



# July NEWSLETTER



## It's finally summer!

Kids are off, and families need some fun, new, things to do!

Summertime is the perfect time to make time to connect with your family, through exercise, arts & crafts, and reading! Here are some ideas!



## Active activities for the family:

- Plan a hike/walk – make it more fun by pretending to be an explorer! Bring along a notebook and pencil to draw what they find.
- Bubbles – make it more fun by letting them have a turn with the bubble, letting them chase the bubbles.
- Cloud watching – take turns telling each other what the clouds make you think of
- Plan a trip to the zoo or the discovery center
  - Discounts available for families that receive EBT, senior citizens, military, and students
- Attend a Parade

## Literacy

The time to read is now! No matter the age of your child reading to them or setting aside time everyday helps them develop stronger language and reading skills.

Reading also helps them learn about the world around them and is a great way to make memories with your child that will last a lifetime.

Be sure to check and see if your local library has any summer reading programs, or to see if they have any books about Independence Day.





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## Summer Healthy Snack

### Yogurt Ice Pops

What you may need: Popsicle mold, Yogurt, blueberries, and strawberries.

### Instructions:

1. Dice fruits
2. Layer yogurt, and fruit in the popsicle mold
3. Freeze



## Arts & Crafts

### Infant/Toddlers

- Finger painting with red, white and blue paint
  - What you may need: Non-toxic Red, white, Blue Paint, and Paper
- Painting hands/feet with red, white and blue paint to make little keepsakes!
  - What you may need: Non-toxic Red, white, Blue Paint, and Paper.
- Firework stamp art
  - What you may need: toilet paper/paper towel rolls, scissors, Non-toxic red, white, and blue paint, and paper, and paper plates.

### Instructions:

1. Prep the toilet paper rolls by cutting the rolls about 2 inches down the roll and about 1/4 of about an inch apart. Continue cutting strips all the way around.
2. Bend the strips
3. Repeat as many times as you need.
4. Pour some of each color paint on a plate.
5. Allow children to dip the toilet paper roll in paint and then stamp their paper.
6. Repeat step 5 with other colors.





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## July Events

William B Ogden Free Library

Address: 42 Gardiner Pl, Walton, NY 13856

### Activities:

Weekly Themed Tuesday - Friday - Drop in Crafts

July 8<sup>th</sup> - 11<sup>th</sup> - Reptile Crafts

July 15<sup>th</sup> - 18<sup>th</sup> - Dot Crafts

July 22<sup>nd</sup> - 25<sup>th</sup> - Octopus & Sand Art

July 29<sup>th</sup> - Aug 1<sup>st</sup> - Junk Journals

Every Thursday @ 10:30a-11:30am- Children's Storytime

July 12<sup>th</sup> @ 11a - REPCO Wildlife Encounters

July 19<sup>th</sup> @ 11a - Chalk the Walks

July 26<sup>th</sup> - 11a - VIA AQUARIUM comes to the library

## Upcoming Events

### Family Fun Festival

- Where: Delaware Opportunities - Hamden
- When: August 7<sup>th</sup> 3:30p-6:30p



## Summer Safety

- When it's hot out, it is important to offer your child plenty of fluids and remind them to drink throughout the day.
- Limit time in the sun
- Pack an umbrella
- Wear a hat
- Know where shade is
- Pack sunscreen! Apply 15-30mins before exposure to the sun. Then re-apply per the directions on your sunscreen.



## Delaware Opportunities 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.

To read our public policy agenda and learn more about child care issues, find facts about child care in Delaware County and New York State, or to join advocacy campaigns to strengthen the quality of child care, visit us at <https://delawareopportunities.org/public-policy> or contact a child care specialist Monday-Friday, 8:00am - 4:00pm at (607)746-1620 or toll free at 1-877-746-2279; or by email at [daycare@delop.org](mailto:daycare@delop.org)