



CKLECC Newsletter

Cheyenne, Kiowa and Lincoln Counties Early Childhood Council

Important Water Safety Tips



www.cklecc.org

Pools, lakes, ponds and beaches mean summer fun and cool relief from hot weather but water can also be dangerous for kids if you don't take the proper precautions. Nearly 1,000 kids die each year by drowning and most drownings occur in home swimming pools. It is the second leading cause of accidental death for people between the ages of 5 and 24. The good news is there are many ways to keep your kids safe in the water and make sure that they take the right precautions when they're on their own.

Kids need constant supervision around water. Whether the water is in a bathtub, a wading pool, an ornamental fish pond, a swimming pool, spa, the beach or the lake young children are especially vulnerable. They can drown in in less than 2 inches of water. That means drowning can happen where you'd least expect it—the sink, the toilet bowl, fountains, buckets, inflatable pools or small bodies of standing water around your home such as ditches filled with rainwater.

Kids older than 4 years should learn to swim. Kids who are younger (but older than age 1) also might benefit

from swimming lessons, but check with your doctor first.

Don't assume that a child who knows how to swim isn't at risk for drowning. All kids need to be supervised in the water, no matter what their swimming skill levels. Infants, toddlers and weak swimmers should have an adult swimmer within arm's reach to provide "touch supervision."

Invest in proper-fitting, Coast Guard approved life vests and use them whenever a child is near water. Check the weight and size recommendations on the label, then have your child try it on to make sure it fits snugly. For kids younger than 5 years old choose a vest with a strap between the legs and head support. The collar will keep the child's head up and face out of the water. Inflatable vests and arm devices such as water wings are not effective protection against drowning.

Don't forget the sunscreen and reapply frequently, especially if the kids are getting wet. UV sunglasses, hats, and protective clothing can also help provide sun protection.

Kids should drink plenty of fluids, particularly water, to prevent dehydration. It's easy to get dehydrated in the

sun, especially when kids are active and sweating. Dizziness, feeling lightheaded, or nausea are just some of the signs of dehydration and overheating.

The temperature of the water is important too. Enter the water slowly and make sure it feels comfortable to you and your child. A temperature below 70 degrees Fahrenheit is cold to most swimmers. Recommended water temperatures vary depending on the activity, swimmer's age, and whether or not they are pregnant. In general 82 to 86 degrees Fahrenheit is comfortable for recreational swimming for children. Body temperature drops more quickly in water than on land and it doesn't take long for hypothermia to set in. If a child is shivering or experiencing muscle cramps, get him or her out of the water immediately.

www.kidshealth.org



Volume VI

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Special Points of Interest:

Happy 4th of July!!



- ☉ Summer Reading Program: Fizz, Boom, Read!
- ☉ Library Schedules
- ☉ Recipe & Activity for Kids
- ☉ Summer Books
- ☉ Simply Eating Cooking Class

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Fathers Day - By Dan Orzechowski, June 17th, 2011

As a longtime member of the Safe Kids staff I was pretty familiar with child safety, long before I became Stephen's dad 17 months ago. Back then, I didn't realize the impact Safe Kids would have on my new role as parent.

Not surprisingly, my first lessons about parenthood came from my own parents. My mom and dad have been amazing role models for all aspects of my life, and have taught me much about how to create a loving, supportive environment for my little guy. But looking back on my own childhood, a lot has changed in 33 years – especially in preventing accidents. I vividly recall long road trips when, more often than not, my brother, sister and I were not buckled up.

Times have certainly changed and so have the safety messages directed at parents and caregivers. As a result of my work with Safe Kids, I am now more aware of all of the dangers in and around our home, more aware of the ways a car seat can be misused and much more aware of all the places where water can pose a risk to my son. But I also know all of the relatively easy steps my wife and I can take to prevent our son from being hurt. My wife and I knew to not allow Stephen to sleep with a stuffed animal and not to use pillows, blankets or other loose bedding. These items may look innocuous, but they can be a suffocation hazard to young babies.

Recently, we had to decide when to turn our son forward facing in his car seat. The recent study by AAP and NHTSA that advocates keeping kids rear facing until they are at least 2 years old was very timely. It came out a day after we turned him forward facing, although we knew rear-facing was safer, and prompted us to turn him right back around. The new statistics were simply too great to ignore.

Although I don't think I go overboard on safety issues, some things scare me more than others. Our son spends over 12 hours a day in a crib completely unsupervised and I'm all too aware of the dangers associated with a child's crib. Although heatstroke from kids being left alone in a car is not a leading killer, the 49 deaths last years were 49 too many and approximately half were because the parent simply forgot the child. As a pretty forgetful person, this terrifies me. And living in an old row house in DC, I tend to worry a little bit more about CO poisoning and fires.

