



## August Newsletter 2017

### Dates to Remember

#### Preschool/Pre-K Field Trip Dates:

August 2, 2017  
Fort Fun & Lunch

August 8, 2017  
Summer Splash

#### School Age Field Trip Dates:

- August 4, 2017  
Blue Bird Gap Farm
- August 9, 2017  
SPCA & Deer Park
- August 16, 2017  
Kid's Island Park @ Poquoson High School
- August 31, 2017  
Deer Park

### Boat & Water Safety



Children should always wear life jackets while on boats, participating in water sports, or around open bodies of water. Kids swimming classes increase the safety factor.

### New Sibling



Your preschooler may have been looking forward to a new brother or sister, but now that the new baby has arrived it's a whole different story. Without realizing it, your child may start acting out while adjusting to your split attention. It is common for a first

Make sure life jackets fit snugly and all straps and buckles are properly fastened.

Don't rely on swim aids or inflatable toys, they are not meant to be life jackets.

Adults should take CPR and boat safety classes. Get a vessels safety check every year FREE from the Add to dictionary Guard. There are boat safety classes for kids as well.

Remember alcohol and boating don't mix, that goes for driver as well as passengers.

If the life jacket rides up at the shoulders or covers part of the child's face it is too big.

Babies should not travel on boats of any kind, including kayaks, row boats, motor boats or sailboats. The U.S. Coast Guards office of boating safety recommends that a baby not travel on a boat until he is the appropriate weight to wear a personal flotation device.

Car seats and baby carrier seats are not recommended, if the boat should capsize, the seat would sink instantly.

If you do take a toddler on a boat, both you and the baby should be wearing a properly fitted life jacket. Hold on to your baby at all times, do not let them roam freely around the boat.

Statistics on boating accidents

born child to react by regressing, asking for a bottle, or a diaper, sitting in the baby's seat, or even reverting to baby talk to get your attention. He's most likely to want your attention when you're right in the middle of a feeding or changing a diaper.

He or she may try to express his feelings by tugging on the baby's arm or taking her toys. Never leave your preschooler alone with the baby if you have seen any signs of aggression. Talk to your preschooler immediately and let him know his behavior could harm the baby and it is not acceptable; babies need gentle care.

Enlist big brother's or sister's help and ask him/her to help you take care of the baby. He/she can fetch diapers, clothing, or gently pat her back if she's crying. He/she can wash her back or her little toes while you hold her in the tub. He/she can also entertain her and try to get her to smile. This may help him/her feel more appreciated and help him/her understand his/her role as "big brother/sister." Hold him/her close and watch the baby together, even if she's sleeping. Ask him/her what he likes about his/her little sister; he will soon realize how special his sibling is.

Acknowledge there are times you may be busy taking care of the baby when he wants to spend time with you. Try to spend some "one on one" time with him/her each

reveal that many times life jackets are stowed away on the boat, but not worn while the boat is in operation.

Have extra towels or blankets on hand as children are at higher risk for hypothermia. Children should be made aware of boating rules such as:

Wear your life jacket at all times. Attach a whistle for emergencies and practice using it.

No leaning over the side of the boat. If something falls into the water, don't try to reach for it, tell an adult.

Keep hands and feet inside the boat at all times.

No running, jumping, or climbing on boat seats.

No standing at the edge of the boat dock.

No standing in the boat while fishing unless under adult supervision.

Teach your children that swimming in pools is different than swimming in open water with uneven surfaces, and to only swim with a buddy in designated areas with adult supervision.

day even if it's just a few minutes of coloring or playing with cars.

If your preschooler doesn't want to be involved with the new baby, don't push it. Some kids cope with a new sibling by ignoring them. This may go on for a while, but sooner or later, he/she will be won over by his adorable new sibling!

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### When Your Child Bites

It's never too soon to practice proper oral hygiene!

Did you know that dental cavities are the most common chronic childhood disease? Not only that, but oral diseases can lead to problems with eating, speaking, learning & self confidence. Parents should be sure to see a pediatric dentist with their child as early as one year old. Pediatric Dentists focus on the physical and psychological needs of the young child. Even if your little one doesn't have teeth, proper gum care can make a difference in your child's over all health. We hope these tips below will help you make the best plans for your child's Dental Health!

- Parents should clean infant's gums with a water soaked baby washcloth. this will stimulate gums and remove food.

