



PARENT Connections

A PUBLICATION OF CHILD CARE RESOURCES, A PROGRAM OF CHILDREN'S AID & FAMILY SERVICE

SAFE FAMILY FUN, UNDER THE SUN!

Just a few serious sunburns can increase your child's risk of skin cancer later in life. Kids don't have to be at the pool, beach, or on vacation to get too much sun. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

Seek shade. UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent. Use these options to prevent sunburn, not to seek relief after it's happened.

Cover up. When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor.

Get a hat. Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. Baseball caps are popular among kids, but they don't protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.

Wear sunglasses. They protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.

Apply sunscreen. Use sunscreen with at least SPF 15 and UVA and UVB protection every time your child



goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet.

Take sunscreen with you to reapply during the day, especially after your child swims or exercises. This applies to waterproof and water-resistant products as well.

Follow the directions on the package for using a sunscreen product on babies less than 6 months old. All products do not have the same ingredients; if you or your child's skin reacts badly to one product, try another one or call a doctor. Your baby's best defense against sunburn is avoiding the sun or staying in the shade.

Keep in mind, sunscreen is not meant to allow kids to spend more time in the sun than they would otherwise. Try combining sunscreen with other options to prevent UV damage.

Turning pink? Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes. Yet it can take up to 12 hours for skin to show the full effect of sun exposure. So, if your child's skin looks "a little pink" today, it may be burned tomorrow morning. To prevent further burning, get your child out of the sun.

Tan? There's no other way to say it—tanned skin is damaged skin. Any change in the color of your child's skin after time outside—whether sunburn or suntan—indicates damage from UV rays.

Cool and cloudy? Children still need protection. UV rays, not the temperature, do the damage. Clouds do not block UV rays, they filter them—and sometimes only slightly.

Oops! Kids often get sunburned when they are outdoors unprotected for longer than expected. Remember to plan ahead, and keep sun protection handy—in your car, bag, or child's backpack.

Adapted from: "How Can I Protect My Children from the Sun?" Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, 25 Aug. 2016. Web. 11 Apr. 2017.





STAY COOL WITH SQUISHY SPONGE BALLS

Made from kitchen sponges that are cut up and tied together, these sponge balls last longer than water balloons and ensure a splashier, softer approach to a summer cool down.

What you need:

Sponges
Hair Ties
Scissors
Bucket
Water

How to Make It:

Take the sponges and cut them length-wise into 3 strips
Create a 3x3 cube of cut strips
Tie a hair tie around the center of the sponges.
Pouf out the ends.

Toss in a bucket of water and let the games begin!

Adapted from: "How to have the BEST water fight EVER: Make Sponge Balls #CraftForKids." Mom Mart. N.p., n.d. Web. 12 Apr. 2017. Photo Courtesy of Mom Mart.

CHECK OUT FITCHBURG PUBLIC LIBRARY FOR MUSEUMS, PARKS & ACTIVITY PASSES!

The following museum passes are provided by the Friends of the Fitchburg Public Library (FPL). Stop by, or call FPL to reserve your passes today!

Central Mass Audubon Sanctuaries (Wachusett Meadow, Broad Meadow Brook, Flat Rock, Lake Wampanoag, Cooks Canyon, Pierpont Meadow): \$2 per person

Children's Museum, Boston: Pass admits 4 for half price

Davis Farmland, Sterling: Discounted passes for WEEKDAYS ONLY

Discovery Museums, Acton: Admits 3 for half price

EcoTarium, Worcester: Admits 2 adults & 2 children per vehicle for half price

Mass State Parks Pass: Free parking at 50+ state parks

Museum of Fine Arts, Boston: Admits 2 adults for \$10 each

Museum of Science, Boston: Admits 4 for \$10 each

New England Aquarium, Boston: Admits 4 for \$10 each, Not available in Jul/Aug

Top Fun Aviation Toy Museum, Fitchburg: Admits 1 adult & 1 child

The U.S.S. Constitution Museum, Charlestown: Admits up to 9 for free

For more information or a list of other available museum passes, please visit fitchburgpubliclibrary.org/295/Museum-Passes

Fitchburg Public Library, 610 Main Street, Fitchburg, MA 01420 • 978.345.9635

FUN FLOURISHING FLOWER CARDS

Let your creativity bloom with this DIY flower card project.

What you need:

- Colored/scrapbook paper folded in half
- Colorful scrapbook paper in coordinating bright colors
- Buttons
- Green oil pastel crayon or green marker
- Scissors
- Glue

How to Make It:

Using the scissors, cut three sizes of circles out of the colored paper.

Crumple each circle to create texture and then flatten it out again.

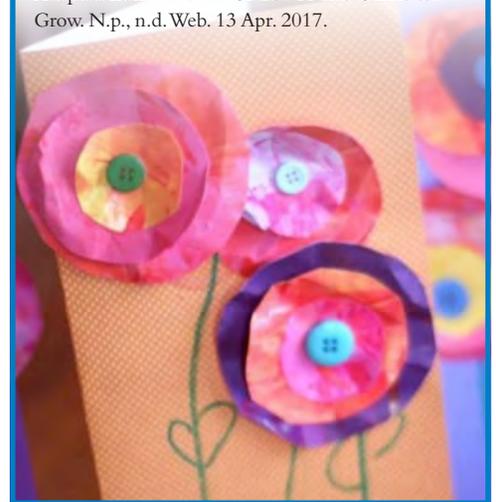
Stack the circles by size. One large, one medium, one small, and then glue them together.

For the middle of the flower, glue on a button. Repeat, until you make all the circles into very colorful flowers.

Use a green oil pastel crayon or green marker to draw stems, leaves, and grass onto folded colored/scrapbook paper.

Then with a dab of glue, attach the flower to their stems to finish off the cards!

Adapted from: "Flower Crafts." Hands On As We Grow. N.p., n.d. Web. 13 Apr. 2017.



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