



Alphabet Soup Nourishing Ways to Fill Children's Days



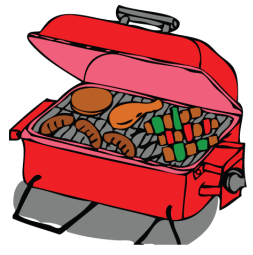
A Local Healthy Maine Partnership



Enjoy Your BBQ While Keeping Your Children Safe!

This newsletter is created by the staff at Broadreach Family & Community Services and sponsored by Healthy Waldo County

KEEP CHILDREN AWAY FROM HOT GRILLS AT ALL TIMES TO AVOID SERIOUS INJURY.



Safety for Gas Grills

- Inspect the cylinder of your propane tank for bulges, dents, gouges, corrosion, leaks, or evidence of extreme rusting. Also, examine the hoses on your grill for brittleness, leaks, holes, cracks, or sharp bends. If you find any of these problems, it's time to replace the equipment.
- Be sure to keep propane tanks upright, and move gas hoses away from dripping grease and hot surfaces.
- Never use cigarettes, lighters, or matches near your gas grill, whether it's in use or not.

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Safety for Charcoal Grills

- Operate charcoal grills only outdoors, never inside an enclosed area. Even if you've finished grilling, and you assume all the coals are extinguished, they're still producing carbon monoxide, so keep your charcoal grills outside at all times.
- Don't wear loose clothing, especially long sleeves, while grilling.
- Keep a fire extinguisher handy.

Be Healthy

- Grill meat at low temperatures and trim the fat from your meat before grilling to avoid drips, which cause flare-ups.
- Make healthier selections such as chicken or fish rather than red meats which are high in fat and cholesterol. For a sweet juicy treat cut fresh pineapple into slices and grill them for about 3-5 minutes per side. Layer vegetables such as onions, peppers and tomatoes on skewers to make heart healthy vegetable kabobs.

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Make It Yourself Frozen Treats

Great for Summer!

1. **Add a cool, crunchy element to your yogurt** by stirring in frozen raspberries or blackberries.



2. **Make a banana popsicle** by wrapping a peeled banana with plastic wrap or a plastic bag. Place it in the freezer for 3 hours or more, until frozen.

3. **Frozen Fruit.** Stock up your freezer with frozen strawberries, grapes and blueberries. You can also whip up a smoothie and freeze it for an icy cold treat. Add a can of mixed fruit to an ice cube tray for another cool, summer treat.

4. **Frozen Pops.** Mix 1 cup yogurt with 2 oz. of fresh blueberries or strawberries in a blender. Blend until smooth and pour into molds and freeze until solid.

5. **Make a frozen yogurt fruit cup.** In a blender or food processor, blend 1 1/2 cups vanilla (or other flavor, as desired) yogurt with 1 1/2 cup fresh or frozen fruit pieces (banana slices, raspberries, strawberry slices, mandarin orange segments, pitted cherries, peach slices, etc.). Spoon into about 3 Styrofoam (or similar) cups. Cover with plastic wrap and keep in freezer a few hours, until frozen.



6. **Banana Pops.** Peel 3 bananas, then cut them in half widthwise. Push a popsicle stick through the cut end of each one. Spread peanut butter on the bananas and then roll them in nuts, cereal or seeds. Wrap them in waxed paper and freeze!

7. **Fruit Kabobs.** Dice up your favorite fruits into cubes or medium size pieces and line up on wooden skewers. You can even freeze them for an added hot summer day bonus!

8. **Create a work of art!** Make the foundation out of celery, carrots, zucchini or cucumbers cut into sticks or rounds. Bananas, apples or pineapple slices, melon balls and orange sections work well too. Then use your "cement" - peanut butter, cream cheese, cheese spread, yogurt or jam.

Keeping Little Ears Healthy

Ear pain is the most common symptom of swimmer's ear. Unlike the pain of a middle ear infection (otitis media), which might follow a cold.

