



# KIDCO Express



KIDCO Child Care  
Miami, FL

JULY 2011

## Dates to Remember



### July 4th

- ALL CENTERS CLOSED

### July 6

- 10:00am to 12:pm  
- Gym Classes at KIDCO I & II

### July 13

- 10:00am to 12:pm  
- Gym Classes at KIDCO I & II

### July 19

- 10:00am to 12:00pm  
- The Allapattah Library will be coming to KIDCO I & II for interactive story time

### July 20

- 10:00am to 12:pm  
- Gym Classes at KIDCO I & II
- 4:00pm - Policy Committee Meeting at KIDCO Central

### July 27

- 10:00am to 12:pm  
- Gym Classes at KIDCO I & II

### July 28

- 9:30am - Parent Orientation at KIDCO IV

### July 29

- 8:30am - Field Trip to Gold Coast Museum for KIDCO I & II
- 9:00am - Parent Orientation for Head Start & Early Head Start at KIDCO I, II & III
- 1:00pm - Parent Orientation for Head Start & Early Head Start at KIDCO I, II & III

## July's Birthday



María Torres	July 3
Jarymar Bermúdez	July 10
Julia Hernández	July 23
Yassy Comas	July 24

## Parent's Corner

Now is a great time to provide your infant or toddler with the opportunity to develop cognitive, physical and social-emotional skills by engaging in sensory experiences such as water play. However, it is essential to keep in mind that a baby or toddler can drown in less than one inch of water. Infants less than six months should not be placed under water. The water should be kept warm between 84 and 87 degrees. When allowing infants and toddlers to experience water play, the adult must always be at arm's length from the child providing "touch supervision."

A kiddie pool or large plastic tub allows your infant or toddler to experience water play outside the house. Fill the kiddie pool or plastic tub with water and allow your child to explore the water with his body. Add bath toys, kitchen utensils or recycled plastic containers to improve fine motor skills and hand-eye coordination by filling and pouring water from and into other containers. If you infant can sit, encourage him to splash or kick the water. For an infant who is not sitting yet, put on your swimsuit and sit in the water with him.

Swimming classes provide children the opportunity to experience the water with a parent and an experienced instructor that helps children feel more comfortable and less anxious about being in the water. However, most swimming classes require registration and a fee. Regardless of which water activities you choose for your children, safety is the key to a happy experience.

Enjoy the summer!

## Nutrition

### Fire Roasted Corn and Mango Lime Salsa (4 servings)

#### Ingredients:

- 1 cup whole kernel corn
- 1 cup frozen mango chunks, partially thawed and chopped
- 2 tablespoons finely chopped red onion
- 2 tablespoons finely chopped red bell pepper
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon fresh lime juice
- 1 teaspoon maple syrup

#### Directions:

- Preheat oven to 350°F.
- Arrange corn on baking sheet sprayed with nonstick cooking spray.
- Bake 10 to 15 minutes or until lightly browned; cool slightly.
- Stir together corn with remaining ingredients in a bowl and cover
- Refrigerate at least 1 hour.