This is why I appreciate the work of Safe Kids and the easy to follow, realistic, safety advice and tips offered to parents.

- See more at: <http://www.safekids.org/blog/fathers-day#sthash.XdVZUeel.dpuf>

Taking a few simple necessary precautions provide the added support needed to keep your child safe and visit our website.

Kids Playtime Favorites - Magic Water Painting

<http://www.growingajeweledrose.com/2014/06/magic-water-painting.htm/>

Materials:

- Water
- Baking Soda
- Vinegar
- A bin or container
- Paint brushes and/or paint rollers
- Food Coloring
- Squirt Bottles

Method: Add one box of baking soda to a bin or container and fill it with water. Stir the mixture to mix the baking soda into the water. You will also need to stir the magic water occasionally during play to remix it. Fill a few squirt bottles with vinegar, adding a few drops of food coloring if desired. Give kids brushes or rollers and the fun can begin! Apply the magic water to the ground and then squirt it with the colored vinegar to watch the magic begin.



Summer Must Have Recipe — 3 Smoothies Kids Will Love

Sunshine Smoothie

- 1/2 cup baby carrots
- 1/2 cup orange juice
- 1 cup frozen pineapple chunks
- 3/4 cup plain Greek yogurt
- 1/2 cup frozen mango chunks
- 1 tablespoon honey



Banana Split Smoothie

- 1 frozen banana
- 2 cups frozen strawberries
- 3/4 cup plain Greek yogurt
- 1 cup low-fat chocolate milk

Berry Blast Smoothie

- 2 cups loosely packed baby spinach (about two handfuls)
- 2 cups frozen mixed berries (I used strawberries, raspberries, blackberries, cherries and blueberries)
- 1 cup plain Greek yogurt
- 1 cup low-fat milk
- 1 tablespoon honey

Directions:

If you do not have frozen fruit to use for the smoothies, fresh fruit will work just fine. If using fresh fruit, make sure to add 1-2 cups of ice to the other ingredients before blending.

Add all ingredients into blender and blend until smooth. If you find the consistency of your smoothies to be too thick, add small amounts of water or milk until desired consistency is achieved.

5 Ways to Avoid Sports Injuries - (A note to kids) www.kidshealth.org

Playing sports is a lot of fun. Getting hurt is not. Take these five steps to prevent injuries so you can stay in the game:

1. Wear protective gear, such as helmets, protective pads, and other gear.
2. Warm up and cool down.
3. Know the rules of the game.
4. Watch out for others.
5. Don't play when you're injured.



Cooking Class

Ever hear of Meatless Monday? Whether you are interested in saving money, improving your health, or just trying something new join us for Vegetarian Night. You won't even miss the meat! Don't miss the next Simply Eating Cooking Class this Thursday, June 26th at 5:30 p.m. at the Limon Community Building. There is no cost and families are welcome. To join us, call 719-775-8586 to RSVP.

Thinking About Becoming a Child Care Provider?

As child care is a need in our local communities have you ever considered providing child care in your home?

Becoming a licensed child care provider allows you to: Have a job where you get to work with children everyday, earn a good income for your family, be able to stay home with your children, and provide valuable service to other parents.

If licensing costs are a concern there are mini-grants available to help pay for some of the costs of licensing!

For more information please call the Northeast Colorado Child Care Resource and Referral at 970-848-3867. The agency serves Cheyenne, Kiowa, Kit Carson, Lincoln, Logan, Phillips, Sedgwick, Washington and Yuma Counties.

Car Seat Safety Tips

<http://www.safekids.org/car-seat>

Engineers are working hard to ensure that cars and car seats are designed to keep kids as safe as possible. But it's up to every parent to take full advantage of these innovations by making sure car seats and booster seats are used and installed correctly. Here's what you need to know to ensure that your most precious cargo is safe in cars.

Hard Facts

Road injuries are the leading cause of preventable deaths and injuries to children in the United States. Correctly used child safety seats can reduce the risk of death by as much as 71 percent.

Top Tips

Seventy-three percent of car seats are not used or installed correctly, so before you hit the road, check your car seat. If you are having even the slightest trouble, questions or concerns, certified child passenger safety technicians are able to help or even double check your work.

Learn how to install your car seat for free. Safe Kids hosts car seat inspection events across the country where certified technicians can help make sure your car seat is properly installed. They will teach you so that you can always be sure your car seat is used correctly.

