

Lighthouse Newsletter

July/August 2024

In This Issue

- Back to school!
- Dr. Wilsons Corner
- July Book Reading
- Word Scramble
- Recipe Corner

Back to School

We hope everyone had a fun and enjoyable summer vacation. See page two for family tips to help you get back into the groove of school and a new routine.



Back to school tips!

1. Remind your child that they are not alone and they have your support
2. Help your child know what to expect
3. Praise all of your child's efforts!
4. Pay attention to your own fears/ anxiety
5. Get enough sleep
6. Schedule quality time together
7. Encourage daily movement and exercise
8. Keep a routine that works for your family
9. Identify healthy ways to cope with stress
10. Ask your child about their feelings daily!



Dr. Wilson's Corner



The Summer months flew by like a whirlwind and parents are gearing up to send their kids back to school. Back to school means thinking about school safety again. While there are a lot of safety concerns for families these days, one that is often overlooked is street and street crossing safety. Most of us pass through a school zone at some point during our day. And most of us have probably seen a reckless driver or unaware pedestrian in that zone. Teaching your kids pedestrian safety is crucial to their overall safety. Here are some tips for when and how to teach your children street crossing safety.

- Start narrating out loud safety instructions as soon as your child is old enough to hold hands with you and walk. For instance, at **18-24 months**, say "Always hold mommy's/daddy's hand when we walk" and "stay with mommy/daddy when we walk outside."
- At **4-6 years old**, your child will understand directions better when you instruct them (but still get in the habit of doing it at any age when walking). Practice crossing streets with them before they start school. Teach them to always hold your hand, to always cross at a crosswalk so drivers are looking for you, to stop before the edge of the sidewalk, and to carefully look left, right, then left again and only cross if NO cars are seen.
- Explain the relevant traffic signs to them in simple terms. Stop signs are red and tell cars to stop. Yellow signs with people walking are safe places to cross and tell cars to be extra careful there. Stoplights tell cars when to go (green) and stop (red).
- Instruct them to keep looking for cars in both directions even while you are crossing the street.
- If your child is old enough to walk to school independently (**at least 10 years old**), make sure you are routinely reviewing traffic safety with them. They should be consistent and confident in safe crossing before allowing them to do so unsupervised.



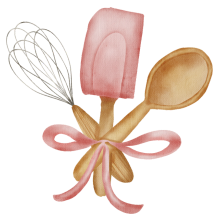
JULY BOOK READING



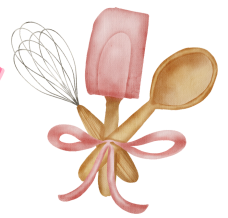


Our July book reading was a fun celebration of Summer and International Ice Cream month. We read Sonny Vibes Summer by Tiffany Obeng and then crafted our favorite ice cream cone flavors. Thank you to all the parents and cute kids who came out and brought the fun! Thanks also to the Lighthouse staff who joined Dr. Wilson in encouraging reading as a fun family activity!





Dr. Wilson's Baking Corner



If your family is like my family growing up, there never seemed to be enough time in the morning to get up, get ready, AND have breakfast. Breakfast was always a quick granola bar to take out of the door or fruit. As a kid, I would have appreciated some variety in my quick options (I wasn't giving up my bed any earlier than I had to 😊). Here is a quick, easy breakfast alternative for busy families and hard-to-wake-up kids for the most important meal of the day.

Overnight Oats

To make a jar, just combine 1/2 cup rolled oats, 1 tablespoon ground flaxseed, 2/3 cup milk, 1/3 cup plain yogurt, 2 teaspoons brown sugar or maple syrup and a pinch each of salt and cinnamon in a small jar. Add your mix-ins (see below for some of our favorites), seal the jar and refrigerate overnight. In the morning, just open the jar, stir and add toppings.

Spiced Mango

Mix-ins: 1/2 teaspoon orange zest and 1/4 teaspoon ground cardamom
Toppings: chopped mango and pomegranate seeds

Chocolate-Hazelnut

Mix-ins: 1 tablespoon sweetened cocoa powder and 1/4 cup chopped hazelnuts
Toppings: chopped hazelnuts and chocolate

Strawberry-Banana

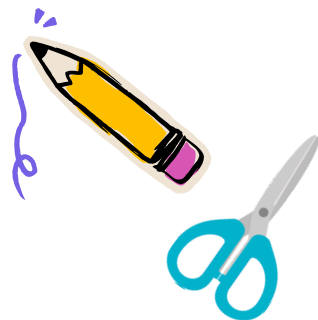
Mix-ins: 1/4 cup freeze-dried strawberries (crushed) and 1/2 chopped banana
Toppings: sliced strawberries

Chocolate-Strawberry

Mix-ins: 1 tablespoon sweetened cocoa powder and 1/4 cup freeze-dried strawberries (crushed)
Toppings: sliced strawberries and chocolate

A B C

BACK TO School WORD SCRAMBLE



CSLSAMROO

ATCEHRE

ATMH

LELB

OBOK

CBKACAPK

TESUDTN

CPNIEL

BLTAE

ARRSEE

SCSSORI

SLSOEN



TEACHER

CLASSROOM

MATH

BELL

TABLE

PENCIL

BOOK

STUDENT

SCISSORS

BACKPACK

ERASER

LESSON