

Monthly Spotlight.....

Minot CDC Offers Part-Day Preschool Programs

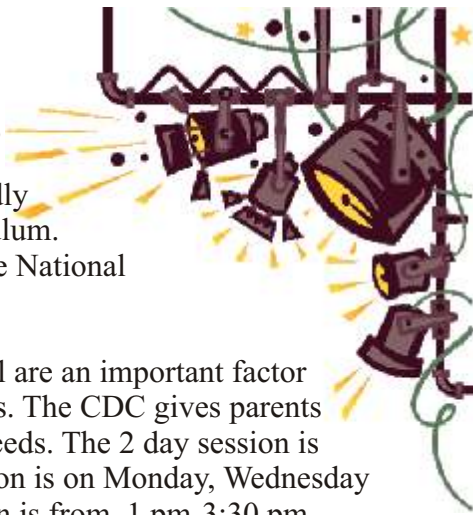
The Part-Day Enrichment Preschool offers a welcoming, friendly atmosphere, a nurturing environment, and a stimulating curriculum.

The CDC's Part-Day Enrichment Preschool is accredited by the National Association for the Education of Young Children (NAEYC).

Flexible enrollment options for Part-Day Enrichment Preschool are an important factor for many parents who lead busy lives and demanding schedules. The CDC gives parents the ability to select morning or afternoon sessions to fit their needs. The 2 day session is on Tuesday and Thursday from 9 am-11:30 am, the 3 day session is on Monday, Wednesday and Friday from 9 am-11:30 am and the 5 day afternoon session is from 1 pm-3:30 pm.

The Part-Day Enrichment Preschool Program is an excellent transition for children before they attend kindergarten. It gives many children their first opportunity to be exposed to developing social, literacy, math and science skills.

Registration is ongoing at the CDC while space is available.



July 2010

Play SAFE: Tips for Parents to Remember When Taking Children to Playgrounds

By Susan D. Hudson, Ph.D., Donna Thompson, Ph.D., And Heather M. Olsen, M.A.

Each year over 200,000 children are injured seriously enough on playgrounds to seek emergency medical attention. In addition, an average of 17 children die simply because they are trying to do what children do best and that's play.

Unfortunately, the safety of America's public playgrounds have recently been proven to be little better than average. According to a recent study by the National Program for Playground Safety, the nation's public playgrounds received a grade C+ for safety.

The first thing to remember is the meaning of SAFE. According to Dr. Donna Thompson, the Director of NPPS, each letter represents one area of safety in the playground environment. S stands for supervision, A represents age-appropriate design, F is a reminder about fall surfacing materials and E represents the maintenance of the equipment and surfacing.

S=Supervision

One needs to remember that equipment does not supervise children; caring adults do. It takes only a moment for a child to get into a dangerous situation. The most important thing adults can do when their children go to the playground is to go with them.

The job of the adult supervisor is to observe children's play behavior and be near enough to the children to provide assistance when their derring-do begins to lead them into possible injury-producing situations. Much like the lifeguard at a pool, the playground supervisor needs to be alert to potential hazardous conditions, continuously scanning the environment, and must intervene only when it appears that the children's play behaviors can lead to serious consequences.

A=Age Appropriate Design

Adults need to understand that one size does not fit all! Playground equipment is designed for the developmental abilities of children ages 2-5 and 5-12. Parents who have children under the age of two should not be visiting the playground since the equipment is not designed for children ages 0-2.

Too often, the researchers at NPPS have observed adults lifting children up to playground equipment that the child cannot reach or putting a young child on a lap and sliding down a slide. Neither activity is in the best interest of the child. The rule of thumb is if children cannot reach the piece of equipment on their own, then they should not be on it. If children are not comfortable, seated by themselves, sliding down a slide, then they should not be on the slide.

One word of caution needs to be made concerning public playgrounds. The NPPS study discovered that large composite structures found in parks and schools tend to be for mixed age groups over 70 percent of the time. That is, they will have low equipment (i.e. four-foot slides) for younger children and high equipment (i.e. eight-foot slides) for older children.

However, because of the linkage inherent in these structures, there is nothing to prevent the younger children from accessing the higher elements. A three year old is not a ten year old in terms of strength, reasoning, ability and physical development.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>July</h1>						
PAG Meeting July 7, 11am, CDC				1	2	3
Parent Orientation July 14, 12pm, CDC						
4	Holiday CDC Closed	6	PAG Parent Advisory Group Meeting 11am, Lunch Provided PAG T-Shirt Day	8	GPAB at CDC 6-10pm	10
11	Flag Day	13	Parent Orientation Noon at CDC PAG T-Shirt Day	15	16	GPAB at CDC 1-5pm
18	19	20	PAG T-Shirt Day	22	ND State Fair Starts	24
25	Military Appreciation Day at the State Fair	27	PAG T-Shirt Day	29	30	31

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F=Fall Surfacing

Height does matter, not for play value but for safety. Remember, the higher children are, the harder they fall. Children fall from equipment routinely enough that falls account for over 70 percent of all injuries. There are four things to look for to determine if a playground has safe surfacing.

