

Wee Ones

A Newsletter for Expecting Parents &
Parents of Children Age 3 & Under

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God Protects us as we “Travel” Through the Summer!

By Judy Fogelman & Barb Levan, Wee Ones Committee

Ahh... The “Lazy (who says?!) days of Summer” have arrived! Our schedules are now filled with traveling, toddler play-dates, family get-togethers, 4th of July celebrations, and never-ending days!

We can be assured that God is loving us, protecting us, and leading us during these long summer days! Matthew 23:37 says, “I have wanted to gather you people as a hen gathers her chicks under her wing.”

We can talk to our toddlers about God’s love, protection, and leading them by explaining how birds protect their babies. The mother hen spreads her large wings around her chicks, gently nudging them close to her so they can hide under her wings and not be harmed. Under her wings the chicks are safe and happy! The chicks line up behind their mom when it’s time to leave so she can lead them. They would be lost without her, but with her leading them they are safe.

Use this example to talk to your toddlers about God loving, leading, and protecting them this summer. Remind them God is always with them and loves them very much, just as the mother hen loves and cares for her chicks. This can be very useful as you are traveling and during summer storms when toddlers become anxious and afraid!

When you are traveling with your toddlers remember to take car games to help the trip go smoothly. Some games appropriate for toddlers include: Magna Doodles or Etch-a-Sketch, cookie sheet with magnetic letters and numbers, crayons/ coloring book, mirror so they can see themselves, any quiet toy they enjoy at home.

The “rainbow game” is a fun game where you hold up different colors of paper and have the toddler look for something that color outside or inside the car. Another similar game is “Where is it?” As you drive, name things you see and ask your child to point to them.

To play the “Stop and GO” car game, cut out a red and green construction paper circle and tape a straw to the back of each circle leaving enough of the straw extending below for the toddler to hold. As you “stop” and “go” help the toddler hold up the correct circle. You can also cut out a stop sign shape to use for “stops”.

When traveling with infants and toddlers try to get the children outside before leaving. Plan for as much driving while children are sleeping as possible, and remember to practice “patience”.

When traveling with newborns plan to drive 2-3 hours at a time. During stops, feed and change the infant and allow five minutes of cuddling time. Provide soft toys and a mirror for them, playing soft music when it’s time to sleep. Don’t over-dress newborns since it’s hard for them to regulate cooling down their body temperature.

When traveling with children 6 to 12 months, stick to their regular routine as much as possible. They enjoy singing, being read to and pretend play. Stop for diaper changing, nursing or bottle feeding, and crawling or tummy-time on a blanket. Expect this age child to sleep for shorter periods of time when traveling.



Travel is much the same when traveling with toddlers and preschoolers from 12 mo. to 3yrs. except for more options for activities. Toddlers take one longer nap but can be kept on their regular schedule. There is no need to stop for toddlers to eat unless they are nursing. An adult should be sitting with the child while he is eating. Toddlers need a longer time to stretch their legs outside the car. Remember they will become very vocal when they are tired of traveling, so before you travel help your child practice sitting with quiet activities working up from 5 to 20 minutes.

Praying with your child before and during your trip will remind everyone that God is traveling with you and will guide, love, and protect you along your journey!!

Summer Safety Tips

Whether your kids are home for summer, on the road with you or away at camp, use these tips to keep your family safe and healthy.

Fun in the Sun

- Whenever your child is outside, use sunscreen with a sun protection factor (SPF) of 15 to 30. Choose one that protects against UVA and UVB rays.
- Apply sunscreen 30 minutes before going outside. Reapply every two hours and after being in the water or sweating.
- Keep children under 1 out of the sun as much as you can. Dress your baby in lightweight, light-colored clothing with long sleeves and long pants. Always cover their head. Children under 6 months of age can have very small amounts of sunscreen put on their faces and the backs of their hands.
- When it is 90° or above and humid, children should not exercise or play outside for more than 30 minutes at a time.
- Make sure your child drinks plenty of water, even if they are not thirsty.

Water Safety

- Never leave children alone in or near the water, even for a minute.
- Young children need to wear life jackets when playing near deep or moving water and while on docks.
- Ponds, five-gallon buckets and wading pools are drowning hazards for very young children. Empty water from buckets and wading pools, and make sure children are supervised around water.

