



Wings

A Weekly Newsletter for Families

July: Week 3
Family Fun

“Family is the most important thing in the world.” – Princess Diana

Free and Cheap Summer Activities

You'll never hear “Mommy, I'm bored” if you keep these activities in mind. Invite friends along to add to the fun!

- Tour your neighborhood police or fire station. Be sure to call ahead to arrange the time.
- Watch artists paint, pot or blow glass at a museum, gallery or art school.
- Kids love baby animals, so take them to a petting zoo or even a pet store. Check out pettingzoo.com for everything from pony rides to farm tours in your state.
- Get together with other families for a night of kickball, softball, capture the flag and other games. Divide into new teams each time, like dads and daughters versus moms and sons.
- Visit a factory and watch things get made. Check out factorytoursusa.com to find locations in your area.
- Run through the sprinklers.
- Take a brown paper bag and ask kids to come up with creative things to do with it. You might be surprised at what they come up with!
- Visit a nearby town for a day.



•• INFANT Inspiration

Get Your Baby Moving Outside
Outdoor play helps babies learn about different surroundings and can make them feel more comfortable with the world around them. Try these outdoor activities with your baby:

- Have tummy time on a blanket or towel.
 - Let your baby crawl on grass, under outdoor furniture and through boxes.
 - Watch tree leaves and branches and listen to birds.
 - Look at different colored cars, street signs or traffic light signals.
- Remember to apply sunscreen and insect repellent as needed, being sure to follow directions carefully.

•• TODDLER Tales

Exploring the World Around Them
Toddlers like to test out their growing physical abilities. Outdoor play for toddlers could include:

- Throwing and chasing balls.
- Wheeling, pushing and pulling different toys and objects.
- Walking, running or jumping into puddles, around trees, over stones or cracks in the sidewalk, or toward favorite objects.
- Blowing bubbles and chasing them as they float away.
- Playing in sand, mud or small amounts of water. ALWAYS supervise any water play.
- Drawing on the sidewalk with chalk.

•• PRESCHOOL Power

Get Outside and Play!
Playing outside lets kids explore nature, express themselves and build self-confidence. Outdoor play gives them space and freedom for big movements like running, kicking and throwing – activities that are good for health, fitness and physical development.

Try to let kids play outdoors several times a day – these ideas may get you started:

- Work with your preschooler on weeding, sweeping the driveway, watering plants and other everyday outdoor tasks.
- Visit a local park. If you can walk to it, teach your child road and pedestrian safety along the way. Name all the different sounds you hear outside.
- Build a castle out of boxes, clothes baskets or other lightweight objects.

