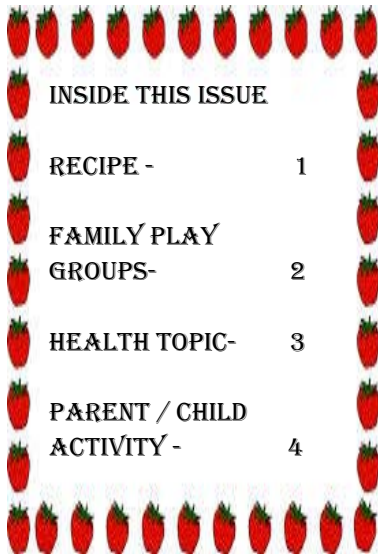




# Bradford-Tioga Early Head Start



5 Riverside Plaza  
Blossburg, PA 16912  
570-638-1400  
[www.bradfordtiogahs.org](http://www.bradfordtiogahs.org)



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## BERRY GOOD DIP



### INGREDIENTS:

- 8 ounces fresh or thawed frozen strawberries
- 4 ounces fat-free cream cheese, softened
- 1/4 cup reduced-fat sour cream
- 1 tablespoon sugar

### DIRECTIONS:

1. Place strawberries in blender until smooth.
2. Beat cream cheese in small bowl until smooth. Stir in sour cream, blended strawberries and sugar; cover. Refrigerate until ready to serve.
3. Spoon dip into small serving bowl. Serve with assorted fresh fruit or angel food cake cubes.

Makes 6 servings.

If you are unable to keep a Home Visit with your Family Partner, Please call the office at

570-638-1400.

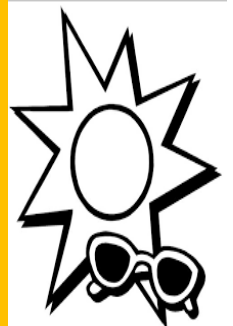
Thank you!!



## SUMMER HOURS:

**Your Family Partner will begin working Monday through Thursday (no Fridays) beginning June 19. They will follow this schedule thru August 4.**

**The program's office hours will continue as 8:00 a.m. to 4:30 p.m.**



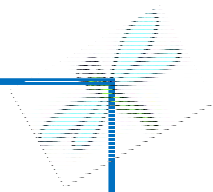
# JUNE FAMILY PLAY GROUPS



**CANTON**  
June 13 at 10:00 a.m.  
Canton HS Center  
Activity - Butterfly Baggie  
Parenting Topic - Gross Motor Activities for Toddlers

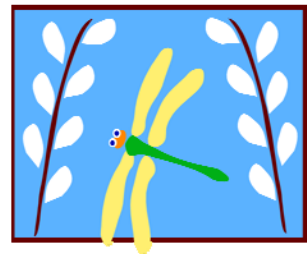
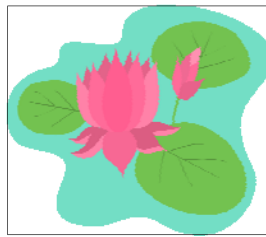


**ATHENS**  
June 14 at 10:00 a.m.  
Athens HS Center  
Activity - Father Focus Activity  
Paternal Theme - The Importance of Dads



**ELKLAND**  
June 14 at 10:00 a.m.  
Elkland HS Center  
Activity - Gross Motor Activity  
Paternal Theme - Sun Safety

**Snack:**  
1/2 Cup Apples Sauce  
Milk:  
4 oz. Whole Milk (Age 1)  
4 oz. 1% Milk (Age 2)  
6 oz. 1% Milk (Age 3)



## Exercise = Fun

When children are young, exercise isn't exercise—it's just plain fun! Try these ideas for putting more physical activity into your youngster's day.

**Superman:** Lie on your tummy with your arms straight out in front of you (as if you're flying). Lift your arms and legs off the ground at the same time, and hold for five seconds. Put your arms and legs back down. "Fly" 10 more times.

**Bubble jumping jacks:** Have your child do jumping jacks as you blow bubbles toward her. How many bubbles can she catch as she jumps? Switch, and let her blow the bubbles as you do jumping jacks.

**Freeze dance:** Play music, and dance up a storm. When you stop the music, everyone freezes. Hold your poses for 10 seconds, and start the music back up. (Nutrition Nuggets)



# JUNE HEALTH TOPIC



## How to Choose and Use Sunscreen

With all the sunscreens available these days (organic or mineral? water-resistant or sweat-resistant? lotion or spray?), choosing the right one for your kids can be tricky. What matters most when picking a sunscreen is how well it protects skin from UV rays.

