



TodayCare Times

July, 2024

A Newsletter for St. Joseph's Child Care Center

Get Out There! Summer Fun Activities...

Up-Coming...

- July 4th - **CENTER CLOSED**
- July 5th - 4th of July Parade
- July 19th - VPK Open House
-

Book Selections for this month:

- Hello Ocean* by Pam Muñoz Ryan
- The Pledge Of Allegiance* by Scholastic
- Teddy Bear's Picnic* by Jimmy Kennedy
- The Bears' Picnic* by Jan & Stan Berenstain
- The Picnic* by Ruth Brown
- Celebrate Independence Day With Parades, Picnics & Fireworks* by Deborah Heiligman

Take advantage of the weekend and spend some time outdoors with your family checking out these great summer fun ideas...

Biking

- The Upper Tampa Bay Trail: a paved multi-use, non-motorized, rail trail found in Hillsborough County, is currently about 8 miles long.
- Suncoast Trail: runs 42 miles from Hillsborough County through Pasco and into Hernando County.
- Pinellas Trail: an urban trail stretching from Tarpon Springs to St. Petersburg.

Canoeing/Kayaking

- Hillsborough River State Park: an access point for the 34.5-mile Hillsborough River Canoe Trail, offers canoe rentals.
- Weedon Island Preserve: in Pinellas County, boasts two canoe trails. The southern trail is a 4-mile loop which winds through mangrove forest, seagrass flats and along the edge of Tampa Bay. The one-way northern trail travels through mangroves and into Snug Harbor, ending near Gandy Boulevard.
- Weeki Wachee Canoe & Kayak Rental: spring fed Weeki Wachee River in Hernando County, reservations required (352) 597-0360.

Hiking

- Brooker Creek Preserve: near Tarpon Springs, offers 4 miles of hiking trails through rugged terrain. Guided hikes are offered Saturdays, 9 a.m. Admission is free but pre-registration is required. Call 453-6800.
- Little Manatee River State Park: where wildlife enthusiasts can enjoy hiking a 6.5-mile trail through the park's northern wilderness area.

<http://tampa.about.com>

Parents,

Don't forget to keep two full changes of clothes in your child's cubby for those little emergencies. And please remember to include socks and extra underwear (for children who wear them), and to label all of the items. Also, please check often to make sure the extra clothes are weather appropriate, and that they still fit your child.

The SJCC Parent



Advisory Board meets on the third Friday of the month at 11:30 a.m. in our Teacher's Lounge

Remaining 2024

Meeting Dates:

July 19

August 16

September 20

October 18

November 15

December 20

Please join us.

Children's Water Safety

Drowning is the single leading cause of injury-related death among children ages 1 to 4 and kills almost 1,000 children per year. Children can drown within seconds, with barely a splash and in as little as 2 inches of water. Swim lessons benefit children starting around age 1 and may lower drowning rates, but they do not "drown-proof" a child.

Some tips to keep your children safe:

- When children are expected to be in and around water, close, attentive supervision is most effective at preventing drowning.
- When children are **NOT** expected to be in or around water, 4-sided fencing and child-proof doors at home are the most effective strategies to prevent drowning.
- Put your child in a properly fitted, Coast Guard-approved life jacket when around water.
- Assign an adult to be Water Watcher, to watch all children swimming or playing in or NEAR water—such as on a backyard swing set—even if they know how to swim.
- Empty water from buckets and other containers immediately after use.
- Use toilet locks to prevent the drowning of toddlers and do not leave young children alone in the bathroom **EVER**, and avoid infant seat in the bathtub due to a tip-over risk.
- Don't assign older children to supervise younger children around open water.

Water play is a big part of summer fun. Creating safe environments for children around water is the first step to making sunny-day family memories that will last a lifetime.

Why Dad's Parenting Technique Can Sometimes Be Better...

- 1. Lets kids take risks: Kids sometimes learn from doing things wrong the first time...
2. Trusts himself more than the experts: There's a time and place to get help and information from others...
3. Ignores the details: When you see a child in a mismatched outfit you think one of two things...
4. Acts like a kid: Goofing off does seem to come easier to many dads...
5. Waits before he jumps in: Dads often let their children get more frustrated than moms will...
6. Doesn't make a big deal over every battle: Fathers generally avoid emotional head to head with kids.

Ice Cream In a Bag

Supplies:



- Large zip lock bag
• Small zip lock bag
• 3 cups of ice
• 6+ tbsps of salt
• 1/2 cup of whole milk
• 2 Tbsp sugar
• 1/4 Tsp Vanilla

Directions: Add milk sugar and vanilla together in the small zip lock bag. Zip TIGHT and place larger zip lock bag with the ice and salt around it.

SHAKE.....SHAKE.....SHAKE

5 Ways to Enjoy Being a Mom

- 1. When you're tired, hand your kids a brush, point to your head, and tell them to play beauty parlor.
2. Let your whole family take a day off and hang out in PJ's all day long.
3. At the end of every summer, take a family photo for the holiday card...
4. On St. Patrick's Day, dye the milk and eggs green and turn the furniture upside down...
5. Make a Goddess Mom box with special cards, ticket stubs, mementos, pictures, and anything else that makes you feel good about being a mom.

"Not being able to speak is not the same as not having anything to say."

Autism Society of America

Singing with Children

- 1. Choose songs that are short, easy to sing, have a steady beat and have lots of repetition.
2. When introducing a new song or poem, sing or say the whole thing first..
3. Adding movement and their own words helps children remember the words better.
4. Songs, finger-plays, chants & rhymes help build vocabulary and explore the sounds of language.

HAPPY BIRTHDAY TO YOU...!

STUDENTS

- Stella Leung — July 4th
Brady Johnson — July 5th
Syere Smith — July 6th
Haven Uth — July 15th
Jasmine Office — July 17

- Camila Landry — July 18th
Aurelia Marshall — July 18th
Brooks Bundi — July 21st
Walker Pollack — July 26th
Hayden Siefring — July 27th

TEACHER

- Arlene Morales — July 31st