- Begin brushing when the baby's first teeth appear around 6 months. Use a small soft brush



## ARE YOU INTERESTED?

Each month, we will choose one Saturday evening to open our center from 5pm-9pm. We will engage your children in playful activities, provide a craft for them to do, watch a movie, feed them dinner (which consist of a main course, 2 sides and a drink) and provide a snack (which consist of one item and a drink) for them, all for a minimal cost. What could be better than knowing that your child can be with their familiar, responsible caregivers and spend an evening in a familiar environment? All this, while you spend some uninterrupted time doing what you enjoy.

Open to all ages. Children ages 3-12 must be fully potty trained. Pre-Registration is required. Enrolled Families: \$28 for 1st child, \$14 for each additional.

Parent Night Out Dates for 2017  
Add them to your Calendars!!!

August 19  
September 16  
October 14

with a pea size amount of fluoride tooth paste. Brush gently to inhibit tooth decay and plaque build up.

- Letting a baby fall asleep with a milk, formula, or juice bottle can lead to decay when the liquids stay in contact with the teeth for prolonged periods. If you must give a baby a bottle to fall asleep, make it water instead.

- Schedule Baby's first dentist appointment around one year of age, pediatric dentists have the knowledge and expertise to make it a positive experience.

- At 2 to 3 years old begin to teach proper brushing technique. You will need to supervise brushing & flossing until the child is 6 or 7 years old and dexterity improves to the point where they can do it on their own.

- Children should brush their teeth at least twice per day (morning & night) and floss daily. Brushing immediately after meals is always a good idea when possible.

- Parents should also encourage proper dental care throughout the teen years, also avoiding pop, sugary drinks, and candy that sticks to teeth.

Dental sealants and fluoride treatments can eliminate 95% of all cavities.

- Be sure to make plans to have your child seen by a dentist

## Screen Time for Children Under 3?



"Screen Time" Is a term given to any activity done in front of a screen, such as watching TV, working on a computer, using a tablet or playing video games. Screen time is essentially a sedentary activity, meaning you're usually sitting down and physically inactive while engaged in screen time.

Most American children spend about 3 hours a day watching TV. Add to that all other types of screen time and it can total 5 to 7 hours a day. Excessive screen time can make it hard for your child to sleep at night. It can also raise the risk of attention problems, anxiety, depression, and poor academic performance. The more time your child spends watching a screen, the less time he spends being physically active and this can lead to obesity. TV commercials and other screen ads can lead to unhealthy food choices, as the ads aimed at kids

regularly so they can partner with you to ensure the best possible dental health for your child.



## 13 Tips to Cut Down on Screen Time

Don't allow TV, computers, or gaming systems in your child's bedroom.

Put computers and TV where you can keep an eye on what kids are viewing.

No TV during meals, homework, or when getting ready for school in the morning.

Don't use the TV as a babysitter.

Don't leave the TV on for background noise. Try the radio or none at all.

Don't let children eat while watching TV or using the computer.

Decide what programs to watch ahead of time, Turn the TV off when those programs are over.

Watch programs with your kids and talk about what you see, such

often promote food that is high in sugar, salt, or fats. Children tend to eat more when watching TV, especially when they see ads for food.

The American Academy of Pediatrics suggests children under age 2 should have no screen time at all. Parents should instead encourage more interactive activities, such as playing and talking. Children over age 2 should be limited to 1 to 2 hours a day. Videos aimed at very young children do not improve their development despite what advertisements say.



Ms. Taylor Best: August 3, 2017

Madison Fenderson: August 4, 2017

Hailey Malensek: August 8, 2017

Ms. Mindy Miller: August 10, 2017

Ms. Lisa Cagen: August 18, 2017

Mason Gilchrist: August 29, 2017

as family values or bullies.

Suggest other family activities, such as board games, puzzles, or going for a walk.

Keep a record screen time and try to spend as much time being active.

As a parent, be a good role model and limit your screen time to 2 hours a day.

If it's too hard not having the TV on, try using a sleep function that turns it off automatically.

Challenge your family to go one week without watching TV or other screen time activities.

Find activities to do with your free time that will get your family moving and burning energy. This could be as simple as taking a walk, or hike down a nature trail. Going in your backyard and doing cartwheels, or planting flowers. The possibilities are endless when it comes to children!



**Joyful Care Children's Center**  
*Where Every Child Fits In!*

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