### How to Choose

Look for SPF (sun protection factor) numbers on the labels of sunscreens. Select an SPF of 30 or higher to prevent sunburn *and* tanning, both of which are signs of skin damage. Choose a sunscreen that protects against both UVA and UVB rays (usually labeled as a "broad-spectrum" sunscreen).

Sunscreen sprays are convenient but should be used with caution. For starters, sprays are easy to breathe in, which can irritate the lungs. Some sprays also are flammable, so you need to avoid sparks or flames when applying them and wearing them. And, sprays make it hard to tell if you have applied enough sunscreen, which increases the risk of sunburn.

Other things to consider:

- Don't use sunscreens with PABA, which can cause skin allergies.
- For sensitive skin, look for products with the active ingredient titanium dioxide.
- If your teen or preteen wants to use a self-tanner sunscreen, be sure to get one that also has UV protection (many offer little or none).

Babies younger than 6 months should be kept out of the sun. When going outside, dress your baby in lightweight clothes that cover arms and legs — and don't forget a hat. If you can't avoid the sun, you can use a small amount of sunscreen on your baby's exposed skin, like the hands and face.

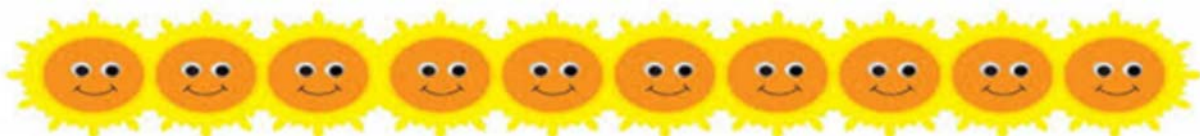
### How to Use

For sunscreen to do its job, it must be used correctly. Be sure to:

- Apply sunscreen whenever your kids will be in the sun. For best results, apply sunscreen about 15 to 30 minutes before kids go outside.
- Don't forget about ears, hands, feet, shoulders, and behind the neck. Lift up bathing suit straps and apply sunscreen underneath them (in case the straps shift as a child moves). Protect lips with an SPF 30 lip balm.
- Apply sunscreen generously — dermatologists recommend using 1 ounce (enough to fill a shot glass) to cover the exposed areas of the body. Reapply sunscreen often, about every 2 hours. Reapply after a child has been sweating or swimming.
- Apply a water-resistant sunscreen if kids will be around water or swimming. Water reflects and intensifies the sun's rays, so kids need protection that lasts. Water-resistant sunscreens may last up to 80 minutes in the water, and some are also sweat-resistant. But regardless of the water-resistant label, be sure to reapply sunscreen when kids come out of the water.
- Don't worry about making a bottle of sunscreen last. Stock up, and throw out any sunscreen that is past its expiration date or that you have had for 3 years or longer.

Every child needs sun protection. The American Academy of Dermatology (AAD) recommends that all kids — regardless of their skin tone — wear sunscreen with an SPF of 30 or higher. Although dark skin has more protective melanin and tans more easily than it burns, tanning is a sign of sun damage. Dark-skinned kids also can get painful sunburns. Remember to be a good role model. Consistently wearing sunscreen with SPF 30 or greater and limiting your sun exposure will reduce your risk of skin damage *and* teach your kids good sun sense.

<http://kidshealth.org>



# Parent/Child Activity

## BOX OF LOVE FOR DAD

Kids can create a love box for dad to keep special notes, gifts, and mementos. Every time he opens it he'll be reminded of your love.

Just find a box that has a lid. Decorate the box with magazine cut-outs, stickers, pictures, etc. You can even put your dad's name on the box! Let the decorated box dry. Surprise your father by putting a few items your father enjoys inside (like snacks, etc.)



**Father's Day  
is Sunday,  
June 18th, 2017**



## **TOGETHERNESS**

Regardless of what constitutes your "family," the feeling of being a family member is important for the healthy growth and development of your children. Building family bonds with memories and traditions can help support your children's sense of security. Whether you are a two-parent family or a single parent, you can give children a sense of family by doing things together.

These could include: Singing. Listening to the rain. Flying kites. Making mud pies. Making dandelion crowns. Drawing pictures on the sidewalk with chalk. Having a tea party. Taking walks or riding bikes. Playing games. Going to the movies. Reading. Simply being together! (Positive Promotions)

