



Wings

A Weekly Newsletter for Families

June: Week 3
Family Fun

“Try to be a rainbow in
someone’s cloud.”
– Maya Angelou

Be Safe Out There!

Families spend a lot of time outdoors in the summer. Remember these guidelines while you’re out and about:

- Check out H2O SMARTZ from the Centers for Disease Control and Prevention (CDC) (<https://www.cdc.gov/bam/safety/h2o.html>) for tips on safety when you’re swimming, boating, jet skiing and going to water parks.
- Protect your family’s skin from harmful UV rays. Cover up in light-colored, lightweight clothing. Use sunscreen with at least SPF 15, plus UVA and UVB protection, every time you go outside. Reapply often, especially if you’re in the water.
- If you get a sunburn, take a cool bath, use unscented lotion, apply hydrocortisone cream, drink water – and stay out of the sun!
- Use an effective insect repellent while you’re outside. Be sure to follow the instructions for use on the product label.



•• INFANT Inspiration

Easy Ways to Stimulate Your Infant

If your baby is peaceful and content, it’s ok not to try to stimulate them – give them the time they need to rest and process what’s going on around them. Aside from cuddling, cooing, smiling and talking to your baby, you can give your baby company by parking the bassinet or bouncy seat in middle of family activity where everyone can talk to them. Other ways to stimulate a wakeful baby are to carry them in front of you in a sling or carrier and to provide them lots of different things to look at.

•• TODDLER Tales

Is Your Toddler Ready for Toilet Training?

To be successful with toilet training, children have to be both physically and emotionally ready for it. Here are some signs they may be emotionally ready for toilet training:

- They tell you when their diaper is dirty and ask to have it changed
- They are eager to please and able to follow simple directions
- They tell you they want to use the toilet or wear underwear instead of diapers
- They like to be neat and tidy
- They act interested when other family members use the bathroom

•• PRESCHOOL Power

How Play Changes for Preschoolers

Playtime helps your child’s personality blossom and grow. It helps kids develop physically, mentally and emotionally, and teaches them how to work in groups, settle conflicts, develop their imagination and explore different roles. They also get to practice decision-making and learn to stand up for themselves. For preschoolers, play is more focused on make-believe than on toys or games, and on actively engaging with other kids instead of playing alongside them.