- Buy a used car seat only if you know its full crash history. That means you must buy it from someone you know, not from a thrift store or over the Internet. Once a car seat has been in a crash, it needs to be replaced.
- We know that when adults wear seat belts, kids wear seat belts. So be a good example and buckle up for every ride. Be sure everyone in the vehicle buckles up, too.

Never leave your child alone in a car, not even for a minute. While it may be tempting to dash out for a quick errand, the temperature inside your car can rise 20 degrees and cause heatstroke in the time it takes for you to run in and out of the store.

- See more at: <http://www.safekids.org/>

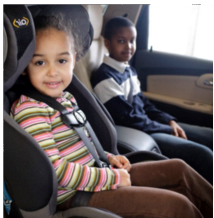


Correctly used child safety seats can reduce the risk of death by as much as 71 percent.

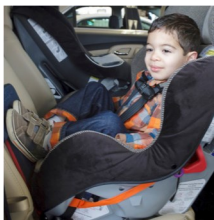
Seat Checkup—Top 5 Things to Do



Right Seat. This is an easy one. Check the label on your car seat to make sure it's appropriate for your child's age, weight and height. Like milk, your car seat has an expiration date. Just double check the label on your car seat to make sure it is still safe.



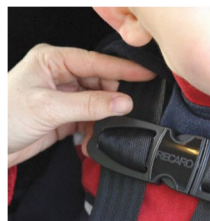
Right Place. Kids are VIPs, just ask them. We know all VIPs ride in the back seat, so keep all children in the back seat until they are 13.



Right Direction. You want to keep your child in a rear-facing car seat for as long as possible, usually until around age 2. When he or she outgrows the seat, move your child to a forward-facing car seat. Make sure to attach the top tether after you tighten and lock the seat.



Inch Test. Once your car seat is installed, give it a good shake at the base. Can you move it more than an inch side to side or front to back? A properly installed seat will not move more than an inch.



Pinch Test. Make sure the harness is tightly buckled and coming from the correct slots (check car seat manual). Now, with the chest clip placed at armpit level, pinch the strap at your child's shoulder. If you are unable to pinch any excess

Please read the vehicle and car seat instruction manuals to help you with this checklist. If you are having even the slightest trouble, questions or concerns, don't worry about a thing. Certified child passenger safety technicians are waiting to help or even double check your work.

Library Hours, Story Hour, Summer Reading, & Bookmobile Schedules

Limon Memorial Library Hours

M-F: 10:00 am -8:00 pm

Sat.: 10:00 am—2:00 pm

****Last day for Toddler Story Hour** before Summer Reading begins will be Tuesday, May 20th at 10:30 a.m.

****2014 Summer Reading** Signup begins June 2nd. The Program is Fizz, Boom, Read! Story Time will be each week on Monday and Wednesday mornings beginning at 11:00 a.m.



Hugo Public Library Hours

M-F 2:00 pm—6:00 pm

Summer Reading signup for Ready, Set, Read will be June 9th at 6:45 p.m. Age groups will be toddlers to 3rd grade & 4th grade & up. When reading goals are met Sky Sox tickets will be given as rewards!

Eads Library Hours

M- F 8:00 am-4:30 pm

Parent Tot Class Wednesday mornings at 9:00 am. For more information contact Tina Meyer at 719-691-5407.

Toddler Story Hour is Thursday mornings at 10:00 am.

Summer Reading will be from 1:30p.m. to 2:00 p.m. on July 8th, 10th, 15th, 17th, 22nd, and 24th.

Cheyenne Wells Library Hours

M: 9:00 am-6:00 pm

T-Th: 9:00 am-4:00 pm

F: 9:00 am-2:30 pm

Sat: 10:00 am-1:00 pm

Toddler Story Hour is Wednesday mornings from 10:00 am to 10:45 am.

Summer Reading Fizz, Boom, Read! will begin the 1st week of June.

Lincoln County Bookmobile

Makes stops bimonthly at Arriba, Genoa, Hugo, Limon, and Karval. For more information call 719-775-2163 or reach by email at

lcbookmobile@yahoo.com

Great Summertime Reads for the Kiddos www.readingrockets.org

Sometimes it takes just one wonderful book to turn your kids into a reader. Tap into what interests your child and have many hours of happy reading!!

