

Outdoor Play for Babies and Toddlers

Babies and toddlers love to play with their parents, family members, caregivers, and friends. When you and other family members enjoy the outdoors with your baby or toddler, you give him or her the opportunity to learn many things through play. Here are a few suggestions for outdoor play:

- Take your child outdoors each day unless the weather is very rainy, cold, hot or too windy.
- Dress your child in loose clothing so she can move freely.
- Keep your eyes on your baby or toddler at all times.
- Join in your child's play: Stretch, Roll, Walk, Run, Kick, Throw and Climb with him!
- Show her the shadow her body makes in the sun and play shadow games with it.
- Place your baby on a blanket on clean, soft grass. Put toys and books nearby.
- Blow bubbles! Babies enjoy watching bubbles catch the breeze and sunlight.
- Play with a wagon, big wheel, kiddy car or similar toys.
- Run with your toddler while waving bright scarves.
- When your toddler gets a little bit older, do not be afraid of a little roughhousing. Be careful no one gets hurt as you roll and gently tackle each other.

As much fun as it is to play with your baby or toddler, be sensitive to cues about when he/she has had enough. Most young children need to calm down and rest, mentally and physically. She may act distracted, become fussy, avoid eye contact or rub her eyes. He might even walk away. It is okay to say "It looks like you are ready to stop playing. We'll play again really soon." You have given your child two gifts: your presence and rest.

With your playful presence, even if only for a short time each day, your child makes enormous strides. Through play, she is creating a foundation of self-confidence, strong brain functioning, and the ability to get along with others—skills that will ensure her success in school and life. Your time and love make all the difference in the world.

Sunburn Prevention



Many people incorrectly assume that the sun is dangerous only when it's shining brightly. In fact, it's not the visible light rays but rather invisible ultraviolet rays that are harmful. Your child actually may be exposed to more ultraviolet rays on foggy or hazy days because she/he will feel cooler and therefore stay outside longer. Try to keep your child out of the sun or well protected when the peak ultraviolet rays occur (between 10 am and 4 pm).

In addition follow these guidelines:

- Always use a sunscreen to block the damaging ultraviolet rays. Choose a product made for children with a protection factor (SPF) of at least 15. Apply one half hour before going out. Many sunscreens are waterproof, but even these may need to be reapplied every two to three hours if your child spends a lot of time in the water. Always consult the directions on the label.
- Dress your child in light cotton clothing with long sleeves and long pants and a hat with a wide brim.
- Use an umbrella or similar object to keep her in the shade as much as possible.
- Babies under six months of age should be kept out of direct sunlight. If adequate clothing and shade are not available, sunscreen may be used on small areas of the body, such as on the face and the backs of the hands.

Sunburn

While those with darker skin coloring tend to be less sensitive to the sun, everyone is at risk for sunburn and its associated disorders. Children especially need to be protected from the sun's burning rays, since most sun damage occurs in childhood. Like other burns, sunburn will leave the skin red, warm, and painful. In severe cases it may cause blistering, fever, chills, headache, and a general feeling of illness.



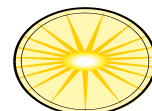
Your child doesn't actually have to be sun-burned, in order to be harmed by the sun. The effects of exposure build over the years, so that even moderate exposure during childhood can contribute to wrinkling, toughening, freckling, and perhaps cancer of the skin later in life. Also, some medications can cause a skin reaction to sunlight, and some medical conditions may make people more sensitive to the effects of the sun.



Treatments

The signs of sunburn usually appear six to twelve hours after exposure, with the greatest discomfort during the first twenty-four hours. If your child's burn is just red, warm, and painful, you can treat it yourself. Apply cold compresses to the burned areas or bathe the child in cool water. You can also give acetaminophen to help relieve the pain. Check the package for appropriate dosage for your child's age and weight.

