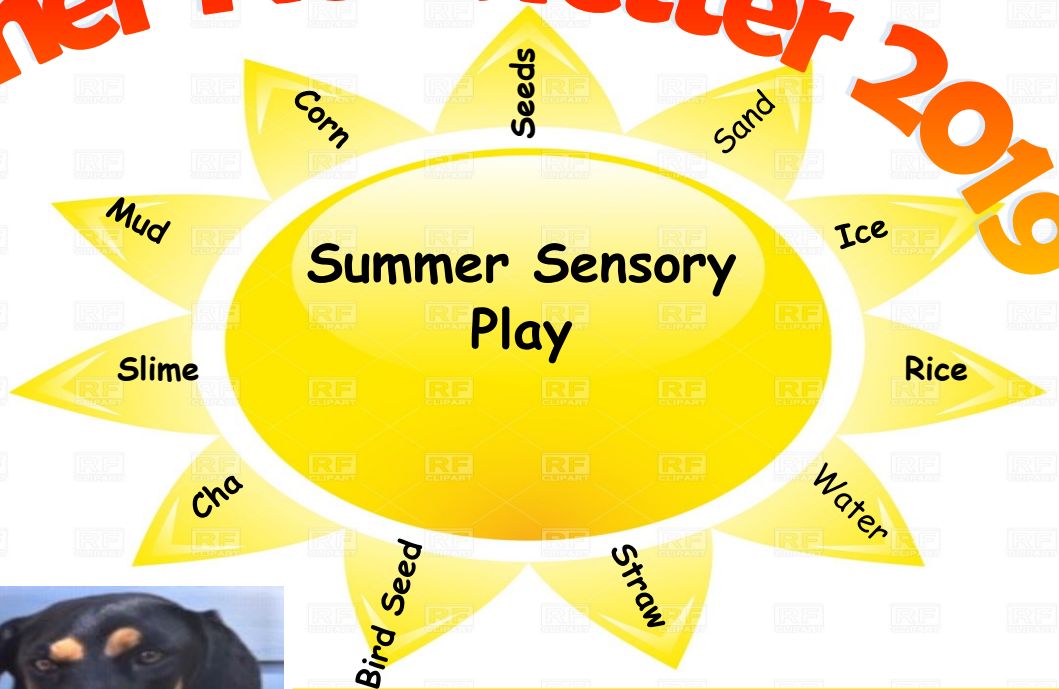


# Summer Newsletter 2016



## Beaches in Washington County

- \* Hulett's Landing (Whitehall)
- \* Lake Lauderdale (Cambridge)
- \* Bradley Beach (Fort Edward)

## Sun Safety Tips

Use a combination of sun-safe strategies to protect yourself from sun damage today and lower your risk of skin cancer in the future.

- Sunscreen
- Hat
- Sunglasses
- Long sleeve shirt
- Umbrella

Ask your Service Coordinator how you can get **FREE** sunscreen!

**Did you know: Your child's therapist can work around your vacation plans this summer. It is really important to keep therapy consistent and to carryover all activities when your therapist isn't there.**

## Tools to bring to each session

- ◆ Notebook and pen
- ◆ Watch and participate during sessions. Don't be afraid to talk with your child's provider
- ◆ Ask child's doctors to send reports to your Service Coordinator (fax number 518-746-2461)
- ◆ Keep your child's teacher informed of all strategies
- ◆ Use a communication book to send to school and other programs



Lets talk about screen time.

\*MRI scans found significant differences in the brains of some children who reported using smartphones, tablets, and video games more than seven hours a day.  
\*Children who reported more than two hours a day of screen time got lower scores on thinking and language tests.

It has been recommended

- ◆ Children under 18 months old, No screen time.
- ◆ Children 18 to 24 months old, less than one hour per day
- ◆ Children 2 to 5 years old, less than 2 hours per day

#### HOW TO MAKE SAND SLIME

STEP 1: Measure and add 1/2 cup of clear washable PVA school glue to a bowl.

STEP 2: Add 1/2 cup of water to the glue and mix well.

STEP 3: Add several tablespoons of your beach or play sand and mix into the glue/water mixture.

STEP 4: Measure and add 1/4 cup of liquid starch to your bowl and stir.

Slime will begin to form immediately. Stir until slime pulls away from sides and bottom of bowl. Begin kneading

#### Things to do this Summer

**Washington County Fair 8/19-8/24**

**Free Concerts in your local Parks**

**Free Storytime at local Libraries**

**Local Theatre Groups**

**Take a Free hike on Family Trails**

#### Summer Resources:

[Washingtoncountyfun.com](http://Washingtoncountyfun.com)

**Froggy 100.3 FM**

**Washington County Moooves**

**Explore Washington County Farm Stands**

VACATION