

KIDCO Express

June, 2019

ACTIVITIES

June 6

- Father's Come Read to your Child Day

June 11

- 3:00pm - *Healthy Pregnancy* (Breast feeding) by Alejandra Londoño, parental substance abuse, perinatal depression Pre and Post-Partum, care information will be provided by staff on the same day – KIDCO II

June 12

- 3:00pm - *Healthy Pregnancy* (Breast feeding) by Alejandra Londoño, parental substance abuse, perinatal depression Pre and Post-Partum care information will be provided by staff on the same day – KIDCO VI



June 13

- 10:00am - *Parade in Honor of Flag Day* - Playground

June 14

- "Let's Build a Community" Activity
Children build a "Community of the Future" with their fathers 8:45am and 3:00pm



June 16

- *Father's Day!*

June 17

- 10:00am – "Friendship Picnic" in the playground in honor of *International Picnic Day*

June 19

- *Cooking with Dad* – Children make a "Smoothie" and a "Summer Salad" with their dads

June 20

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

June 21

- Celebrating Monet, the Artist – *Art in the Park Day*
During outside time (Morning and Afternoon), children will engage in Platter Paint, Tape Resistance Art, Wet Chalk Art, Skyline Silhouette Watercolor Art, Sponge Art, and Tints and Shades

June 24

- *Flying High as a Kite Day* – Children make and fly their kites

June 28

- 9:00am – 11:00am - *Summer Field Day*. Children will engage in friendly competition Activities include: Drip, Drip, Drop; Limbo; Sidewalk Chalk Paint; Bean Bag Toss; Football Toss; Hula Hoop Relay.

PARENTS' CORNER

"ENCOURAGING POSITIVE RELATIONSHIPS"

Adults play a pivotal role in helping children get along with others. The trusting relationships you build with each child help form the foundation for other relationships. When you treat children in loving, respectful and consistent ways, you promote their positive attitudes toward others.

The infants, toddlers and twos are very aware of what the adults in their lives do. Remember that children look up to you as a model. The way you interact with your child, their friends, with other adults and with your family teaches children more powerfully than anything you might say directly about how to get along with other people.

For infants, toddlers and two's, it is very important to smile and respond to their smile because you are confirming to the child that relating to others is a very worthwhile experience.

Encourage preschool children to help one another. Throughout the day, offer children opportunities to assist each other or assist the adult. Also acknowledge when a child uses a kind word or gentle act to comfort another child.

Encourage children to interact in a positive way and cooperate with one another. Also, plan activities for children that help them experience what turn-taking and sharing is all about.

Read books about helpfulness and friendship.

Children also love homemade books about familiar events and people they know. This is a wonderful way to interact with your child on a one-to-one basis or as a family.

EVENTS

Miami Children Museum – 3rd Friday of each month

Miami History Museum – 2nd Saturday of each month

FREE ADMISSION



NUTRITION

Everyone is always curious to know how many calories are in:

- 1 teaspoon of sugar = 15
- 1 slice of bread = 80
- 1/4 cup plain rice or pasta = 80
- 1 small bagel = 160
- 3 oz. of lean beef = 165
- 1 oz. of America Cheese = 100
- 1 cup raw veggies = 25
- 1/2 cup of fruit = 60
- 1 Big Mac (sandwich only) = 540

A meal of only 500 calories consist of:

- 3 ounces of lean beef
- 1/2 cup of brown rice
- 1 cup mixed salad with light dressing
- 1/2 cup of fruit with fat free whipped cream

1 Starbucks black and white cookie = 430 Calories

1/2 cup of low-fat butter pecan frozen yogurt, plus 1 cup diced strawberries = only 260 calories!

You decide!

Created by: Consulting Registered Dietitians Inc.

JUNE'S BIRTHDAYS



Ana Castañeda
Fruma Margolis
Yunia Avila
Maria Penabad

June 4
June 4
June 11
June 30



KIDCO Creative Learning (305) 576-6990