If the sunburn causes blisters, fever, chills, headache, or a general feeling of illness, call your pediatrician. Severe sunburn must be treated like any other serious burn, and if its very extensive, hospitalization sometimes is required. In addition the blisters can become infected, requiring treatment with antibiotics.



Farmers' Markets



Hancock County:

- ⇒ **Eden Bar Harbor** 21 Park Street at the YMCA Sunday 9 am—noon
- ⇒ **Blue Hill** Blue Hill Fair Grounds Saturday 9am-11:30am
- ⇒ **Brooksville** Community Center, Tues 9:30am-11:30am. 326-9171
- ⇒ **Ellsworth Farmers Market** Maine Community Foundation parking lot 245 Main Street Mon and Thrus 2-5:30; Saturday 9:30-12:30
- ⇒ **Ellsworth Woodlawn** at the Black House Route 172 Sunday 11-2
- ⇒ **Southwest Harbor** Main Street at St. John's Church Friday 9-1
- ⇒ **Stonington Farmers Market** Community Center, Fridays, 10am-noon.
- ⇒ **Winter Harbor** Corner of 186 and Newman, Tuesdays 9:00am-noon

Washington County:

- ⇒ **Milbridge Farmers Market** Main Street @ Camden National Bank Sat 9am-noon call 546-2395
- ⇒ **Machias Valley Farmers Market** Rte. 1 across from Helen's Restaurant, Friday 10-4
- ⇒ **Calais Sunrise County Farmers Market** Across from Public Library, downtown Calais. Tuesday 11am-3pm



Maine Farms, Farmers' Markets, and Farm Stands accepting SNAP - There are several Maine farms, farmers' markets and farm stands that are now accepting cards from the Supplemental Nutrition Assistance Program. We found one in Hancock and one in Washington County on our last visit to this site: <http://www.getrealmaine.com/index.cfm/fuseaction/home.showpage/pageID/93/index.htm>

[Darthia Farm](#)

[Store](#) Gouldsboro (207) 963-7771

[Tide Mill Organics](#)

91 Tide Mill Rd. Edmunds Twp (207) 733-2551

Hot Weather Food Tips for Transporting Food

Here are some tips for outdoor food safety and convenience.

- Think ahead before opening your cooler. Every time you open it, cold air escapes and the temperature rises.
- If possible, have all your cooler food in watertight containers. Add water to ice which will keep the foods colder for a longer time.
- If you don't have blue-ice packs, you can fill up zip-type bags or plastic containers with water and freeze ahead.

- Be sure the food is already cold before putting into a cooler. Warm or even room temperature foods added to a cooler will reduce storage time.



- Toss out leftover marinade to avoid food-borne illness.

Left-over hot foods need to be iced right away to avoid bacterial contamination. Make sure you bring extra ice when you are away from home.



Balsamic Strawberries with Ricotta Cream (Chef Meg's Makeover)

Strawberries are combined with tangy and sweet balsamic vinegar and creamy ricotta in this quick and simple dessert. Use local honey for even more flavor.

INGREDIENTS

- 1 c part-skim ricotta cheese
- 1 T honey
- 1/2 t pure vanilla extract
- 3 T Balsamic vinegar
- 1 1/2 T brown sugar
- 16 oz strawberries, hulled* and quartered
- 1 T fresh basil, cut into fine ribbons

*To hull a strawberry, remove the stem and leaves.

DIRECTIONS: Open the container of ricotta cheese and stir well to combine the liquid with the cheese. Spoon 1 cup of cheese into a mixing bowl of a food processor. Add honey and vanilla. Process for 1 minute until mixture is smooth. Refrigerate for at least 2 hours. In a small saucepan, combine the vinegar and sugar. Stir until sugar dissolved. Bring to a boil and reduce to a simmer, heat for 3 minutes. Remove from pan and allow to cool completely. In a mixing bowl combine the strawberries and basil with vinegar mixture. Divide equally among 4 glasses. Top with ricotta cream. Serve chilled.

