



WCAC Early Head Start Newsletter

June 2022



With the beginning of summer and warmer temperatures just around the corner, families look to keeping cool at the pool, lake, pond and beaches. Playing and swimming in the water can be fun for children, but can also be dangerous when the proper precautions are not taken to keep them safe. The second leading cause of accidental death is drowning. While water can be dangerous, the good news is there are different ways to keep your children safe while having fun in the water.

- In a public swimming area, only swim in the areas that have been designated by lifeguards.
- Establish a set of family rules for swimming and make sure the rules are strictly enforced.
- Use caution around water, even if not planning on swimming. Currents, cold temperatures, and unseen underwater hazards can all be dangerous if someone were to fall in the water.
- If going on a boat, always wear a life jacket.
- Use a buddy system when swimming, so kids are never in the water by themselves.
- Younger children and those that are not yet strong swimmers should wear life jackets approved by the US Coast Guard.
- Teach kids that they must ask permission before going near any body of water.
- Never, ever leave children unattended in or near water.



Financial Empowerment:

Website: wcac.net/financial-empowerment/financial-coaching

Clothing:

Catholic Charities Southern Worcester County

Phone: (508)765-5936

Food:

Webster/Dudley: Webster/Dudley food share

Phone: (508)943-9171

Southbridge: Catholic Charities

Phone: (508)765-5936

Oxford: Oxford Food Pantry

Phone: (508)987-1062

Charlton: Chip-In

Phone: (508)248-3292

Healthy and Happy

Heat Safety Tips

Sunscreen

Which Sunscreen to use: (Sprays vs. Lotions) and how often to apply

Use a broad spectrum (protects against UVA & UVB rays) product with an SPF of 30+, and in general look for something water-resistant. You should use the type (spray, lotion, powder, stick or gel) you are most comfortable applying. Apply sunscreen to dry skin 30 minutes before you go outside, then re-apply every 2 hours after that. Make sure to cover all surfaces that will be exposed to the sun, and don't forget exposures like your scalp, ears, eyebrows, and lips.

Nutrition

Foods to eat (or pack) to keep you healthy throughout the day

Think "HIP" - That means Healthy food, Icy water, and Proper portions. Think easy-to-eat and healthy - so skip the bread for sandwiches and instead use pita or tortillas which can hold their shape better when packed in a cooler with other items. Pre-wash, cut, and pack lots of colorful fruits and veggies - like red bell pepper sticks, cucumber wheels, sugar snap peas, and seedless grapes.

Sun Poisoning

Symptoms of sun poisoning and how to prevent it

Sun poisoning doesn't really mean you've been "poisoned." It is a severe case of sunburn caused by UV exposure that inflames your skin. Symptoms of sun poisoning can include red and blistering skin, pain and tingling, swelling, headache, fever and chills, nausea, dizziness, and dehydration. Prevent sun poisoning by wearing sunscreen, sunglasses, hat, and protective clothing. Limit your sun exposure between 10 am and 2 pm. Water and sand can intensify the sun's damaging rays.

Water

Drink plenty of fluids to stay hydrated while out in the heat

Waiting too long to drink water is a common mistake that people make during the hot summer months. Remember that, if you're thirsty, it's already too late and you're dehydrated. Dehydration can upset the delicate fluid-salt balance needed to maintain healthy cells and tissues. Increased fluid intake and replacement of lost electrolytes are usually sufficient to restore fluid balances in people who are mildly or moderately dehydrated.



www.CarsonTahoe.com

Eat Right ~ Live Strong

Jell-O Popsicles

Ingredients

- Red, Orange, Yellow, Green, Blue (any flavors) 3 oz. boxes of Jell-O
- Water
- Ice
- Popsicle mold

1. Using a large glass microwave-safe measuring cup, microwave 1 cup of water for 3 minutes or until boiling. Mix in the entire packet of Jell-O
2. Add 1 cup of ice cubes and mix until they melt.
3. Fill up each popsicle mold 1/5 of the way (or divided equally in whatever number of flavors you have), let freeze for 1-2 hours or until frozen.



EATING ON A DIME.COM

Better Together—Family Activity



Supplies

- Paper Bag
- Tissue Paper
- String
- Paint, Markers, Stickers
- Construction Paper

Instructions

1. Decorate the paper bag however you like, using any of the materials.
2. Cut a small piece of construction paper to fit inside the bottom of the bag.
3. Open the bag and glue the piece of paper inside the bag.
4. Poke two small holes through the bottom.
5. Run the string inside and through the holes. Take the 2 ends of the string and tie a knot.
6. Cut 10 strips of tissue paper and glue them to the inside of the open end of the bag.
7. Once it is all dry, attach a long string to the knotted string on the bag.

Staying Balanced



Self Care Tips For Moms AT Home

1. Establish a morning victory hour
2. Take a mid-morning break
3. Try afternoon "Power" time
4. Protect your peace at bedtime
5. Connect with others
6. Add variety
7. Eat healthy meals
8. Lower your expectations
9. Get creative help

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www.wcac.net/youth-and-family-services/early-head-start/

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June Activities



Wednesday, June 15 Davis Farmland (Sterling)

10:00am-1:30pm

Wednesday, June 22 Parent/Child Connection Group

(Socialization Room) 10:00am - 12:00pm

Thursday, June 16 Head Start Open House (Webster Site)

3:00-6:00pm

Thursday, June 23 Head Start Open House (Southbridge Site)

3:00-6:00pm

