Did you know?

The benefits of talking with babies begins at birth AND reading aloud has a positive impact as early as 6 months!

Parents can support their baby’s language and thinking skills starting from day 1.

Read and talk to your baby even if he or she doesn’t talk back yet.

Find the Rainbow Game

You’ll need:
- Markers (red, orange, yellow, green, blue & purple)
- Slips of paper

How to play:
Pre-hide the markers in a room in your home or outside in the yard. You may need to keep the markers partially in site depending on the age of your child.

Encourage your child to find each of the markers and form a rainbow on the slip of paper. If age appropriate let your child hide the markers for you to find and draw a rainbow.

Ideas for the Sandbox

When it comes to sandbox toys, try adding the “real thing!” Look at garage sales for inexpensive wooden spoons, metal spatulas, pots and pans, measuring cups, a colander or even a hand held egg beater. Store items in a plastic crate.
Parenting Education Opportunities

The Family Service Association
277 Chestnut Street
Oneonta, NY 13820
607-432-2870
-Parent education workshops offered to all area parents and caregivers. Topics include information about parenting skills and child and adult development.
www.fsaoneontany.org

Cornell University Cooperative Extension of Delaware County
34570 State Hwy. 10 Suite 2
Hamden, NY 13782
607-865-6531
www.ccodelaware.org
-Nutrition Education programs that assists income-eligible families and youth improve health.

Hancock Community Children’s Center
316 W. Main St.
Hancock, NY 13783
607-637-3146
www.hancockeducationfoundation.com
-A free drop-in center for parents and caregivers and their children 0-3. The Children’s Center offers a safe, fun atmosphere to learn and play. FREE monthly programs focusing on nutrition and parenting.

Family Resource Network
46 Oneida St.
Oneonta, NY 13820
607-432-0001
www.familyrn.org
-Serving individuals with disabilities and their families. Visit their website to find upcoming events, training opportunities, newsletter, support groups and additional resources.

Southern Tier Independence Center
135 East Frederick Street
Binghampton, NY 13904
607-724-2111

-Early Childhood Direction Center:
ecdc@stic-cil.org
http://www.stic-cil.org/ecdc.html

-Parent Technical Assistance Center
ptac@stic-cil.org
http://www.stic-cil.org/ptac.html

ZERO TO THREE
Little Kids, Big Questions podcast series addresses some of the most common issues facing parents of babies and toddlers. Series of 12 podcasts. No charge. Visit www.zerotothree.org

Summer Grilled Cheese
www.superhealthykids.com

Ingredients:
- ¼ cup softened butter
- ½ tsp dried dill
- ½ tsp dried basil
- 8 slices of bread
- 8 oz. of cheese of choice
- 1 medium tomato sliced
- Handful of fresh basil (about 3 leaves or so per sandwich)

In a small dish, mix the butter, dried dill, and dried basil and then spread a thin layer on each slice of the bread. Stack the cheese, tomato, and basil on the non-buttered side of the bread and place on the hot griddle. Put another slice of the buttered bread on top to complete the sandwich—buttered side up. Continue this step to complete all 4 sandwiches. Let the sandwiches cook over medium/high heat about 2 minutes and flip them over to toast the other side. Enjoy!

Every Summer has a Story...
Fill this one with Fun Family Memories

Following are a few ideas:
- Make lemonade
- Play a board game
- Take a family bike ride
- Make s’mores
- Make homemade popsicles
- Do an art project
- Go on a family picnic
- Check out your local library
- Camp out in the backyard
- Make friendship bracelets
- Stargaze

Sponge Bucket Relay

You'll need:
- Two small buckets
- water
- A large sponge (the kind you use to wash a car)

Fill one bucket with water. Players stand behind the bucket. One at time each player soaks a sponge in the bucket of water and races to an empty bucket where they squeeze out all the water from the sponge. The player than runs back to the start and hands the sponge to the next player. This can be a race between two teams (you'll need two more buckets and another sponge) or a family can work together to see how fast they can fill the empty bucket with water.