

**Parent
Page
June
2021**



www.jeffcochildcare.org

**Nominate Your
Child Care Provider
For JCCCA
Provider of The Month!**
E-Mail Nikki
nikkisnngenerations@gmail.com

**Happy
Father's
Day
Sunday
June 20**



"When you're young, you think your dad is Superman. Then you grow up, and you realize he's just a regular guy who wears a cape." – Unknown

Summer Safety Tips with Baby

- ✓ Prevent sunburns by always keeping baby in light long-sleeved clothing and a sunhat (or even using a tiny squeeze of mineral-based sunscreen.)
- ✓ Use "touch supervision" when helping baby play in a kiddie pool, and reinforce this idea with all caregivers. (No texting or reading while baby splashes nearby, since distractions in supervision cause around 20% of drownings.) Don't forget to empty the pool as soon as baby is done.
- ✓ Prevent pavement burns or scrapes to baby's feet by purchasing sturdy shoes which cover the toes and have a tread on the sole.
- ✓ Walk along the side of a slide instead of riding down the slide with baby. It is easy for a baby's foot or arm to get stuck, and the weight of a grown-up can cause injuries.
- ✓ Always bring baby with you when you leave the car, even in mild weather. If you are sleep-deprived or changing your routine, leave something else important near baby in the back seat, like your cell phone or work files. This way there is no chance a quiet, sleeping baby can be forgotten when you reach your destination.
- ✓ Be sure to bring extra water, sunscreen, and a small first-aid kit in the diaper bag for trips to the park, zoo, etc. Avoid the hottest time of day when planning longer outdoor excursions.

Big Bird's Happy Day Sunrise Smoothie

Snack Crediting for Ages 3-5



Total Time
10 minutes



Servings
8



Components
Meat/Meat Alternate,
Fruit

Ingredients

- 2 cups plain yogurt
- 2 cups pineapple juice
- 16 ounce bag frozen pineapple

Make sure your yogurt is #CACFPcreditable!
Click [here](#) to learn how to identify sugar limits.

Directions

1. Add all ingredients to a blender, mix on high until smooth.
2. Serve 1/2 cup per child immediately as a frosty smoothie or let sit for five minutes before serving.



<https://www.cacfp.org/2020/12/15/big-birds-happy-day-sunrise-smoothie/>



**Parent Page Edited by
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