Bites and Stings

- Teach your children how to deal with dogs outside your home.
- Check eaves and under decks for bee or wasp nests.
- Avoid using insect repellent on babies younger than 2 months.
- Use repellent that contains no more than 30 percent DEET. *Avon Skin So Soft* can be applied to skin to keep bugs away.
- Avoid dressing your child in brightly-colored and floral print clothing.

Parenting Resource Websites

www.KCmetromoms.com

<http://www.thefamilyconservancy.org/parenting-resources.html>

<http://www.jackiesilberg.com>

<http://www.kidsdevelopment.co.uk/aboutoursite.html>

BSLC Youth Babysitters

Need to clean the house or run some errands without your little ones in tow? Or maybe you just need a long-deserved date-night? With school out for the summer, many of the BSLC youth are ready, willing and able to help busy parents out with the care of their children.

Name	Age	Phone Number
Kelsey & Megan Balcom	18, 15	782-8243
Emma & Maggie Brockschmidt	17, 15	780-3271
Michaela Burdett	15	780-6579
Hannah Frith	15	390-9021
Jessie Hill (Wright)	14	378-3327
Rebekah Raetzel	14	829-3270
Kelsey Reffett	16	782-9588
Kierstin & Laura Trickett	14,15	397-7458
Chelsea Webb	15	764-4620
Karen Webber	16	782-5762

What is the Wee Ones Committee?

The Wee Ones Committee serves families of Beautiful Savior Lutheran Church and Preschool by providing Christian education, resources and support for expecting parents and parents of children three and under.

Father's Day Present Ideas

Below are a few ways to include your toddlers in a special gift for Dad on Father's Day:

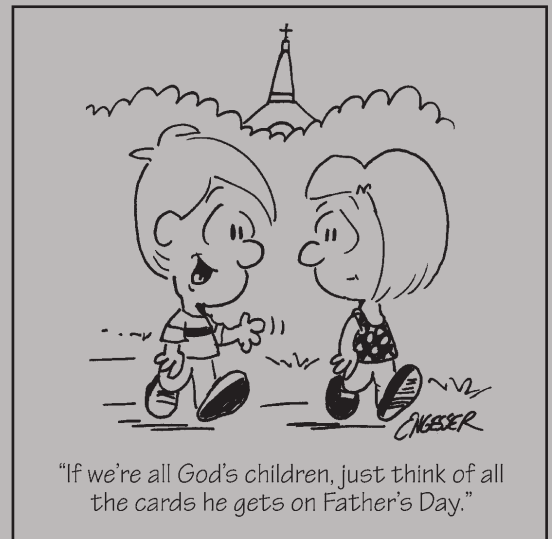
Use finger-paint to paint the child's footprints on a piece of paper, leaving room for the following poem: "Walk a little slower daddy," said a child so small. "I'm following in your footsteps and I don't want to fall. Sometimes your steps are very fast, sometimes they're hard to see. So walk a little slower, Daddy, for you are leading me. Someday when I'm all grown up, you're what I want to be. Then I will have a little child who'll want to follow me. And I would want to lead just right, and know that I was true; So walk a little slower, Daddy, for I must follow you."

Have your child make a foot print in the sand. (moisten sand with a spray bottle if it is too dry) Mix up some Faster Plaster or Plaster of Paris and pour into the foot print. You can tint the plaster pink or blue if you like. It takes about 1/2 hour to harden. Remove from the sand and let it dry overnight. Rub off the sand with a paper towel or soft paint brush. The children can then paint it and give their Dads a great paper weight for Father's Day. It becomes a real treasure when they are grown.

Have the children make hand prints on the back of a t-shirt, then write, "This Dad Needs A Pat On The Back".

Take a favorite picture of your child and have it blown up or printed on cardstock paper, leaving a little room for the child to decorate around their picture. With this you draw a jigsaw pattern. Cut out the pattern and have each piece laminated. You can buy boxes for the children to decorate to put their puzzle pieces or place pieces in a large envelope. Another version is to have the child color a picture for dad and turn it into a puzzle.

Fold a piece of construction paper in half length wise and draw an outline of a tie. Cut out. Glue the two ties together at the top with a piece of yarn sandwiched in-between (try to put tie as close to the center of the yarn as you can). Let your child decorate the front of the tie. Add a father's day message inside and tie yarn so that dad can wear his tie around his neck. Idea for inside of tie: "For Best Father, there can be no tie. YOU WIN!"



"If we're all God's children, just think of all the cards he gets on Father's Day."