

Endless Discoveries

PARENT NEWSLETTER

GLEN ROSE

AUGUST 2022



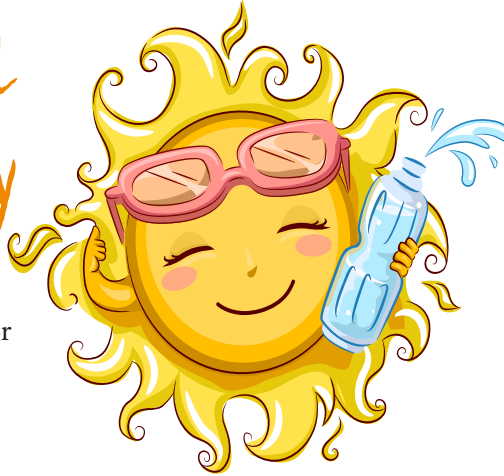
Hydrate and Stay Healthy

This summer has been a scorcher, and dehydration is a serious health concern for all ages. The best drink for children over the age of 6 months is water. The health benefits of drinking enough water are innumerable, and kids should be encouraged to choose water instead of juice or soft drinks.

One way to make water more interesting for children is to freeze fruit inside ice cubes. They can even help you fill the trays! Special water bottles or cups with silly straws can make drinking water more fun. It's also easy to make your own popsicles with pureed fruit for a summer cool-down.

Children under age 2 should not drink sugary beverages. Even 100% juice should be limited, with no more than 4 ounces per day for ages 1 to 3. Flavored milk is higher in sugar and should be avoided.

Learn the signs of dehydration so you can act quickly. If you notice fewer wet diapers, a lethargic child, no tears when crying, dry lips, flushed skin, and a sunken soft spot, offer milk or



water quickly. If you have any concerns about dehydration or a heat-related illness, don't hesitate to call your pediatrician. If your child becomes extremely lethargic or unresponsive, vomits, stops sweating, or complains of severe abdominal pain, head to your local emergency room or call 911.

Take a few minutes to pack water bottles before your family heads out the door. Model good behavior by choosing to drink water, and your child will learn healthy habits that last a lifetime.

August Birthdays

Noah - August 12

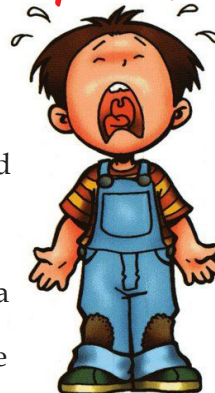
Isaiah - August 16

Jade - August 22

Dealing with Difficult Drop Offs

Dropping off your child at child care or elementary school can be difficult for both the child and the parent. Here are some tips to ease the transition, and make drop offs a pleasant time for everyone.

- Inform your child of what is going to happen ahead of time.
- Tell your child goodbye. Do not attempt to "sneak away" or just disappear.
- Don't stay for a prolonged period of time. Stay for a few minutes and then say goodbye and leave.
- Be consistent. Through consistency comes structure and routine.



In-House Field Trips

8/3 - Big Red Barn Petting Zoo

8/10 - Brain STEM

8/12 - Class Parties

PS1, PS2, Pre-K & School Age

August Holidays

8/3 - National Watermelon Day

8/7 - Friendship Day

8/10 - National S'Mores Day

8/30 - National Toasted

Marshmallow Day

Family Fun Month

Happiness Happens Month

Inventors Month

Kids Vision & Learning Month



Back to School

August is Back to School Month! We have several children going into kindergarten this year, and we wish them much success.

Baby on the Way!

Ms. Brandi left for her maternity leave, and we wish her a healthy delivery. We can't wait to meet her new daughter soon!

Staff Birthdays

Ms. Connie - August 10

Ms. Brandi - August 28

Welcome!

We would like to welcome two new staff members, Ms. Addison and Ms. Taryn. Welcome to the Endless Discoveries family.