

# News You Can Use...

Home Visiting - June 2023

## Join Us at the Park this Summer!

This summer we have many opportunities for you and your family to join other Head Start families in outdoor activities around Kent County.

Starting June 14th we will have two events each week. Feel free to attend whichever event works for your family or attend both each week! We'll spend time together outside, doing crafts, playing at splash pads, learning about nature, gardening, nutrition, libraries, fire trucks, and so much more!

During conferences you received a summer calendar from your Home Visitor. If you need another copy, let them know.

*We can't wait to see you there!*

If you have questions, please ask your Home Visitor or visit <https://hs4kc.org/calendar/> for more information.



# Summer Safety



## First Aid: Insect Bites and Stings

Insect stings and bites can be irritating, and in most cases, don't need medical care. However, children who are allergic to insect bites and stings might get life threatening symptoms that need emergency medical attention.

### What to Do:

- If your child was stung and you can see the insect's stinger, remove it as quickly as possible by scraping it with your fingernail.
- Wash the area with soap and water.
- Apply ice wrapped in a towel or cloth or a cool wet cloth to the area to relieve pain and swelling.

### Get medical care if:

- The sting or bite is inside the mouth
- Your child has a known severe allergy to a stinging or biting insect
- Injectable epinephrine (EpiPen) was used
- The site looks infected (redness is getting worse, warmth, swelling, pain or pus several hours or longer after the sting or bite).

## Sunscreen

When buying sunscreen think of these three important things to look for:

1. Has a SPF of 30 or higher
2. Protects against both UVA and UVB rays
3. Is water resistant (Protects kids while in the water for 40 to 80 minutes).

Apply sunscreen when ever your child will be in the sun. Apply sunscreen about 15 to 30 minutes before going outside.

Reapply sunscreen about every 2 hours and after they get out of the water

Keep babies 6 months and younger out of direct sunlight when going outside. Dress in light weight clothes that cover arms and legs, keeping them in a shaded area for most of the time outside. Use a hat to help block the sun from their face and head.

June  
2023

Our socializations at Sylvan will continue through the summer. Please let your Home Visitor know if you have any ideas for these gatherings. We value your feedback!

Remember to check out our summer family events!

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14 Socialization @ Sylvan 9:00am to 11:00am	15	16 HS4KC Closed No home visits
19 HS4KC Closed No home visits	20	21	22	23 HS4KC Closed No home visits
26	27 Socialization @ Sylvan 10:00am to 12:00pm	28	29	30 HS4KC Closed No Home Visits

In-home Snack will be delivered by your Home Visitor

**HV Snack Menu**

**June 2023**

MENU REVIEWED BY:  
CORI ANDERSON 453-4145 EXT 2221

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14 Socialization: Sylvan @ 9:00-10:00 am  Fresh Steamed Asparagus; Provolone Cheese	15	16
19	20	21	22	23
<div style="background-color: #a52a2a; color: white; padding: 5px; border: 1px solid black;"> <b>In- Home Snack Week Exploring Avocados</b> </div>				
26	27 Socialization: Sylvan @ 10:00-11:00 am  Watermelon; Homemade Bread	28	29	30

**In-Home Snack Portions:**  
See Rebus Cards

**Formula & Baby Food Available at Socialization**  
Whole & Skim Milk Available When Served