Books by Theme: The Stuff of Summer:

Ants: By Marie Schuh for ages 3 - 6

Green Is a Chile Pepper: By Roseanne Thong for ages 3-6

How Does My Garden Grow: By Gerda

Muller for ages 6-9

Milo and Millie: By Jemma Robard for ages 0-3

Survive! Inside the Human Body Volume 1: By Gomdori co, Hyun-dong Han for ages 6-9

The Legend of Lightning and Thunder: By Paula Ikuutaq Rumbolt for ages 6-9

The Open Ocean: By Francesco Pittau for ages 6-9

Tyler Makes a Birthday Cake: By Craig Frazier for ages 3-6

Quotable Quotes

"Children are made readers on the laps of their parents"

- Emilie Buchwald

Local Summer Recreation Activities

Be sure to check with your local recreation departments on summer activities to keep your kids active. Below are just a few of the happenings this summer for children up to age 8.

LIMON - Swimming and Pool Hours are Monday - Saturday 1:00 p.m. - 6:00 p.m.; Sunday 2:00 p.m. - 6:00 p.m. For information on season passes call the pool at 775-8545. **Youth**

Dance Camp will be held July 1, 2, & 3 at Limon School Gym from 5:30pm - 6:30 pm for ages 3 & up. Registration deadline is June 19th at Limon Town Hall. Dancers will perform on July 4th.

Challenger British Soccer Camp will be held from July 21-25. First Kicks is for age 3; Mini Soccer is for ages 4 & 5; Half Day is for ages 6 and up. To register go to

www.challengersports.com. The registration deadline is July 7th.

Youth Golf at Tamarack Golf Course July 28-31 for ages 8-18.

HUGO - Swimming and Pool Hours will be Tuesday through Sunday from 12:00 pm - 6:00p.m.

CHEYENNE WELLS - Swimming and Pool Hours are Monday - Friday 1:00 p.m. - 5:00 p.m. Saturday & Sunday 1:00 p.m. - 6:00 p.m.

Cheyenne, Kiowa and Lincoln Counties Early Childhood Council

455 1st Avenue, Limon, CO 80828
PO Box 37 Hugo, CO 80821

Phone: 719-775-9728



Important Phone Numbers

Cheyenne County

Prairie View Clinic
(719) 767-5669

Public Health
(719) 767-5616

Sheriff's Dept.
(719) 767-5633

Social Services
(719) 767-5629

WIC
(719) 346-8732

1st Thursday of every month at 560 W. 6th N., Cheyenne Wells, 719-767-5616

Kiowa County

Police Department
(719) 438-5590

Social Services
(719) 438-5541

Eads Medical Clinic
(719) 438-2251

Public Health
(719) 438-5782

Lincoln County

Public Health/WIC
(719) 743-2526 - Hugo

1st and Last Wed. of every month at 326 8th Street, Hugo

Public Health/WIC
(719) 775-8864 - Limon

1st Four Tuesdays of each month at 455 1st Avenue, Limon

Sheriff's Office
(719) 743-2426

Human Services

(719) 743-2404

Plains Medical
(719) 775-2367

Gordon Clinic
(719) 743-2155

Limon Family Practice
(719) 775-8662

Early Intervention Colorado

www.eicolorado.org 1
-888-777-4041

Centennial Mental Health

(719) 775-2313

South East Health Group

(719) 336-7501

Become A CKLECC Member

If you or anyone you know may be interested in becoming a member of the Cheyenne, Kiowa and Lincoln Counties Early Childhood Council please contact the Council Coordinator, Julie Witt at 719-775-9728 or by email at cklecc@esrta.com.

The mission of CKLECC is to provide a comprehensive, high quality, coordinated and accessible system of support through collaborative community partnerships and resources for all children and families to ensure they are healthy and thriving as a part of a caring community.



Fourth of July Firework Safety www.redcross.org

The safest way to enjoy fireworks is to attend a public fireworks show put on by professionals. Stay at least 500 feet away from the show. Many states outlaw most fireworks. If someone is setting fireworks off at home, they should follow these safety steps:

- Never give fireworks to small children, and always follow the instructions on the packaging;
- Keep a supply of water close by as a precaution;
- Make sure the person lighting fireworks always wears eye protection;
- Light only one firework at a time and never attempt to relight "a dud.";
- Store fireworks in a cool, dry place

away from children and pets; Never throw or point a firework toward people, animals, vehicles, structures or flammable materials; Leave any area immediately where untrained amateurs are using fireworks. Have a fun and safe 4th of July!!



Find A Daycare Provider

Have you been looking for a daycare provider but not sure where to start? Call the Northeast Colorado Child Care Resource and Referral Agency and you will be provided with names of licensed providers in your area. You can also contact them to learn how to become a licensed daycare provider. The contact information of NCCCR is 970-848-3867 or 877-338-CARE.