



Summer 2017

COOKING UP SUMMER FUN!



Expanded Food and Nutrition Education Program

Join our interactive class at your neighborhood park.

Richfield Springs—Spring Park

Mondays: 7/10, 7/17, 7/24, 8/7, 8/14, 8/21 10:30AM

Oneonta—Wilber Park

Wednesdays: 7/12, 7/19, 7/26, 8/9, 8/16, 8/23 10:30AM

Morris—Fireman's Park

Wednesdays: 7/12, 7/19, 7/26, 8/9, 8/16, 8/23 1:30PM

How can I afford to eat healthy?

Great summer foods families love!

Find the answers to these questions and more!

Class size is limited, so call 607-547-2536 to register.

Sponsored by the Cornell University Cooperative
Extension of Schoharie and Otsego Counties

SUMMER MEALS for KIDS & TEENS Being Served in Your Community

To find a nearby site:

Call 1-866-348-6479

Go to www.fns.usda.gov/summerfoodrocks

Open to all children 18 and younger
NO Enrollment, NO Cost!



HELP! It's here when you need it. FREE & CONFIDENTIAL INFORMATION

Susquehanna River Region ★

DIAL 2-1-1
Get Connected. Get Answers.™

Or dial: 1-800-901-2180

www.helpme211.org



A hot car can be deadly!

Always be sure to look twice. It's easier than you think to forget your baby in the backseat. Take steps to remember not to leave a child in a vehicle.

- Write yourself a note and place it where you'll see it when you leave the vehicle.
- Place your purse, briefcase, or something else you're sure to need, in the back seat so you'll be sure to see a child left in the vehicle.
- Keep an object in the car seat, such as a stuffed toy. Once the child is buckled in, place the object where the driver will notice it when he or she leaves the vehicle.
- Ask your childcare center to call you if your child doesn't arrive on time for childcare.
- If you are dropping your child off at childcare, and it's normally someone else who drops the child off, have them call you to make sure the drop off went according to plan.
- If you see a child alone in a hot vehicle, call 911 immediately. If they are in distress due to heat, get them out as quickly as possible. Cool the child rapidly (not an ice bath, but by spraying them with cool water or a garden hose).

www.safercar.gov/heatstroke

Spend Time Outdoors with Your Child

Outdoor time is good for the whole family. Whether you live on a farm or a city block, your young children need experiences in the natural world. Have fun together—running, swinging, climbing, riding bikes, pulling a wagon, going for a walk, and kicking and throwing balls. Or take inside activities outside. You can read, paint, do puzzles, eat, and make music outdoors.

Enjoy all kinds of weather

With the right clothes and gear, you can go outdoors almost every day. Your child will love walking in the rain; just wear waterproof boots and raincoats and carry an umbrella. In cold or hot weather, keep activities shorter. Layer up when it's cold—as you get warmer, shed a jacket, hat, or mittens. In summer, wear a sun hat and sunscreen and drink plenty of water.

Add a short walk to your evening routine

After dinner and dishes, hit the pavement. Watch the sunset, look up at the stars, listen to the sounds of the night, tell a story about when you were young, or ask your child to tell you about his or her day.

Plant, tend, and harvest flowers or vegetables

Plant seeds or plants in a container (pot, window box, bucket, or even a trash can) in your yard or in a neighborhood garden plot. You and your child will enjoy digging, weeding, and watching the plants flourish. Perhaps you could grow salad—cherry tomatoes, onions, cucumbers, and lettuce—or plant flowers of different colors and heights, like zinnias and sunflowers.



Play games

Share the games you played as a child, like hopscotch, jacks, Simon Says, and charades. Play board games on a picnic table or blanket. Introduce skills your child will one day use to play sports, such as kicking or dribbling a ball or hitting a foam ball back and forth using light rackets.

Enjoy the nature all around you

Whether they live on farms or in apartments, children need experiences in the natural world. Point out the new leaves on trees in the spring, bugs living under a rock or in a decaying tree stump, birds flying from bush to bush. Go pick strawberries or apples and visit a park, nature center, or farmers' market. Bring along nature guides, paper, crayons, measuring tools, containers, a magnifying glass, and binoculars so you can help your child become an enthusiastic nature investigator.

Source: Adapted from the Message in a Backpack for NAEYC, 2009, "What Do We Do and Learn Outdoors?," Picturing Good Practice, *Teaching Young Children* 2 (5): 16–19.

OFO's mission is to be the leader in developing innovative solutions that promote healthy lives, thriving families, and caring communities.

2017 IMMUNIZATION CLINIC SCHEDULE

JULY

7/10	Cooperstown PHN: 1 – 3 pm	(Monday)
7/17	Oneonta PHN: 1 – 3 pm	(Monday)
7/24	Cooperstown PHN: 1 – 3 pm	(Monday)

AUGUST

8/07	Oneonta PHN: 1 – 3 pm	(Monday)
8/14	Cooperstown PHN: 1 – 3 pm	(Monday)
8/21	Oneonta PHN: 1 – 3 pm	(Monday)
8/28	Cooperstown PHN: 1 – 3 pm	(Monday)

SEPTEMBER

9/11	Cooperstown PHN: 1 – 3 pm	(Monday)
9/18	Oneonta PHN: 1 – 3 pm	(Monday)
9/25	Cooperstown PHN: 1 – 3 pm	(Monday)

To register, call the Public Health Nursing (PHN) Service at (607)547-4230.



This summer, your child can decorate an ocean creature to add to our "Under the Sea" fish bowl!



Opportunities for Otsego provide drop-in day care for children, ages 6 weeks to 12 years, through The Children's Center. This **free** service is open 9:00 AM to 4:30 PM every day that court is in session. The Children's Center is closed for lunch from 12:30 PM to 1:00 PM.

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