



A loving environment for every child

Watch Me Grow

Child Development Center

July Newsletter



Please visit our Website at www.watchmegrowlv.com
Please like us on Facebook and follow us on Twitter

Visit the PBS Parents Website

<http://www.pbs.org/parents/>

This is an awesome resource; it has many articles about early childhood development, games, recipes and more.

Did You Know???

Watch Me Grow is now enrolling for Fall.

Refer a Friend or Family Member!
When they enroll and use your name as the referral source, you will receive a \$75.00 tuition credit.

*Terms and conditions apply

Teddy Bears On The Beach

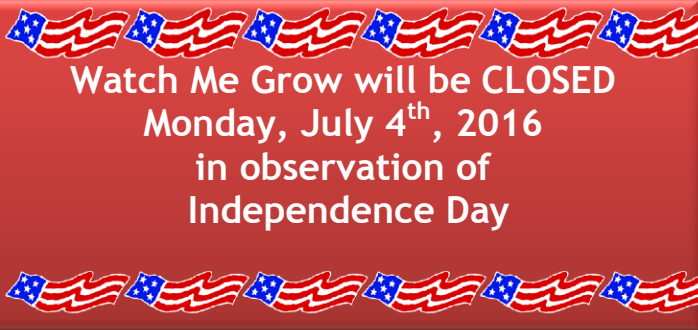


Ingredients

- 3 packages Jell-O brand gelatin, Berry Blue, large 6 oz. si
- 1 container Cool Whip
- 1 package Jell-O brand instant pudding, French vanilla
- 1 cup milk, for pudding
- 1 box Vanilla Wafers, finely crushed
- Gummy sea animals, fish, sharks, etc.
- peppermint candies, round

Instructions for Sand Cups

1. Prepare three packages of Berry Blue Jell-O according to directions.
2. Pour plastic dessert cups 2/3 full and refrigerate to set. Half-way until set insert the gummy sea animals into the Jell-O.
3. Prepare the instant pudding with the milk according to directions on package.
4. Place 3/4 box vanilla wafers in a large Zip-lock bag and finely crush with a rolling pin.
5. Mix 3/4 box of crumbs into the pudding along with half of the container of Cool Whip.
6. When the Jell-O has firmly set (about 4 hours) remove from the fridge.
7. Spread a thin layer of Cool Whip on the "ocean" to be the sea foam
8. Carefully spread the pudding and wafer crumb mixture on top using a rubber spatula.
9. Finely crush the remaining 1/4 box of vanilla wafers and sprinkle on top. Then add a stick of Fruit Stripe gum for a "beach towel", round peppermint for a "beach ball", a few Teddy Grahams on top and a "beach umbrella."



There's Still Time!!



SUMMER CAMP

This Months Curriculum Themes

Children will love learning and enjoy our fun “sunsational” summer themes.

July 4-8: Mad Science

- Bubble Painting
- Static Electricity w/ Balloons
- Magnetic Touch: Experiencing Magnets

July 11-15: Wild, Wild West

- Cowboy Boots
- Sheriff Badges
- Cacti
- “Trail Mix”- Creating your own snack

July 18-22: Lights, Camera, Action

- “Minion Monday”- Special movie event
- Minions
- WMG Walk of Fame Stars

July 25-29: Outerspace

- Rockets
- “Marshmallow Constellations”

Please review the monthly center activity calendar. We have a number of special events and activities this month



Materials:

- saucer or small plate
- milk (whole milk is said to work best)
- liquid food coloring
- dish soap
- Q-tip

To make the color explosion happen:

1. Pour enough milk to cover the bottom of the saucer.
2. Gently drip one drop of each of the colors of food coloring on to the surface of the milk. Drop your colors close together near the center of the saucer.
3. Now, grab a Q-tip, and coat one end with a drop of dish soap.
4. Press the soapy end of the Q-tip into the food coloring, where it intersects. Hold it steady and keep it in place for 10-15 seconds. Watch what happens!
5. Lift the Q-tip up and place it in another area of the plate where the colors have gathered.
6. Watch as the colors churn, swirl and collide.

Raising a Fit Preschooler



By Kids Health

Preschoolers have a lot of energy, and they use it in a more organized way than when they were toddlers. Instead of just running around in the backyard, a preschooler has the physical skills and coordination to ride a tricycle or chase a butterfly.

Preschoolers are also discovering what it means to play with a friend instead of just alongside another child, as toddlers do. By being around other kids, a preschooler gains important social skills, such as sharing and taking turns. Despite occasional disputes, preschoolers learn to cooperate and interact during play.

Helping Kids Learn New Skills

Preschoolers develop important motor skills as they grow. New skills your preschooler may be showing off include hopping, jumping forward, catching a ball, doing a somersault, skipping and balancing on one foot. Help your child practice these skills by playing and exercising together.

How Much Activity Is Enough?

The National Association for Sports and Physical Education (NASPE) offers specific recommendations for preschoolers, saying they should:

- accumulate at least 60 minutes of physical activity that's structured (meaning it's organized by you or another adult)
- engage in at least 1 hour — and up to several hours — of free play
- not be inactive for more than 1 hour at a time, unless they are sleeping

It's important to limit TV (including videos and DVDs) and computer time to no more than 1-2 hours per day.

Structured Play

Preschoolers are likely to get structured play at childcare or in preschool programs through games like “Duck, Duck, Goose” and “London Bridge.” Consider enrolling your child in a preschool tumbling or dance class.

Though many kids tend to gravitate toward the outdoors, lots of fun things can be organized indoors: a child-friendly obstacle course, a treasure hunt, or forts made out of sheets and boxes or chairs. Games like freeze dance or bounce catch are also fun. Designate a play area and clear the space of any breakables.

Unstructured Play

Unstructured or free play is when kids are left more to their own devices — within a safe environment. During these times, they should be able to choose from a variety of activities, such as exploring, playing with toys, painting and drawing, doing a puzzle or playing dress-up.

It's clear your preschooler is keeping an eye on how you spend your time, so set a good example by exercising regularly. Kids who pick up on this as something parents do will naturally want to do it, too.

Inspirational quote.....

Each day of our lives we make deposits in the memory banks of our children.

-- Charles R. Swindoll