

## Dates to Remember

### August 5



- Last Day of Summer for the VPK Program

### August 15 to 17

- Head Start/Early Head Start Pre-Service Orientation at the Hyatt Regency Hotel

### August 17



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

### August 20

- KIDCO Staff Orientation at United Way

### August 22

- Head Start/Early Head Start Classes begin

## August Birthdays

Nilsa Velázquez	August 3
Vilma Garcia	August 3
Dori Dominguez	August 4
Martha Reyes	August 4
Tania Ojeda	August 8
Kandy Romagosa	August 16
Nuwen Murillo	August 20
Alexander Barreira	August 26
Rita Palacios	August 31



## Parent's Corner

While bicycling is a great family activity, parents need to remember that children's strength, balance and judgment are still developing. In Miami-Dade County perhaps a thousand children and teens are injured seriously enough each year enough to go to the hospital because of their bicycle injury. Many parents are not aware of this potential for injury. A bicycle is a child's first "vehicle" and with the privilege comes the responsibility of riding safe and following the rules of the road.

### Wear a Helmet!

- Not only is it the law, but helmets save lives and decrease head injuries in a crash.
- Get a helmet with your child's first tricycle or bicycle or if riding with an adult
- Kids are more likely to wear a helmet if parents do.
- The right helmets fit straight on the head and do not move around when buckled.

### Ride Safely

- Pick a bike that is the right size for your child now, not one they will grow into.
- Ride during the day-not at dusk or night when it is hard to be seen.
- Young children should stay on sidewalks until they can judge traffic and obey traffic rules.

By Susan Ulhorn, Ph. D., Julia Belkowitz, M.D., Steve Dearwater, M.S. and Judy Schaechter, M.D.

## Nutrition

### Creamy Chicken Macaroni

#### Ingredients

- 1 Tbsp. oil
- 1 lb. chicken boneless skinless
- ¼ cup chopped onions
- 1 Tbsp. paprika
- 2 cups water
- 2 cups small broccoli florets
- 1 pkg. (7- 1/4 oz.) KRAFT Macaroni & Cheese Dinner
- ½ cup BREAKSTONE'S or KNUDSEN Sour Cream

#### Instructions

- HEAT oil in large skillet on medium-high heat. Add chicken and onions; cook and stir 5 min. Add paprika; cook and stir 1 min.
- STIR in water, broccoli and macaroni; bring to boil. Reduce heat to medium- low; cover. Simmer 10 min. or until macaroni is tender and chicken is cooked through, stirring occasionally.
- ADD Cheese Sauce Mix and sour cream; stir until well blended. Cook 2 min. or until heated through, stir occasionally.