

JULY
2016



KTK News of the Day

Notes from Our Feathered Friends

Baby Chicks: This summer is flying by – we hope you are all enjoying it as much as we are! We have been getting out for many walks and going out on the deck to play. The babies are always learning new tricks from each other. Many of them are rolling and working on sitting up. Owen is rolling all over the place; he'll be starting to visit and will eventually move to the Penguin class. Hugo is also beginning to scoot around and will visit the Penguins this month as well. It was great seeing many of you at the summer picnic. We have a family fun day at the Splash Pad in Fitchburg coming up on July 17. We hope you'll join us.

Penguins: We have had some changes in our room over the last month: Martin left for the summer, and Etta is graduating to the Parrot class. We will miss Etta, but she is ready to embark on some new adventures with some old friends and a more structured class. All of our friends are perfecting their skills and beginning new ones. We have some who are beginning to take steps unassisted, standing alone, or pulling themselves up to stand. While most of the class is beginning to verbalize their wants and needs, some are working on using signs instead. Life in the Penguin room is never boring – stop in and see us sometime. Thank you for supplying sunblock and hats so we can go outside; the Penguins really enjoy spending time out on the deck. Have a safe and happy 4th of July!

Peacocks: We had lots of fun talking about bugs last month. We always seem to spot some type of bug or spider outside to examine. The children have begun to talk about trucks a little more than bugs. With this curiosity building, the Peacocks have begun to explore trucks in greater detail. We have already read a few books on different types of trucks and used trucks to expand our painting exploration. Ms. Sheila plans to talk with a local car wash, hoping to set up a visit. We will definitely plan a walking trip to the fire station. The Peacock room says a sad goodbye to Roman and Aaron. These two have many fun adventures ahead and will be greatly missed!

Parrots: Summer is in full swing in the Parrot room. Our highlights in June included a delicious walk to the ice cream store, a fun-filled water day on the playground, making presents for our daddies, and finishing our Inde-

pendence Day bulletin board. In July, we will continue our summer explorations by talking about camping, picnicking, water fun, and rocks. We will also welcome Etta into our room as she graduates from the Penguins. Emily M. will be moving on to new adventures with the Peacocks.

Starlings (Preschool): First things first: our class has a new name. We thought Starlings was a good fit – beautiful, social birds that are smart, fast, curious, and like to eat; just like us! Some highlights from our farm adventures last month: We explored what it would be like to milk a cow. We made homemade butter (which sure takes lots of shaking) and homemade bread to go with it. (We only cheated a little; we used a mix and a bread maker.) It sure was fun observing the bread rising. We played in the mud with toy pigs. As we're sure you've noticed, we had lots of fun taking care of chickens. Newsflash: the Starlings love to be awakened by a rooster call. This month we are shifting subjects and starting a Nature adventure. Our friends will be making "pet birds" to take care of for the month (and our friends' chickens can go home.) There will be many nature hikes, lots of looking at pond water with magnifying glasses to (hopefully) observe some animal life, bug hunts, planting, and more. Keep an eye on the website for changes in our nature information web and updates on what we are up to next. The weather has definitely decided that warm or hot is pretty likely. If you haven't yet, please check your child's spare clothes stash to ensure the extras are appropriate for the season, complete, and still fit Wishing all a very happy July 4th holiday!

Summer Kamp: Summer Kamp is off to a very busy and fun start! The Kampers have been busy with melting beads, crafts, science projects, and games! They have also been on many adventures. They started off the summer looking for and catching all sorts of pond creatures and frogs at the Retzer Nature Center. Swimming has been a hit – we spent the day at Country Springs Water Park, had a blast at the splash pad, and swam at Crowdaddy Cove. The Kampers were also able to spend the day with The Madison Mallards baseball team during Kids Day Out. July is bound to be just as fun. We are looking forward to Little America, the Dane County Fair, and Merry Mac Campground as well as many swimming and park days!

A Note from the Director

Dear Parents,

What a fun summer picnic we had this year! I hope everyone enjoyed the time chatting with familiar faces and getting to know our new families. It is always so fun to see how much the kids enjoy playing with each other. I know how busy summers can be, so thank you for making the time to join us. The next family event is scheduled for July 17th at the Fitchburg Splash Pad, from 2-4 pm.

