1 inch of water can be a drowning hazard.

Source/credit: Little Lifelong Learners

<https://www.littlelifelonglearners.com/2017/09/pebble-water-sensory-tub-babies.html/>

PEBBLE & WATER SENSORY TUB FOR BABIES



www.littlelifelonglearners.com



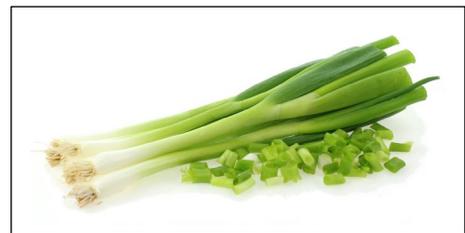
Little Lifelong Learners

Snack Ideas

Seasonal fruit or vegetables, cheese, and crackers

June produce that is grown locally:

Green beans	Blueberries
Herbs	Carrots
Boysenberries	Honey
Cucumbers	Raspberries
Nuts	Eggplant
Apricots	Rice
Salad greens	Cherries
Sunflower sprouts	Onions
Figs	Wheatgrass
Peas	Nectarines
Potatoes	Peaches
Spinach	Pluots & Plums
Swiss chard	Summer squash
Tomatoes	



Recipe one:

Tomatoes sliced or diced
Small pieces of cheese
Whole grain crackers
Drizzle dressing over top and enjoy

Recipe two:

Chop onion (green or white), put in a bowl with cold water and a bit of salt, let sit in refrigerator for 30 min
Place cheese on cracker and some of the drained “pickled” onion on top and toast briefly on 350°F in the oven or toaster oven.
Enjoy

Recipe three:

Slice fruit into sizes that fit on the cracker
Spread a soft cheese (mascarpone or queso fresco) on the cracker
Top with the fruit and a squirt of lime and enjoy

SLEEP AND YOUR CHILD

How You Can Build Healthy Sleep Routines

Sleep is important to how your child learns, grows, and even behaves. Children who get enough sleep regularly do better in school and have fewer behavior issues. A regular bedtime routine can help your child get enough sleep. It can also make bedtime easier for you!

Ideas to Build Your Own Bedtime Routine!



How Much Sleep Does Your Child Need?

AGE GROUP

HOURS THROUGHOUT THE DAY INCLUDING NAPS

Infants (0-12 months)

14-15 hours throughout the day

Toddler (1-3 years old)

12-14 hours throughout the day

Preschoolers (3-5 years old)

11-13 hours throughout the day

School age children
(5-12 years old)

10-12 hours



How Do You Know When Your Child Isn't Getting Enough Sleep?



"He gets really excited and hyper. He wants to run around and won't sit down, but I know he really needs to rest"

"Her teacher says she has a hard time paying attention and doesn't want to join in or loses interest."

"He will have a melt down that normally wouldn't cause that reaction. It's because he either didn't get a good nap or didn't sleep well the night before."

"Moody, he gets really moody. And I check in to ask if he's tired."

"She just sort of falls apart when she hasn't had enough sleep, and starts acting out."



If your child shows these signs, they may need more sleep or fewer interruptions at night.

Tips for Building a Bedtime Routine:

- **Set a regular bedtime.**
Including the weekends.
- **Start your child's bedtime routine about 30-60 minutes before their bedtime.**
This allows your child to recognize its time for bed and for you to spend quiet time together.
- **Pick out clothes** and other things your child may need.
- **Provide an area that is safe, comfortable, and mainly used for sleep** so there will be fewer interruptions.
- **Offer quiet activities.**
Reading a book or listening to soft music helps if your child is struggling to fall asleep.
- **Turn off the TV or video games.**
These make it harder for your child to fall and stay asleep.
- **Limit drinks.**
Beverages high in sugar or caffeine before bed such as juice, tea, soft drinks should be avoided.
- **Offer time that allows for quiet conversation.**
Talk about your child's day, favorite things, or sing a quiet song together.

What Do You Like to Do With Your Child Before Bed?

"We like to read a few books. Sometimes she will read them back to me."

"We sing my favorite song from when I was a child."

"We like to snuggle a few minutes before bedtime. It is my favorite part of the day."

"He likes it when I scratch his back for a few minutes. It really helps him calm down."



NATIONAL CENTER ON
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What is Coronavirus?



Why is school closed?

There's a germ called Coronavirus that can make people sick.



We want people to stay healthy!



Why can't I visit or hug my grandparents and friends?

Grandma and Grandpa are older and we don't want them to get sick.



You can visit your grandparents and friends soon when the germ goes away. For now, we can call and video chat with them!



What if I'm worried about me or my family getting sick?



It's normal to have worries. First, talk to an adult.

Try taking five slow, deep breaths to help your body feel calm and safe.

Next, find something fun to do instead of worrying!



What can I do to be a germbuster?

The germ likes to live on things we touch. Wash your hands with soap and count to 20 to make the germ go away!



If you cough or sneeze, cover your nose and mouth with your elbow!



Remember, there are lots of grownups here to help!

Hey parents and caretakers!

- ✓ Be sure you and your children are practicing proper hand-washing technique and stay home as much as possible.
- ✓ Ask your child what they know about the virus. Reassure them and answer questions at an age-appropriate level.
- ✓ Monitor yourself and your children for any signs of COVID-19 and seek the guidance of a healthcare provider.

Created by the COVID-19 Health Literacy Project in collaboration with Harvard Health Publishing

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STRESS

A Strategy a Day Will Keep the Doctor Away!

Here are some daily strategies to reduce stress. You will be surprised by how effective even the smallest change can be!

Create a Consistent Routine

- Eat a wellbalanced diet with drinks that are low in calories and caffeine. Plan some healthy snacks and lunches.
- Maintain a regular bedtime, and shut off all “screens” two hours prior to sleeping.

Express Feelings

- Talk with friends and peers; avoid gossip and hurtful conversations.
- Write in a journal.

Establish “Me Time”

- Create time each day to relax.
- Treat yourself to a simple pleasure.
- Pair enjoyable activities or tasks with less enjoyable activities or tasks.

Practice Specific Stress Reduction Techniques

- Focus on what is in your control, and recognize that you can’t change what is out of your control.
- Decrease negative self-talk.
FOR EXAMPLE: Instead of thinking, “My paperwork will never get turned in,” say to yourself, “I may not be keeping up now, but my paperwork will get turned in if I can set aside 15 minutes a day to work on it.”

