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Paths to QUALITY Mentor

Look for the Big Blue Button on other
Indiana service websites for your free, 24
hour child care provider search at
www.wdscrr.org



WDS/CCRR Mission

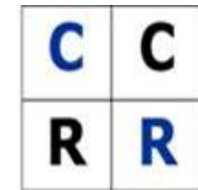
*Workforce Development Services
Inc. / Child Care Resource and
Referral program believes in
improving the quantity, the
quality and the accessibility of
child care to meet the needs of
the culturally diverse children
and families in Lake, Porter and
La Porte County communities of
Northwest Indiana. WDS/CCRR
supports families, child care
providers and employers.*



*A project of the
Indiana Association for Child Care Resource and Referral
and the Indiana Family and Social Services Administration*

Lil' Wonders

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WDS, Inc.
Child Care Resource & Referral

*Servicing the Communities of
Lake, Porter, and La Porte
Counties*

**WDS/CCRR
P.O. Box 59
Garv. IN 46402**

**Toll Free: 1-866-582-2229
Website: www.wdscrr.org**

**Visit our website for a free,
24 hour online child care search
<http://www.wdscrr.org>**

“Let’s Go Out and Play!”

Parents and caregivers are sure to hear this phrase as the weather gets warmer. Studies show that even in high cold or hot weather, children benefit from spending time outside in the fresh air being active. Adults benefit from it too, as it can be our only exercise! To make sure that outdoor play-time is fun and healthy, keep in mind these summer fun tips:

Water Safety

Adults should always be present. Never leave a child alone near water and adults should always be actively supervising and not distracted by phone calls or computers.

Know the pool and beach rules. No running around pools and be aware of ocean conditions before entering.

Know the waters depth and don’t swim out too far. Swim at a depth that is safe and read postings.

Bug Safety

Sunscreen is not recommended for infants less than 6 months. Infants have more sensitive skin and will probably stay in the shade if put there, and can adapt to sun-protective clothing.

Older children should apply sunscreen regularly. After 6 months of age, children should liberally apply sunscreen with SPF of 15 or greater every 2 hours or after swimming or sweating.

Be careful with DEET products. Older infants and children can use DEET-containing products, avoiding hands, and face, and any irritated or broken skin. The recommended concentration of DEET for children is 10-30%. 10% DEET gives about 2 hours of protection, and 30% DEET gives up to 5 hours of protection.

Bike Safety

Wear a helmet and pads EVERYTIME! Injuries can still happen, but a head injury could mean brain damage.

Check the breaks. Mom and Dad can help with this.

OUTDOOR ACTIVITIES FOR INFANTS & TODDLERS

1. Run fast
2. Crawl under something
3. Go for a walk
4. Jump in puddles
5. Smell flowers
6. Watch birds
7. Feel the wind
8. Splash in water
9. Find insects
10. Find worms
11. Look at the clouds
12. Play in sand
13. Dig in dirt
14. Pick up leaves
15. Pick up rocks
16. Feel tree bark
17. Try to climb tree
18. Roll down hill
19. Watch butterflies
20. Listen for sounds
21. Play in snow
22. Crunch leaves
23. Play follow the leader
24. Play stop and go
25. Walk on sidewalk cracks
26. Listen to birds sing
27. Listen to wind chimes
28. Use pots and pans to “cook”
29. Play with balls
30. Play parade
31. Use sticks to draw in the sand
32. “Catch” shadows
33. Sit in the grass
34. Find an ant hill and watch
35. Wear sunglasses
36. Give them binoculars
37. Play with magnifying glasses
38. Play in the rain
39. Plant something
40. Play chase
41. Hide and seek
42. Talk about discoveries
43. Eat outside
44. Wash toys
45. Scream and laugh
46. Push/pull toys
47. Riding toys
48. Sing activity songs
49. Over and under games
50. Relax & enjoy!!!



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WDS/CCRR
Parent Trainings

Thursday
August 25, 2011
Valparaiso, IN
Porter County

“Stress Management”

Call to register and for
location details
(866) 582-2229

And it’s FREE! ☺

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See the flyer insert for FREE parenting courses and workshops offered by the
Indiana Parenting Institute



Need Help Paying for Child Care? Call to see if you’re eligible for the Child Care Development Fund/Voucher Program.

Lake County - (888) 757-1957

**Porter County - (888) 757-1957

La Porte County - (219) 879-8812

**NEW NUMBER FOR PORTER CO.