



# Milton Early Childhood Alliance

## Summertime!

June, 2013

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**Serving families with children birth to 8 years old.**

**We are here to help!**

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Milton Early Childhood Alliance

### Summer Safety...

**Sunburn**—The safest way to prevent sunburn on children is to keep them out of the sun. But that’s impossible during the long, hot, carefree days of summer. So, to minimize sun exposure, try the following:

- Have them wear a hat; especially one with a brim to cover their neck.
- Stay in the shade or limit sun exposure during the hours of 10:00 AM and 2:00 PM.
- Use suntan lotion with an SPF of AT LEAST 15, even on cloudy days. Reapply every two hours or after getting out of the water or sweating. Always wash off sunscreen once indoors.
- Sunglasses are fun to buy, cool to wear and help protect their eyes on bright summer days, especially at the beach or pool.

**Bugs**—Bee stings hurt, ticks can transmit Lyme Disease and mosquitoes can transmit West Nile Virus. The best ways to keep nasty bugs away from children are:

- Avoid using scented perfumes or soaps.
- Do not dress them in bright colors or flowery prints.
- Use insect repellent containing 10-30% DEET. NOTE: Do not use DEET on children younger than 2 months old and do not use a combination sunscreen/insect repellent product because sunscreen needs to be reapplied every two hours and insect repellent should not be reapplied. Always wash off insect repellent once indoors.
- Children should wear long sleeves and long pants after dusk.

**Outdoor Play**—Summertime is made for outdoor play. But keep these things in mind when playing outside with your children:

- Children should ALWAYS wear a helmet that meets ASTM safety standards when riding a bicycle, skateboard, scooter, etc. Children should be closely supervised and never ride near moving traffic.
- Keep children out of the yard while the lawn is being mowed.
- Playground equipment can get hot during the summer and can burn their skin. Make sure playground equipment is cool to the touch before letting your child play. Children should always be supervised while playing on playground equipment.

**Sports**—Summer sports are a natural part of summertime. Just remember:

- Have children take breaks every 1/2 hour or so on very hot days.
- Drink plenty of fluids, especially water, to prevent dehydration.
- Use sunscreen and insect repellent when playing outdoors.

**Open Windows**—Hot summer days mean opening the windows in your home. To prevent falls from open windows:

- Open windows from the top, rather than the bottom.
- Keep furniture that children can climb up on away from an open window.
- Install quick-release window guards, which can be purchased at hardware stores.
- Always keep closed windows locked.

**Pools and Water Fun**—Playing in the water to keep cool is a favorite summer pastime. But remember that children MUST BE carefully supervised around water at all times. Please...

- Make sure that children who cannot swim or are not strong swimmers always wear Coast Guard approved life jackets. Floaties, noddles, and innertubes will not prevent drowning.
- Do not allow yourself to be distracted—even for a moment—while supervising children playing in water. Tuck away your cell phone...put down your reading material...do not leave their side while your child plays in water.

**Cars and Car Rides**—Don’t forget how hot a car can get in the summertime. Always:

- Make sure the car is empty and the doors are locked so a child does not enter and/or stay in the car.
- REMOVE CHILDREN from the car once it is parked—EVEN IF they are sleeping, the windows are open, or you are just running inside for a minute.

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# Summertime!

## Summer Fun...

### Camps and Enrichment

**Summer Camp for Toddlers and Preschoolers**—Some local preschool programs offer summer camp programming. Visit our website at [www.miltonearlychildhoodalliance.org](http://www.miltonearlychildhoodalliance.org), click on the link for MECA Parent Resource Guide, then Early Education and Care Programs. There you will find a list of all licensed early childhood programs in Milton. Give them a call to see if they are offering summer camp programming. It may be a bit late for this summer, but keep it in mind for next year.

**Summer Camp for Children of All Ages**—You need to begin very early in the year to plan for summer camps. So, it may be a bit late for this summer, however, for future years, check out the extensive Summer Camp listing at Boston Parents Paper. They have a very convenient search engine allowing you to search by miles from home, camp activities, age, gender, etc. Their website is [www.bostonparentskidscamps.com](http://www.bostonparentskidscamps.com).

**Cunningham Park Playground Program**—For children ages 7 to 13. This summer camp program is run by the Milton Parks and Recreation Department for Milton residents. For more information, visit their website at [www.townofmilton.org](http://www.townofmilton.org) and click on Departments and then Parks and Recreation.

**Camp Cunningham**—This is a summer camp program run by Milton Community Schools for children entering grades 1 through 6 in the fall. Registration begins in March and fills up quickly. But it's good to keep in mind for next year. For more information, check out their website at [www.miltoncommunityschools.org](http://www.miltoncommunityschools.org).

**Milton Summer Enrichment Program**—For children in grades Pre-K through 8. This summer enrichment program is run by Milton Public Schools. Enrollment begins each May. For more information, visit their website at [www.miltonps.org](http://www.miltonps.org). Click on Departments, then on Summer Enrichment.

### Milton Public Library

The Milton Public Library offers a wide variety of children's programming during the summer months. Here's just a few events for younger children. Programming for older children focusing on magic, crafts, science and theatre are also available. Visit their website at [miltonlibrary.org](http://miltonlibrary.org) and click on Children.

**Summer Reading Club**—a summer reading club for children ages 3 and up.

**Baby Rhyme Time**—music, rhythm and nursery rhymes for babies birth to 12 months old.

**Small Wonders**—a "lap-sit" program for babies and toddlers.

**Puppets Plus**—stories, finger puppets and songs for preschoolers.

**Night Owls Storytime**—stories for ages 3 and up.

**Back by popular demand, our Story Walk will feature a new book at the Trailside Museum from July 28 to August 4th. Please come for a visit!**

**Our July/August Newsletter will feature all FREE things to do this summer as a family. Look for it at the beginning of July.**

