

# -BU33WORTHY-

#### **JUNE 20 - FIRST DAY OF SUMMER**

Summer is a time to relax, take a family vacation, and have fun with our friends. But, the rise in temperature and outdoor time brings new concerns.

SUNBURNS: Use lots of sunscreen. You may try different brands with different ingredients. My personal favorite is the zinc oxide type. But, find what works best for your child. You may decide to use a spray on their body and cream on their face. Don't forget to apply sunscreen before arriving at the center and reapply during a day outdoors.

water safety: You should reassess your child's swim abilities before every trip to water. Floatation equipment approved by the US Coastguard is best; your child's life is worth it. Active supervision is always important. Make it a habit to keep a child within arm's reach when playing in or around water. Hydration: Dehydration happens quickly. In the heat, children sometimes have a hard time realizing they are thirsty. Remind them to drink water regularly. Electrolyte filled Gatorade popsicles or getting a personalized new water bottle can also help with keeping a child well-hydrated.

**HAVE A HAPPY SUMMER!** 

## -CONTACT INFO-



Watch Me Grow
Child Care and Preschool
Locations in Gilbert, Arizona
www.wmgchildcare.com
info@wmgchildcare.com

## -REMINDERS-

Water days return this month!! Stay tuned for messages from your child's teacher on more specifics. The kids LOVE this fun event and we are happy to bring it back this year.

Please remember to apply sunscreen to your child before dropping off each morning. We are still taking advantage of the cooler temps in the morning hours to play outside!

#### -EVENTS-

6/1-6/4: Jumping Into Summer 6/4: Watch Me Grow Donut Day 6/7: Water Days Return 6/7-6/11: Beach Week 6/14-6/18: All About Family 6/20: Happy Father's Day 6/20: Start of Summer 6/21-6/25: Bugs & Insects Week 6/27-7/2: Red, White, & Blue Wk 7/5: Closed for 4th of July



