



July 2025 Newsletter

Summer time fun with babies, toddlers, and your older children at home.

We are always looking for fun things to do with the family. We encourage you all to go out and explore, as much as possible, and be to be safe as possible. In this newsletter, we hope that you will find some fun things to do throughout the day with your kids. This time, we added several ideas to do at home along with yummy recipes and activities.



Keeping you and your littles safe:



We all love the excitement of July 4th. Most families will enjoy grilling, having a bonfire, and of course, shooting off fireworks. Just remember to take caution and watch your little ones at all times. It only takes a second for something to happen. Also, don't forget they need ear protection from the loud noise.

More about firework safety

Not to mention, being out in the hot sun can also cause heat exhaustion and heat stroke. Be aware of the signs.

Know the signs of heat exhaustion and heat stroke in kids.

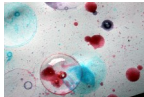
How to handle Heat related illness

A few fun art activities

Flyswatter Fireworks: Pour small piles of paint on paper and use a fly swatter to create paint fireworks.



Bubble Firework Art: Mix food coloring and bubbles. Let the bubbles pop on a canvas, paper or sidewalk for fireworks.



A twist on S'mores.

Crackers
Peanut butter
Marshmallows
Butter



Place crackers down with a thin layer of peanut butter, add marshmallow and thin layer of butter on top. Place in oven, top rack for a few minutes, till marshmallows are puffy and brown, take out and enjoy.

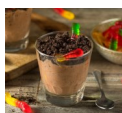
A few summer treats:

While summer time is fun and sure is hot, it's always nice to have some nice treats. Here are a few to try out with your kids.

Breakfast Parfait Pop



Cup of dirt



Backyard Camping

Camping in your own backyard provides parents with a great alternative and a fun way to create long-lasting memories and new family traditions, while saving money and time. Not only that but there is nothing like gazing up at the stars at night and singing songs around the fire pit.

Benefits of camping in your own backyard

Hiking and Nature Walks:

We all need to get out of the house and have a little fresh air, even if, only getting in the backyard. You can create a place outside for your little one to play in sand, grass, rocks, and even dirt. You can add pine cones, leaves, flowers, and other things you find in nature. Listed below are some great outdoor activities.

Activities for outside exploration:

Safety and hiking by age groups:

Summer time books

We all love a little bit of relaxation, especially on a hot day. If possible find a nice shaded area and enjoy a nice book together.

Awesome books to look at:



Events:

July 14-19th Bedford County Fair



Resources:

<https://babynavigator.com/16-gestures-by-16-months/>

<https://teachmetotalk.com/category/podcast/>

<http://fgrbi.com/resources-for-families/>

<https://cdctn.org/early-intervention>