As a reminder, we have a \$25 referral bonus for any family that refers a new family to us. Once the new family starts, the bonus credit is added to your account. Word-of-mouth has always been our biggest marketing tool, and that is how many of you found us!

Please check your child's mailbox for the 2016/2017 Registration Agreement. These forms need to be signed and turned into me by September 1st. If you have any questions, please ask.

Thank you for being patient with us as we make administrative transitions. Please direct administrative questions and information regarding your children to me, as Ms. Sue is busy in the Starlings classroom.

Amanda Johnson
Koala T Kare Director-in-Training
ajohnson@qualtim.com
608.577.1913

Out of the Mouths of Babes

One of the preschoolers was telling Ms. Sue about her recent trip to the doctor (a routine checkup). She told her that the doctor used "plain jelly" to look at her heart, not "grape or strawberry."

One of the preschool boys asked a teacher, "Can you help me with my bed? Because you are my teacher...but my dad's the boss."

A teacher told a child, "Please put your feet on the floor, I don't want you to get an owie." The child responded, "Eh, I already have an owie...."



July Birthday

July 2: Declan O.



Upcoming Events

July 7-10: Lodi Fair

July 20-24: Dane County Fair

Summer Danger: Dehydration

Source: babycenter.com

When the weather warms up, many families head outdoors. But it's harder to stay hydrated in the heat. Here's how to keep your children's summer adventures safe and fun, even when the temperature rises.

Plus: Find out how to protect your kids against other summer dangers, from dogs and bugs that bite to sun, water, and the downside of bike riding. your kids against other

How children get dehydrated

Children are less likely than adults to remember to drink fluids – especially when they're having fun playing outside – so they need your help.

They're also more prone to dehydration than adults. They can become dehydrated if they drink less fluid than they lose through sweating on a hot summer day, for example.

Preventing dehydration in young babies

Newborns can't regulate their body temperature, so they get overheated easily, says Tanya Remer Altmann, a pediatrician in Westlake Village, California, and author of *Mommy Calls: Dr. Tanya Answers Parents' Top 101 Questions About Babies and Toddlers*. Offer breast milk or formula to keep them hydrated.

In general, it's not a good idea to give water to babies under age 6 months. They get all the hydration they need from breast milk or formula, even in hot weather. Not only do they not need water, but drinking water places them at risk of water intoxication (over-dilution of the bloodstream), which can cause seizures.

See how our expert answers this question: [When can my baby drink water?](#)

Preventing dehydration in children 12 months and older

Make sure kids have access to water, says Altmann, and encourage them to take a water break after an hour of playing outside.

Pediatrician Jeffrey W. Britton adds that if the water must be flavored, that's okay. He says other snacks with water in them are fine, including ice pops and snow cones, as long as you watch the total daily sugar and calorie intake.

"Most children drink water eagerly if offered. In fact, not encouraging water as the primary drink can backfire. When offered the choice between water and something sweet, many kids will choose sweet," he adds. "By using water as the primary hydration source and offering sugary drinks as an occasional treat only, parents can foster the habit of water drinking."



HAPPY 4TH OF JULY!



News from the Kitchen

Happy 4th of July! I can't believe it's already that time of year. Thank you to all the families that made it to our annual picnic, and thanks so much for bringing all the yummy food! It was a great time.

Here's a fun, refreshing recipe you can make with your kids to celebrate the 4th. It's probably not something you can take to a picnic because it will melt quickly, but if you're having a get together at your house or a playdate with your kids and friends, this is a perfect little treat. Enjoy, and have a wonderful holiday!

Red, White and Blue Ice Pops

Ingredients

- 1 cup cranberry juice
- 1 cup lemonade
- 1 cup blue sports drink, such as Gatorade
- 3 oz paper or plastic cups
- Craft sticks

Preparation

Arrange eight cups on a baking sheet and divide the cranberry juice evenly among them. Place the baking sheet in the freezer and until the juice is almost firm (about an hour).

Insert craft sticks into the center of the slightly frozen juice. (If the sticks won't stand up straight, you can reposition them when the next layer starts to solidify.)

Divide the lemonade evenly among the cups to make a second layer. Freeze until hard (about two hours). Pour the sports drink over the lemonade and freeze until solid (about three hours). Gently pull each ice pop out of its cup (it helps to squeeze the cup lightly from bottom) and serve immediately.



**Summer
Kamp**

