



# KIDCO Express



KIDCO Child Care  
Miami, FL

**JUNE 2012**

## Dates to Remember

### June 1st

- Last day for Head Start Classes

### June 4th

- Last Day for VPK Children



### June 5th

- 10:00am - KIDCO IV End of the Year Ceremony at Holy Cross Episcopal Church

### June 5th

- 2:00pm - KIDCO III End of the Year Ceremony at Holy Cross Episcopal Church

### June 6th

- 10:00am - KIDCO I End of the Year Ceremony at Holy Cross Episcopal Church

### June 6th

- 2:00pm - KIDCO II End of the Year Ceremony at Holy Cross Episcopal Church

### June 8th

- VPK Summer Class Begins



### June 17th

- FATHER'S DAY

### June 20<sup>th</sup>

- Summer Begins

### June 21

- 4:00 pm - Policy Committee Meeting at KIDCO Central



## June's Birthday

Fruma Margolis	June 4
Luisa Arias	June 6
Grisely Soto	June 10
Maritza Arias	June 25
Sandra Kolonias	June 26

## Parent's Corner

### Be Cautious During Summer Activities

- Summer is here and with it comes the dangers of being in and around water, children are very to water, but water can be very dangerous. Drowning is the most common cause of accidental death for children ages one through five., Sadly, near-drowning incidents also send children to the emergency room and others hospitalized for injuries they sustain when being under the water too long. It only takes a small amount of water for young children to drown.
- Adults need to always stay within arm's reach of children when they are in or near water. Adults also need to watch children near and around bathtubs, toilets and buckets. Remember to always remain in close proximity to children in and around spas, pools, and all open bodies of water like streams, ponds, canals, rivers, lakes and oceans. Never take your eyes off of our children even if they have had swimming lessons or a life guard is on duty. Take turns being the "water watcher" must know how to administer first aid.
- When planning a family vacation near or on the water, have a rescue tube, a float, and a cell phone. Most important, talk to your children about the importance of following the rules that can keep them safe around the water.
- Remember to always follow the three "L's" Lock doors and stop your child from getting to water. Look around and keep your eyes on your children at all times. Learn the swimming and safety skills needed to save lives. By following these simple tips, you can ensure a fun and safe water experience for your children.

## Nutrition

### Shopping Healthy and On A Budget

Following are some tips to help you save money at the grocery store, while buying healthy choices that are good for you and your family.

- Canned, frozen, and dried food: These can be less expensive than fresh products and may contain as many vitamins and minerals; some even have more. Try to choose items that say no added salt or reduced sodium.
- Protein: meats are a more expensive than eggs and beans. Beans are a great bargain; they are inexpensive and full of nutrients; great for your pocket and your health.
- 100-calorie snacks packs: Make it yourself by portioning snacks into resalable plastic bags.
- Value packs: You can buy in bulk with a friend, so you can split the cost and the item.
- Nutrition information: It is very important to read food labels and educate yourself to make smart decisions when comparing health and price.
- Seasonal vegetables and fruits: Buy your vegetables and fruits in seasons and look for local products.