



## Planning for Spring Weather

Spring weather can be unpredictable. When severe weather hits unexpectedly, the risk of injury and weather-related death increases, so planning for thunderstorms, lightning, tornadoes, and floods is important. You can follow many of the same steps for all extreme weather events. Keep an emergency kit on hand. Some items to include are:

- A battery-operated flashlight, a battery-operated NOAA Weather Radio, and extra batteries for both
- An emergency evacuation or shelter plan
- A list of important personal information, including:
  - telephone numbers of neighbors, family, and friends
  - insurance and property information
  - telephone numbers of utility companies
  - medical information
- A first aid kit. The American Red Cross recommends that you include:
  - non-latex gloves
  - an assortment of adhesive bandages
  - antibiotic ointment
  - sterile gauze pads in assorted sizes
  - absorbent compress dressings
  - tweezers
  - scissors
  - adhesive cloth tape
  - aspirin packets (81 mg each)
  - a first aid instruction booklet (NOTE: Customize your first aid kit to meet your individual and family needs.)
- A 3- to 5-day supply of bottled water and nonperishable food
- Personal hygiene items
- Blankets or sleeping bags
- An emergency kit in your car (see <https://tinyurl.com/3hrjtvpy> for additional information on what this kit should include).



Prepare your family members for the possibility of severe weather. Tell them where to seek appropriate shelter as soon as they are aware of an approaching storm. Show family members where the emergency supplies are stored, and make sure they know where to take shelter when bad weather occurs.

--COURTESY CDC.GOV

## Important Dates Please Note:

**May 5 - Centers Closed**

**May 29 - Centers Closed**

## Family Fitness

Regular physical activity promotes healthy growth and development. As an added bonus, learning new skills builds confidence. Toddlers should have 60 minutes of active play every day, and preschoolers age 3-6 should have 2 hours of daily activity. Here are some ways you can get active with your little ones.

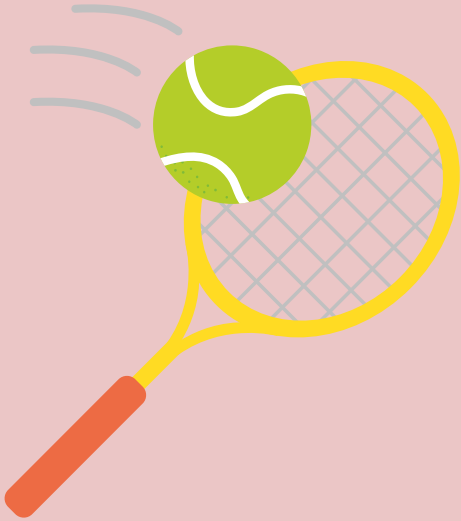
- Running in the yard
- Using playground equipment
- Duck, Duck, Goose
- Follow the Leader
- Kicking a ball back and forth
- T-ball
- Freeze tag or Freeze Dance
- Put on some music and dance
- Playing catch
- Hide & Go Seek
- Indoors

Treasure Hunt (hide objects around the house and challenge your child to look for them).



## "Serve & Return"

A Harvard University study found that reliable 'serve-and-return' interactions between young children and the adults who care for them help to reduce stress and protect their developing biological systems, especially in the earliest years. But what is "serve & return?"



The name comes from the tennis concept of serving the ball to the opposite player, who then returns the ball back to you by hitting it with his/her racket. Back and forth, back and forth.

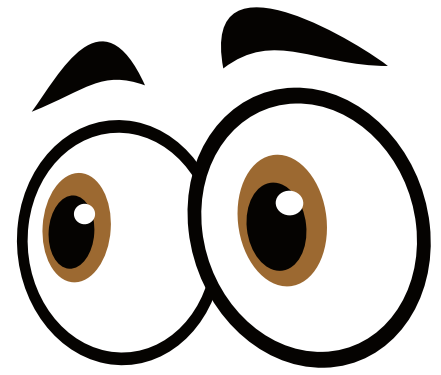
Children often "serve" by making eye contact, babbling/talking, making facial expressions, or touching their caregiver. When a caregiver responds to (returns) these "serves" with a smile, a laugh, a hug, or more lengthy interactions, children learn how to control their emotions, cope with stress, and learn skills that will serve as a foundation for later development.

*If someone watched an interaction between you and your child, would it look like they were watching a tennis match?*

## May is Healthy Vision Month

Vision problems can happen at any age. The American Academy of Ophthalmology offers this guidance for caregivers of young children:

- Do not smoke during pregnancy. Babies born to mothers who smoked during pregnancy have a five times greater risk of developing bacterial meningitis, which can cause severe vision loss.
- Check for developmental milestones (for premature babies, check according to their due date rather than their date of birth). At **3 months**, a baby should be able to focus on an object and follow it with their eyes as it moves. At **5 months**, a baby should have some depth perception and do a better job of reaching for objects.
- Make sure your child has been vaccinated against measles, which is the leading cause of childhood blindness worldwide.
- Keep cleaning products out of reach from your children. Chemicals in these products can cause permanent damage to eyes. If your child does get chemicals in their eyes, flush them with plenty of water and proceed to your nearest emergency care department.



## May is National Egg Month!

This recipe for Eggs-in-the-Hole is easy to prepare, and you can even involve you kids in the preparation! For little kids: Let them cut out the hole in the bread with cookie cutters. For big kids: Let them crack the eggs into the toast cut-outs, sprinkle with Parmesan and (if they're up to it) flip the slices.



### Ingredients:

- 4 slices bacon
- 1 Tablespoon butter or margarine
- 4 slices of bread
- 4 eggs
- 4 Tablespoons grated Parmesan
- salt and pepper to taste

### Directions:

Heat a large nonstick skillet over medium-high heat. Fry bacon until crisp (about 5 minutes). Transfer bacon to paper towels to drain. Crumble bacon once cooled. Add butter to the same skillet and let it melt. Cut a hole in the center of each bread slice, about 2" across. Brush melted butter mixture on the bread. Toast 2 slices of bread in skillet until one side is browned (about 1 minute). Crack an egg into the cutout hole and sprinkle each slice of toast with 1 Tablespoon Parmesan. Cook 2 minutes. Flip slices and season with salt & pepper as desired. Cook an additional 2 minutes for a runny yolk or longer if you want the yolk to be more solidified. Transfer to plate, sprinkle with bacon.