Suitable Materials: The first thing to determine is whether or not the playground has the right kind of materials under the playground. Play equipment surfacing materials come in two types - loose-fill and unitary. Loose-fill materials are sand, pea gravel, wood products (chips & fiber), and rubber chips. The unitary materials take the form of rubber mats or are poured in place.

Height of the Equipment: As mentioned previously, the height of the equipment for ages 2-5 should be no higher than six feet, for ages 5-12 the height limit should be eight feet. Why? Definitive studies show that equipment over six feet doubles the probability of injury from a fall.

Depth of the loose fill: The materials also need to be deep enough to absorb a fall. You will not be able to tell the needed depth of unitary surfacing. It should be assumed that the agency that owns the equipment checked the depth at the time of installation. However, with loose fill, a quick check can tell whether it is at a depth of 9-12 inches. If the loose fill is not at least nine inches than it may not absorb the impact of the child falling from a height of six feet.

Use Zone: Finally, to be effective, the materials need to be in the right place. This means it must protect the ground in a six-foot radius around stationary equipment. For slides, the surfacing should extend four feet plus the height of the slide in front of the slide chute. For swings, surface materials should extend the distance of twice the height of a swing beam front and back of the swing seat.

E=Equipment and Surfacing Maintenance

One does not invest money for a car, only to use it without getting regular oil changes and tune-ups. Likewise, in order to ensure that the area is still safe for children to use, playground equipment and surfacing needs to be routinely inspected. Steel does rust, plastic does crack, and wood does splinter. Any and all of these things can lead to an unsafe play environment for children. In addition, old equipment may have loose bolts and nuts leading to gaps that can entangle strings or entrap heads.

Adults need to check the equipment for openings that may be greater than three-and-a-half inches and less than nine. These openings are generally found between and under guardrails. A quick measuring device to use is a dollar bill. American money is six inches long. By folding a bill over a the number symbol (1), the bill is the length of three-and-a-half inches. If the folded dollar bill will go through the opening then one folded in half plus one full-length dollar bill must be able to go through. Otherwise a possible head entrapment is present.

Adults also need to make sure the temperature of the equipment is suitable for children to play on. It is extremely important that you do not put children on equipment that is hot enough to burn a child. Take your children to parks and places where adequate shade is available. And just like at a swimming pool, protect your child with sunscreen.

If you see unsafe conditions at the playground, you should report it immediately to the owner or operator of the playground. If adults take an active role in helping keep a watchful eye on community playgrounds, problems can be eliminated.

SAFE Playgrounds

Children and parents should have fun-filled days at the playgrounds without fear of injury. By remembering and practicing SAFE, adults who accompany children to play environments can help create happy memories. Working together, we can all help make America's playgrounds SAFE for children.

EXPLORING A WATERMELON

Serve watermelon for snack. Talk about the color of the outside, which is called the rind.

Next cut the watermelon into pieces. Give each child a piece to look at. Examine it carefully.

“What color is the inside? Are there seeds? Do we eat the seeds? What can we do with them?” The children can remove all the seeds from their piece of watermelon. Then eat the watermelon. Collect all of the seeds and wash the seeds. When dry, they can be used for a collage.



Water & Air Make Bubbles



Bubble Solution Recipe

- 3/4 cup liquid soap
- 1/4 cup glycerine (obtain at a drugstore)
- 2 quarts water

Place mixed solution in a shallow pan and let children place the bubble makers in the solution. Bubble makers can be successfully made from the following:

- plastic six-pack drink holder
- straws
- bent wire with no sharp edges
- funnels

Making Masterpieces

Inspire children's creativity with these common materials:

Rice: Dilute food coloring with water, and pour it over uncooked white rice. Drain the rice, and spread it out to dry. Children can use the colored rice to make a variety of art projects.

Sawdust: Collect finely ground sawdust from a mill or a carpenter. Mix with wood glue or white glue until you achieve a claylike consistency. Children can make sculptures and paint them when dry.

Music

“Summer Clothing”

(Sing to the tune of “The Farmer in the Dell”)

Oh, if you are wearing shorts,
If you are wearing shorts,
You may walk right to the door,
If you are wearing shorts.



Also include stripes, sandals, tennis shoes, flowers, a sundress, blue jeans, belt, barrettes, etc.

“Summer Activities”

(Sing to the tune of “Skip to My Lou”)



Swim, swim, swim in a circle.
Swim, swim, swim in a circle.
Swim, swim, swim in a circle.
Swim in a circle now.

Also include jump, hop, skip, run, walk, etc.

FINGERPLAYS

Here Is The Beehive



Here is the beehive. Where are the bees?
(Make a fist)
They're hiding away so nobody sees.
Soon they're coming creeping out of their hive,
1,2,3,4,5. Buzz-z-z-z-z-z-z
(Draw fingers out of fist on each count.)

Green Leaf

Here's a green leaf (Show hand)
And here's a green leaf.
(Show other hand)
That, you see, makes two.

Here's a bud (Cup hands together)
That makes a flower.
Watch it bloom for you!
(Open cupped hands gradually)

