



One Little, Two Little. . .

One little, two little, three little butterflies,
Four little, five little, six little butterflies,
Seven little, eight little, nine little butterflies,
Ten little butterflies fluttering!

Use fingers for counting, flapping gesture for flying

Additional Verses:

Honeybees/buzzing

Flowers/growing

Earthworms/crawling



Easy BBQ Ribs

10 Min. Prep, 30 Min. Cook (Serves 8)

4 lb. pork baby back ribs

1 cup Dad's favorite barbecue sauce

1. Cut ribs into 2-rib sections.
2. Place ribs in Dutch oven or stockpot. Add enough water to completely cover ribs; cover with lid. Bring to boil; simmer on medium-low heat 20 min. Drain.
3. Heat grill to medium heat. Grill ribs 10 min. or until done, turning occasionally and brushing generously with barbecue sauce.

Serve with a baked potato, corn on the cob, and a fresh green salad



Summer Safety Tips

•**Pool Safety:** Drownings are the leading cause of injury death for young children ages 1 to 4. A responsible adult *must* constantly watch young children at the pool, even in shallow water. Be sure gates to pools are locked, and kiddie pools are emptied after each use.

•**Heat Safety:** *Never* leave infants, children, or pets in a parked car, even if the windows are cracked open. Also, schedule long outdoor activities for morning and evening hours to avoid heat. Be sure to bring extra water for yourself and for your children on outings.

•**Sun Safety:** Cover up infants with lightweight clothing and hats, and shade too. For toddlers older than 1, apply sunscreen to exposed areas every hour. Provide hats and sun glasses for longer outings.

•**Bug Safety:** Use an effective insect repellent to prevent bites from mosquitos and ticks since they may carry diseases like Zika, Lyme, or West Nile.

•**Playground Safety:** Inspect playgrounds before letting children play, and provide close supervision near fall hazards. Provide the correct protective equipment for recreational activities- helmets, sturdy shoes, etc. Learn the signs of a concussion and know what to do if you suspect one.