Diagnosis of Swimmer's Ear—The diagnosis of swimmer's ear is usually made when a child has the classic symptom of outer ear pain that is made worse by tugging on the child's ear.

Treatment— Swimmer's ear is usually treated with **antibiotic ear drops**.

Prevention—If your child's ears are sensitive to water use ear plugs or cotton balls when swimming or bathing. Contact your pediatrician if you feel your child has chronic ear pain as a more serious condition could exist.



Leap Into Learning



Supporting Preschoolers in Reading and Language Success (SPIRALS) is a special initiative that is enhancing learning for preschoolers



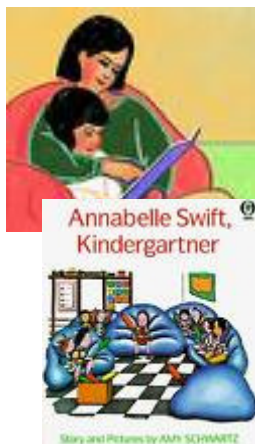
It's time to get outside, have fun and enjoy the warmer weather. If your child is off to school next year, start to talk about what it will be like to go to their school. Thinking about school is fun and exciting, but it can also be a little scary.

Activities that can help your child with the transition to school.

Name Game: You or your child write his/her name using different types of paper, pens, markers, crayons. Your child will be asked to tell his/her name to lots of people the first day of school: the bus driver, the teacher, and the school secretary. Help them be ready by practicing at home this summer. Those children not yet ready to write their name, will benefit from recognizing it. Make a special name tag for that first day!

All About Me: Help your child make a booklet all about themselves. Your child can draw pictures of their pet, their favorite food, their family and something special they like to do. Add photographs of everyone, their favorite places and toys, and their important family members and friends. Taking the booklet to school the first day will help the teacher know your child better and help them to have something to look at when they miss you and home.

Read, laugh, and share the summer with your child.



Books to share:

Annabelle Swift, Kindergartner, by Amy Schwartz
Chrysanthemum, by Kevin Henkes

The development of early literacy skills through early experiences with books & stories is critically linked to a child's success in learning to read. Half of youths with histories of substance abuse have reading problems. You can help to prepare your child for the world, by sharing time together, talking about the world around you, telling and reading stories, and answering questions.

**Healthy Waldo County
wishes to thank
Broadreach Family &
Community Services for
this newsletter**



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Simple Summer Craft Idea

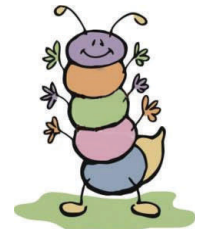
Egg Carton Caterpillar

Materials

Empty Cardboard Egg Cartons, Poster Paint, Construction Paper and Pipe-Cleaners

Directions

- Cut through the center section of a cardboard egg carton, making the long six cup section the body of the caterpillar. Make the legs by cutting a small rectangular section from both sides of the cups or use pipe-cleaners.
- Paint the outside with green paint. Glue the body onto a piece of black paper. Trim around the edges when dry.
- Cut the head from green paper and draw in features with a marker. Make the antennae from black paper and glue them to the head. Another option is to make one of the cup sections the head instead of the green construction paper. Read "The Very Hungry Caterpillar" by author Eric Carle while your child decorates their very own caterpillar.



Road Trip Ideas

Are you ready for a summer road trip with your child? Remember, to a child an extended period of time in the car can become overwhelming, with not much to look at. Here are some tips to make the most of your family time in the car.

- Bring a small map or road atlas. Use stickers to track your family's progress.
- Create a trip box that includes stickers, pipe cleaners, pens, paper, and crayons.
- Listen to music or a book on tape or CD.
- Sing silly songs like "Old MacDonald," "B-I-N-G-O," and "She'll Be Coming 'Round the Mountain". For added fun, make up your own silly songs with your child's help.
- Snooze.
- Play "I Spy."