



NC SEEDLING



Study to
Explore
Early
Development

North Carolina
SEED

UNC-CH, Department
of Epidemiology

Summer 2017

www.NCSEED.org

NOTES

- SEED 3 start date... coming soon!

Beat the Heat

Here are some fun ways for the kids to enjoy the summer and beat the heat!

*Balloon piñata. Fill up balloons with water and tie them to a string. Secure the string to a tree branch. Give the kids a plastic bat and let the fun begin!

*Ice cube dig. Take a large, deep container and fill it with water (mix water with blue and green food coloring). Place dinosaurs in the container. Freeze for a couple of hours. Take it out of the container and give the kids toy tools to dig for dinosaurs.

*Sponge ball fight. Take two sponges and cut them into four long pieces. Tie the cut pieces with dental floss to make a pom-pom. Dunk the pom-pom in water and take aim!

*Sprinkler. Use a large soda bottle and poke eight holes. Pick up a hose adapter and hose washers from your local hardware store. Twist both pieces on the end of the bottle and attach the other end to the hose. Turn on the water and enjoy your new sprinkler.

*Frozen fruit ice cubes. Fill an ice cube tray with your favorite fruit. Pour water to the top and freeze for a couple of hours. Add the cubes to their water for a fruity flavor.

For more ideas visit
www.lifebuzz.com/summer-heat



Family Time

Spending time together as a family is important. It can build self-esteem in children and strengthen relationships within the family. Quality time with your child can also encourage positive behaviors as you create memories. You don't have to spend a lot of money to

spend quality time with your child. Go for a walk or bike ride together or play a game of basketball in the driveway. Eat dinner together and talk about your day or enjoy a family movie night. The important part is just being together and enjoying each other's

company. Children with happy family memories are more likely to create a loving environment for their own children when they grow up.

For more information, visit
<http://www.msue.msu.edu>.

