

# Parent Page May 2016



JCCCA  
303-969-8772  
www.jeffcochildcare.org

Nominate  
Your Child  
Care Provider  
For JCCCA  
Provider Of The  
Month!!!  
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## How Can I Protect My Children from the Sun?

Just a few serious sunburns can increase your child's risk of skin cancer later in life. Kids don't have to be at the pool, beach, or on vacation to get too much sun. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

- **Seek shade.** UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent. Use these options to prevent sunburn, not to seek relief after it's happened.
- **Cover up.** When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor.
- **Get a hat.** Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. Baseball caps are popular among kids, but they don't protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.
- **Wear sunglasses.** They protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- **Apply sunscreen.** Use sunscreen with at least SPF 15 and UVA and UVB protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet. Take sunscreen with you to reapply during the day, especially after your child swims or exercises. This applies to waterproof and water-resistant products as well. Follow the directions on the package for using a sunscreen product on babies less than 6 months old. All products do not have the same ingredients; if your or your child's skin reacts badly to one product, try another one or call a doctor. Your baby's best defense against sunburn is avoiding the sun or staying in the shade. Keep in mind, sunscreen is not meant to allow kids to spend more time in the sun than they would otherwise. Try combining sunscreen with other options to prevent UV damage.

### Too Much Sun Hurts

**Turning pink?** Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes. Yet it can take up to 12 hours for skin to show the full effect of sun exposure. So, if your child's skin looks "a little pink" today, it may be burned tomorrow morning. To prevent further burning, get your child out of the sun.

**Tan?** There's no other way to say it—tanned skin is damaged skin. Any change in the color of your child's skin after time outside—whether sunburn or suntan—indicates damage from UV rays.

**Cool and cloudy?** Children still need protection. UV rays, not the temperature, do the damage. Clouds do not block UV rays, they filter them—and sometimes only slightly.

**Oops!** Kids often get sunburned when they are outdoors unprotected for longer than expected. Remember to plan ahead, and keep sun protection handy—in your car, bag, or child's backpack.

From: <http://www.cdc.gov>



## One Hundred Years From Now

One hundred years from now it won't matter .....

What kind of car I drove

What kind of house I lived in

How much money I had in the bank

Nor what my cloths looked like

BUT

The world may be a little better

Because, I was important

In the life of a child.

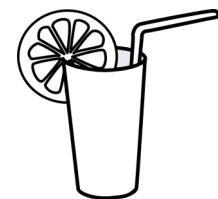
**May 9, 2016**

### **Provider Appreciation Day!**

**Make sure you Thank your  
provider for all they do for  
your children!!!**

### Orangeade

- Bring two cups of water and 1 1/2 cups sugar to a boil. And cook for 3 minutes making a simple syrup. Chill
- Combine simple syrup, 1 1/2 cups orange juice, 1/3 cup squeezed lemon juice.
- Serve over Ice with a orange slice.



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Have you visited Jefferson County Public Libraries Lately?  
CHECK them OUT!

JCPL has free story times for all ages, starting at birth! We read, sing, move, rhyme, and play - with social and craft time afterward. Beginning April 3, all JCPL locations will be expanding their hours and story times. Check out [jeffcolibrary.org/kids](http://jeffcolibrary.org/kids) for our new schedule!

	SUN	MON	TUE	WED	THU	FRI	SAT
Arvada	12-5	9-8	9-8	9-8	9-8	9-5	9-5
Belmar	12-5	9-8	9-8	9-8	9-8	9-5	9-5
Columbine	12-5	9-8	9-8	9-8	9-8	9-5	9-5
Conifer	12-5	2:30-8	2:30-8	2:30-8	2:30-8	2:30-8	9-5
Edgewater	closed	10-6	10-8	10-6	10-8	10-5	12-5
Evergreen	12-5	9-8	9-8	9-8	9-8	9-5	9-5
Golden	12-5	9-8	9-8	9-8	9-8	9-5	9-5
Lakewood	12-5	9-8	9-8	9-8	9-8	9-5	9-5
Standley Lake	12-5	9-8	9-8	9-8	9-8	9-5	9-5
Wheat Ridge	12-5	10-8	10-6	10-8	10-6	closed	10-5

- Looking for great info on early literacy? CLEL<<http://www.clel.org/>> (Colorado Libraries for Early Literacy) is the place to go.
- Find book recommendations<<http://www.clel.org/>> for birth-five years old and tips on how singing, talking, writing, and playing gets them ready to read.
- Check out Storyblocks<<http://www.storyblocks.org/>> for fun rhymes and songs to try (look for familiar faces from JCPL).

We are proud that this acclaimed resource was created in Colorado!

Our favorite book right now is **Press Here**, by Herve Tullet. Shared one-on-one, or with a group, kids truly do think they are creating magic by pressing, shaking, tilting, and blowing to find out what happens on the next page. We are also excited about Tullet's other interactive books: Mix It Up! and Let's Play.



## Six early Literacy Skills

Early literacy is everything a child knows about reading and writing before he or she can read or write.

Six basic skills comprise early literacy and help determine whether a child will be ready to learn to read and write.

1. Print Motivation
2. Print Awareness
3. Letter Knowledge
4. Vocabulary
5. Phonological Awareness
6. Narrative Skills

**Colorado Libraries for  
Early Literacy**  
<http://www.clel.org/>

## **Open A Book**

Open a book  
And you will find,  
People and places of every kind;  
Open a Book  
And you can be,  
Anything you want to be;  
Open a Book  
And you can share,  
Wondrous words you find in there  
Open a book  
And I will too  
You read to me,  
And I'll read to you!!!

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