



# WCAC Early Head Start Newsletter

May/June 2023



With warmer days approaching, it's good for children to spend time playing and exploring the outdoors. It's important that they enjoy it safely. Here are some tips to help keep your family safe from too much exposure from the sun.

- \*Keep babies younger than 6 months out of direct sunlight.
- \*Dress yourself and your children in cool, comfortable clothing that covers the body. Such as lightweight cotton pants, long sleeved shirts and hats.
- \*Limit your sun exposure between 10:00am and 4:00pm when UV rays are strongest.
- \*Use sunscreen.
- \*Wear sunglasses with at least 99% UV protection. Look for youth sized sunglasses with UV protection for your child.
- \*Make sure everyone in your family knows how to protect his or her skin and eyes. Remember to set a good example by practicing sun safety yourself.



## Ingredients

- 2 Cups Diced Strawberries
- 2 Cups Mini Orange Slices
- 2 Cups Diced Pineapple
- 2 Cups Peeled and Diced Kiwi
- 2 Cups Blueberries
- 2 Cups Red Grapes (sliced in half)
- 2 Tablespoons Fresh Lemon Juice
- 2 Tablespoons Pure Maple Syrup, or Honey

# Eat Right ~ Live Strong

## Rainbow Fruit Salad

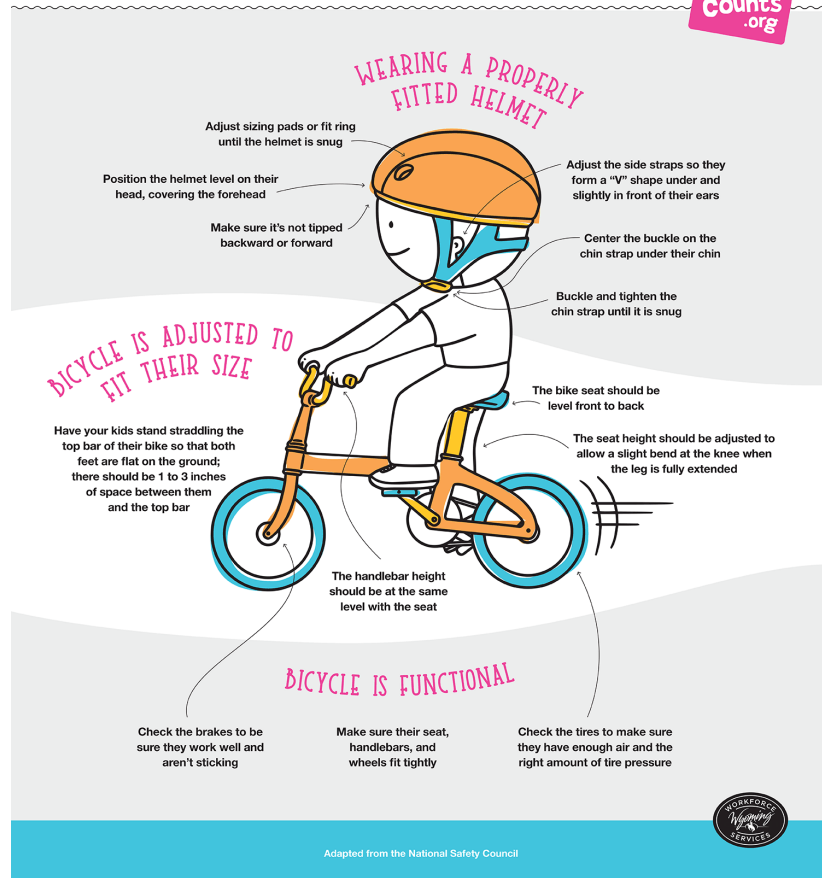


1. Add the lemon juice and maple syrup to a large bowl and whisk together.
2. Add all the fruit to the bowl and mix until combined and all the fruit is coated with the syrup. If desired, you can mix in some extra sweetener or top with whipped cream.

## Healthy and Happy

## BICYCLE SAFETY TIPS

Help set your kids up for a great ride by making sure they have all the right equipment in place.



## Better Together—Family Activity

### Supplies

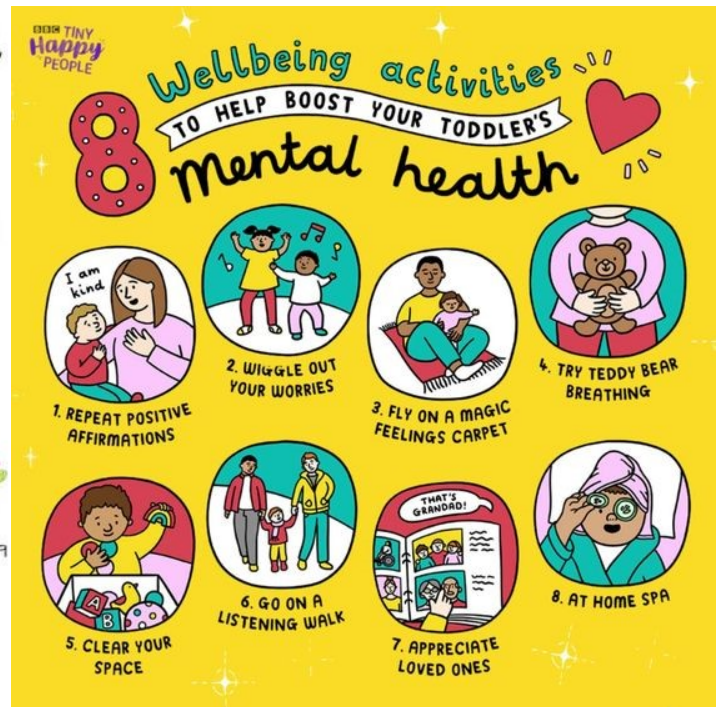
- Paper Plate
- Yellow & Black Paint
- Black Pom Poms
- Wooden Clothespins
- Googly Eyes
- Glue



### Instructions

1. Paint the paper plate yellow and allow to dry.
2. Use a pom pom with a clothespin as a handle to paint black stripes on the paper plate.
3. Paint two wooden clothespins black, allow to dry. Glue two black pom poms to the top of the clothespins.
4. Glue googly eyes to the paper plate.
5. Attach clothespins to the top of the plate to complete your bee.

## Staying Balanced



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