Number of Servings: 4

“Dads”

Men play an important role in young children’s lives. Whether you’re a dad, an uncle, a brother, or any other male who cares for and about a young child, you are a vital partner in the development of that child. Researchers have found that children are more likely to thrive, emotionally and academically, if they have a warm, nurturing relationship with their dad or male caregiver, a relationship that encourages reading, conversation and play.

Talking together: Dads tend to use more complex language when they speak

to their children. Using complex words can build a larger vocabulary, especially when the words are used in everyday conversations.

Reading together: Dads have a big influence on their children’s future academic achievement and success as readers

Playing together: Many dads enjoy rough-and-tumble play. It’s just one of the ways dads show their children that they love them. Dads often let children take more risks, and are more willing to let their child wander and explore (under their supervision, of course!).

Safety matters: It may not surprise you to find out that it is also common for mom to be a little worried that dad sometimes doesn’t play as “safely” as she does.

Please note: When we use the word “dad”, we mean, uncles, brothers, friends, foster parents, grandfathers, and other men who are actively involved in the emotional and cognitive development of a child.



Reading Tips

(The Growing Years 3-4 year olds)

Books provide a way to strengthen the relationship between you and your child. Children love the warmth and security that comes while mom or dad are reading a story.

- Read slowly with expression.
- Be familiar with a book before you read it aloud.
- Make sure the children can see the book and pictures clearly.
- Allow time to talk about the story. Hurrying through can lead a child to view reading as a duty, not a gift.
- Encourage your child to get into the

story. Invite them to read bits of text, act out roles, comment and ask questions.

- Have a puppet “read” from a book. The puppet can turn the pages.
- Expect lots of questions. Take time to answer these as you go along. If you ask questions, ask open-ended, imaginative ones that spark curiosity or wonder.
- Encourage your children to value their books. Provide a shelf, basket, or shoebox for safe keeping. Make up homemade book plates for inside covers to identify their proud owners.

- Include an audience with your child’s dolls and stuffed animals. These polite listeners enjoy stories told by preschoolers, too.
- Be ready to listen to your children read to you. Even very small children enjoy making up stories to go with pictures in a book.

Besides the pleasure you and your child experience as you cozy up with a favorite book, reading together serves a practical purpose; studies indicate that children who have books read to them at home learn to read more easily than those who don’t. A child whose day includes listening to rhythmic sounds and lively stories is more likely to grow up loving books and will want to learn to read them.

Book List for July

Babies and Toddlers

I love Colors by Margaret Miller. This board book captures a baby’s delight with bright, beautiful colors.

Clap Hands by Helen Oxenbury toddlers learn to play hand-clapping in this colorful, silly board book.

What Shall we Do with the Boo-Hoo Baby? By Cressida Crowell, illustrations by Ingrid Gordon. Baby is crying. Duck, Cow, Cat, and Dog have good ideas. Is there anything that will calm Baby down? Find out by reading this wonderful story.

Healthy Eating

Growing Vegetable Soup by Louis Ehlert. Creating a delicious soup from the ground up — literally. Vivid and appealing illustrations of gardening and cooking together as a family. Ages 4-6

Feast for 10 by Cathryn Falwell. A family prepares and eats a meal together — counting all the way. A book about

shared responsibilities and family time.

Eating Well! By Jess Stockham. Babies and toddlers see how animals eat and then left-the-flap and see a baby eating in an equally healthy way.

Physical Activity

From Head to Toe by Eric Carle. Encourages the reader to exercise by following the movements of various animals. Ages 3-6



Doing the Animal Bop by Jan Ormerod, illustrated by Lindsey Gardiner/Barrons Juveniles. Various animals dance to the bop, including ostriches, elephants, and monkeys.

The book includes a read-along compact disc with music.



Duck on a Bike by David Shannon. A duck decides to ride a bike and soon influences all the other animals on the farm to ride.

