



The YMCA of Western Ontario Child Care Connects

We build strong kids, strong families, strong communities.

University Child Care Preschool 6 June 2011

For the month of June, Preschool Six is planning to make something special for Father's Day. The children have already suggested pictures, cupcakes and other great ideas. We will keep the final decision a surprise!

Preschool Six is also planning to have Hawaii Days (Thursday, June 23 and Friday June 24) to celebrate the arrival of the warmer weather. Children are encouraged to wear bright prints, sandals, and hats to our classroom luau. Please remember to bring in sunscreen with a new expiration date.

In June, Jaderian has chosen to have Toy Story day for his birthday at child care (Thursday, June 9). Children are invited to bring their favourite toy (for one day only); however, we strongly discourage the bringing of toy weapons as it increases negative interactions during play.

Happy summer,

Ashley and Robyn

Special Days:

Jade's Birthday - June 9

Father's Day - June 19

Photo of the Month



High/Scope Child Care Tidbit:

Literacy begins in infancy.

Learning to read and write is a developmental process that begins at birth and builds on children's basic need to communicate. This principle is at the core of HighScope's early literacy programs.

In HighScope classrooms and centres, children develop literacy skills by engaging in meaningful reading and writing experiences, and they become readers and writers through a unique combination of child-initiated learning and teacher-guided instruction. (www.highscope.org)



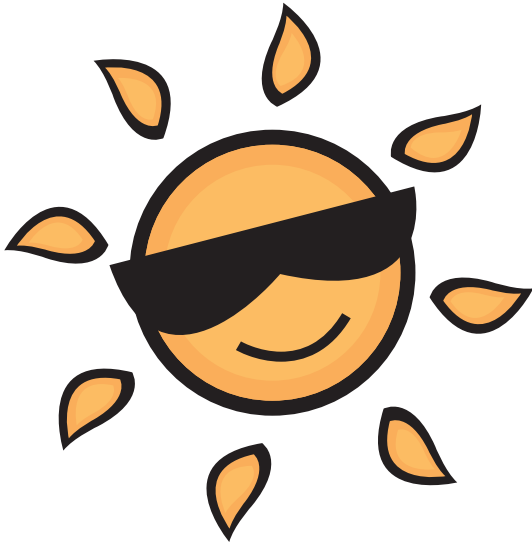
YMCA Child Care Services

Fun in the Sun Safety Tips

Now that summer is almost here, it's important to remember how to protect yourself and your children from the sun. Children have more sensitive skin than adults so they need extra protection if they are going to be out in the sun for a long time. A sunburn can occur in only 15 minutes depending on the UV index value.

To keep you and your child safe, you should:

- 1. Seek shade.** UV rays are strongest and most harmful during mid-day, 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.
- 2. Cover up.** Clothing that covers your child's skin helps protect against UV rays. Although a long-sleeved shirt and long pants with a tight weave are best, they aren't always practical. A T-shirt, long shorts, or a beach cover-up are good choices, too—but it's wise to double up on protection by applying sunscreen or keeping your child in the shade when possible.
- 3. 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.
- 4. 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.
- 5. 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.



EXPOSURE CATEGORY	UVI RANGE
LOW	< 2
MODERATE	3 TO 5
HIGH	6 TO 7
VERY HIGH	8 TO 10
EXTREME	11+

2011 YMCA SUMMER DAY CAMPS

HE'LL PROBABLY GROW AN INCH OR TWO THIS SUMMER.

HOW ELSE WILL HE GROW?

- LEADERSHIP
- CONFIDENCE
- RESPONSIBILITY
- SPIRIT OF ADVENTURE
- EMPATHY
- CURIOSITY
- KINDNESS
- SELF-ESTEEM
- TEAMWORK
- IMAGINATION
- FRIENDSHIP



8 CONVENIENT LOCATIONS FOR CAMPER'S 3-17 YEARS:

- Spencer Lodge
- Fanshawe Conservation Area
- Centre Branch YMCA
- Bob Hayward YMCA
- Stoney Creek YMCA
- Woodstock, St. Thomas & Strathroy

- Transportation across the city
- Before & after care
- New campers always welcome

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