



WE ARE CLOSED FOR THE SUMMER!

WE REOPEN ON: September 4, 2018

***Monday through Friday**

8:30 am to 4:30 pm

All children 6 months to 11 years

Good Health

May 2018



universitycommunitychildcare.org



Phone ahead: 515-294-3333



Summer Health and Safety



"Summer is a great time for kids to enjoy different indoor and outdoor activities. Whether they are young children or teens, learn ways to keep your kids safe and healthy while they enjoy the summer fun"

- In the water: Always supervise children whenever near any body of water to prevent drowning.
- From the sun: Apply sunscreen regularly and offer shade and lots of drinking water.
- From bug bites: Apply an EPA registered insect repellent to protect against mosquitos and/or ticks.
- From injuries: Inspect playground for unsafe equipment and supervise children at play.



Learn more at source: <https://www.cdc.gov/family/kids/summer/index.htm>



Do It Yourself FUN!!

PAPER RACE

Supplies:

- Ordinary piece of paper
- Children
- Wide open space



How to do it:

- Give everyone a piece of ordinary paper
- Have everyone hold the paper to their chest—start running in a
- After picking up speed, let go of the paper so that the air pressure holds the paper on your chest.
- Challenge: try running in circles.

Making it better:

- Talk about how it stays on your chest when running in a straight line and why its harder in circles!

See more physical activities here: <http://jumpbunch.com/kids-click-here/fitness-games/>



Though we are closing for the summer, you can still get your child pre-registered with Comfort Zone by providing a current physical and immunization record as well as some general contact info.
HAVE A GREAT SUMMER!



Find the Comfort Zone on Facebook:
<https://www.facebook.com/ISUsickchildcare/>



Thank You!

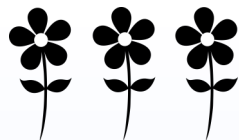
Thank you to all our sponsors: City of Ames, Iowa State University, ISU Government of the Student Body, University Community Childcare, Story County, United Way of Story County.

Healthy, Fit Families

NAEYC for families <http://families.naeyc.org/article/healthy-fit-families>

Here are some suggestions to encourage children to eat nutritious foods and exercise every day.

- Follow nutrition guidelines for children under 6. Some snack and meal ideas can be found at <http://whatscooking.fns.usda.gov/search/solr-results>
- Eat meals together. You can model good eating habits and enjoy time together.
- Steer your child toward healthier choices at fast food restaurants. Look for salads, sliced apples, low-fat milk, and baby carrots.
- Offer fun, healthy snacks (fresh fruit skewer, vegetables and dip).
- Teach your child to listen to their stomach. It takes 15-20 minutes after eating to know if you really are hungry for more.
- Plan a taste testing event. Vote on new, healthy foods to incorporate into your regular meals.
- Give hugs and kisses—not food—for comfort and encouragement.
- Limit your child's screen time. Spend time together walking, biking or playing ball.
- Walk instead of driving to nearby places.



Summer Activities in AMES



Ames Community School: Digital Backpack: All Aboard for Kids: Call 515/268-6600 or go to <http://www.ames.k12.ia.us/events/> to check on events for the upcoming summer.

Ames Public Library Summer Reading Program. Check it out by calling (515) 239-5646 or go to <http://www.amespubliclibrary.org/kids/MainKidsEvents.asp>

City of Ames Parks and Recreation: lots of opportunities at low cost! Check out the program and facilities guide! <https://www.cityofames.org/home/showdocument?id=1034>

How did using The Comfort Zone make a difference to your family?

"I would have missed school and work, which would have set me back a lot!"

"I don't have family in town, and I would have to stay home from work and school."

"I would have stressed about not accomplishing tasks."

"It makes all the difference to know that my daughters can get the comfort and care they need when sick."

"I feel better that my kid had fun while she wasn't feeling well, and I didn't have to worry about her."

"It is a great place with wonderful nurses!"

"The caretakers are exceptional and so attentive and kind."

We're so glad we could be here for you!!

