

# KIDCO Express

## July, 2019

### ACTIVITIES

July 3

- 4<sup>TH</sup> of July Parade



July 4

- Center Closed for 4<sup>th</sup> of July Holiday

July 9

- 3:30pm – Parent Committee Meeting – KIDCO II
- 4:00pm – *Parenting Training* – KIDCO II

July 12

- 3:00pm – Parent Committee Meeting – KIDCO VI
- 4:00pm – *Parenting Training* – KIDCO V
- All American Camp Out

July 16

- Dad Read to your child – KIDCO II & KIDCO VI
- 8:30am - Field Trip to the Actor's Playhouse  
Bus leaves sharply

July 18

- 12:00pm - Policy Committee Meeting – KIDCO VII

July 19

- “Water Takes Different Shapes” Science Activity using Jello Mix

July 23

- Parent/Child Activity – Origamy Hats (Pirate Hats for Treasure Hunt)

July 26

- Scavenger/Treasure Hunt
- Last Day for Early Head Start**

July 29

- Water Day!

July 31

- 8:45am - Summer Talent Show (Parents invited!)

### PARENTS' CORNER



#### Bike Safety

Bicycling is a great summer activity, but remember that children's strength, balance and judgment are still developing.

Use these safety tips for a safe and fun time:

- Wear a helmet is the law.
- Helmets save lives and decrease head injuries in a crash.
- Select a bike that is the right size for our child now.
- Children less than a year old should not ride a passenger.

*Supervision is the key to prevention!*

### EVENTS

**Miami Children Museum** – 3<sup>rd</sup> Friday of each month

**Miami History Museum** – 2<sup>nd</sup> Saturday of each month

**FREE ADMISSION**



#### Cheese Substitutes

Cream cheese and mascarpone cheese are common additions to casseroles, pasta dishes, dips, and more. Learn the best emergency substitutes for cheese, plus the healthy cheese substitutes that will help you save on fat, calories, and sodium while still maintaining creamy texture and flavor.

##### Mascarpone Cheese Substitute

For 8 ounces mascarpone cheese, substitute 8 ounces regular cream cheese.

##### Cream Cheese Substitute

For 8 ounces cream cheese, substitute 8 ounces ricotta cheese or Neufchatel cheese.

For one serving regular cheese, substitute one serving reduced-fat cheese or part-skim cheese.

**Reduced-fat cheese** is lower in calories, fat, cholesterol, and saturated fat. However, it tends to be higher in sodium. It does not melt as well as full-fat cheeses.

### JULY'S BIRTHDAYS



Jennifer Castillo  
Julia Hernandez  
Maribel Cabrera

July 5  
July 23  
July 29



KIDCO Creative Learning (305) 576-6990