



Delaware Opportunities Inc.
Child Care Resource & Referral
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"Building Excellence in Child Care"

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CCRR Summer Newsletter

July 2021



Sunscreen Tips

For the best protection, use sunscreen whenever your children are outdoors.

- Choose a sunscreen that offers both UVA and UVB protection
- Put sunscreen on 30 minutes before going outside
- Rub a generous amount of sunscreen on all uncovered skin (except the eyes) and even on areas that will be covered by light clothing, which does not filter out all UV rays
- Use a sunscreen stick or lip balm on sensitive areas like the lips, nose, ears, hands and feet
- Choose a water-resistant or waterproof sunscreen if your child is playing in the water
- Sunscreen should be re-applied every two hours
- Towel-dry your child before re-applying sunscreen if your child is sweaty or has been swimming

Did you know?

Most of us love sunny days, no matter what time of the year. The sun cheers us with its bright light and warmth.

But the sun also sends out harmful ultraviolet rays (UV-A and UV-B), which we cannot see. Long-term, unprotected exposure to these UV rays causes up to 90% of all skin cancers. In fact, skin cancer is the most common form of cancer in the United States.

More than 1 MILLION new cases of skin cancer will be diagnosed in the United States this year. Most of a person's lifetime skin damage, which increases the risk for developing skin cancer, occurs before the age of 18. Remember that sunburned or tanned skin is damaged skin. Even if a child's sunburn or tan fades, the damage caused by that tan or burn does not. The damage keeps adding up with each sunburn or tan and may one day result in skin cancer. No matter how hard adults work at protecting their skin, the sun damage they received as children cannot be undone.

But there is also good news. Skin cancer is one of the most preventable forms of cancer. **You can save the skin your child is in** by protecting your children every time they go out into the sun all year 'round.

www.health.ny.gov



Fresh Fruit Ice Cream in a Baggie

Ingredients: 1 cup half and half cream, 2 tablespoons white sugar, 1 teaspoon vanilla extract, ¼ cup chopped fresh strawberries, 4 cups of ice cubes, ¼ cup of kosher salt.

Directions:

Step 1. Combine the half and half, sugar, vanilla, and strawberries in a quart zip lock bag. Press the air out of the bag, seal, and shake bag to combine contents. Place the bag into a gallon sized zip lock top bag. Add the ice and the salt to the gallon bag, press the air out and seal the bag.

Step 2. Wrap bag in a hand towel. Shake continuously, until the contents of the small bag thickens into soft-serve ice cream, 5 to 10 minutes. **Step 3.** Rinse the small bag quickly under cold water push the ice cream toward the bottom of the bag, snip off the corner, and squeeze ice cream into a bowl and ENJOY!

www.allrecipes.com

What you'll need:

- Pink, yellow, blue and green paint
- Paintbrushes
- 12 by 18 white paper
- Three bows
- Glue

How to make your handprint flowers craft:

- Paint child's hand yellow and press into the center of the paper.
- After washing the child's hand, paint it pink and make another handprint next to the yellow one.
- Repeat step 2 using the blue paint.
- Using a paintbrush, paint stems and leaves under the flowers as shown.
- When the paint is dry, glue bows on each stem under the flower.



<https://www.allkidsnetwork.com>

Summers Here! Do you need help with the Cost of Child Care?

Delaware Opportunities child care subsidy program has increased the income guidelines to 200% federal poverty level. To qualify for this program, your gross income must fall below 200% of the federal poverty level, as well as other eligibility criteria's such as being employed. The following are the income guideline standards to be used in determining eligibility for services effective until 5/31/2022.

For more information on the child care subsidy program including eligibility requirements and how to apply contact Judy or Lisa at 607-746-1620 or by email at jvelten@delop.org.

Family Size	200% Poverty
2	\$34,840.00
3	\$43,920.00
4	\$53,000.00
5	\$62,080.00
6	\$71,160.00
7	\$80,240.00
8	\$89,320.00

Child Care Resource & Referral: Our Mission

Delaware Opportunities Inc. Child Care Resource & Referral program is committed to promoting quality, affordable child care that results in education and healthy development of children and supports strong families and communities.

Call Delaware Opportunities at 607-746-1620, Mon – Fri 8am to 4pm or email daycare@delop.org.