PRODUCT RECALLS

Zooper Strollers recalled due to strangulation Hazard. The opening between the armrest/snack tray and seat can allow an infant's body to become trapped at the neck. When using any stroller, parents are encouraged to always secure children by using the safety harness and not leave the child unattended. The 4 models recalled here were manufactured between Feb 2009 and June 2010 and sold nationwide and on line from May 2009 to May 2011. Immediately contact Zooper at (888) 966-7379 for additional information. The firm's website is www.zooper.com

HP and Compaq Notebook Computers—The batteries used in the computers can overheat and rupture, posing fire and burn hazards. The computers were sold on line and at electronic stores nationwide between July 2007 and July 2008; the battery packs were also sold separately. For more information visit the HP Battery Replacement Program website at www.hp.com/support/BatteryReplacement or call 1 (888) 202-4320.

General Electric Food Processors sold at Walmart Stores — The safety interlock system can fail during operation allowing a laceration hazard. Also the product can emit smoke, catch fire, posing a fire hazard. The machine is a 14-cup GE-branded digital processor with

model number 169203 imprinted . They were sold at Walmart stores between September 2009 and February 2011 for about \$50. Immediately stop using and return to Walmart for a full refund.

Dream on ME Cribs—recalled for hazards. This includes the full-size drop-side rail and portable drop-side rail. The cribs were sold at Toys R Us, Walmart, and Target stores and on line from Jan. 2006 through Dec. 2009. Please immediately stop using the cribs and contact the company at 1 (877) 201-4317 or on the web at www.dreamonme.com.

Reminder: Make sure to tighten your crib's hardware from time to time to keep it sturdy. Check all sides and corners for parts separating that can create a gap and entrap a child. Do not try to repair any side of the crib. Crib age is a factor in safety; and it is not recommended you use a crib that is older than 10 years. All cribs manufactured and sold after June 28, 2011 must meet new, improved safety requirements. To check to see if your crib has been recalled, go to this site: www.cpsc.gov.

For more recall information, check out our Parent Resources tab on our website: <http://www.childandfamilyopp.org/parent-resources/>.

GAS GRILL SAFETY

FROM THE U.S. CONSUMER PRODUCT SAFETY COMM.

TIPS FOR SAFE USE:

- ⇒ Never use a grill indoors due to carbon monoxide and fire hazards. Keep the grill at least 10 feet away from buildings. Do not use in the garage, carport, or under a surface that will burn.
- ⇒ Keep children away from the grill. The outside surface can get hot and burn when touched.
- ⇒ Make sure there are no lighted cigarettes, matches, or open flames near a leaking grill.
- ⇒ Keep a kitchen fire extinguisher nearby.

STORING AND TRANSPORTING:

- ⇒ Always keep stored LP containers upright.
- ⇒ Never store the spare container under or near the grill.
- ⇒ Never store or use flammable liquids, like gasoline near the grill.
- ⇒ Never use the LP gas container indoors.
- ⇒ When transporting, keep the container in a secure and upright position.
- ⇒ Never keep a filled container in a hot car or car trunk.

REFILLING AND CONNECTING:

- ⇒ Refill only by our LP gas dealer or by a qualified service station operator. Do not fill the container yourself — consider using a cylinder exchange.
- ⇒ Remove the container valve plug from the container valve.
- ⇒ Thread the container connector securely into the container valve outlet (turn counterclockwise).
- ⇒ Tighten, but do not use excessive force.
- ⇒ After connected, check for leaks.

WHEN DISCONNECTING:

- ⇒ Before disconnecting, turn off the grill's burner and container valve.
- ⇒ Disconnect the container (turn clockwise).
- ⇒ Place the container valve plug securely into the container valve outlet.

For the complete PDF, which includes important yearly safety checks, tips for purchasing a grill, along with the information shown above, visit the CPCS site. The link for the pamphlet is shown below <http://www.cpsc.gov/cpsc/pub/pubs/467.pdf>