



The Provider's Professional Post

Annual Update

Attention, Directors, Owners and Operators, Please return the annual update forms as soon as possible. We are required to update each child care site annually. **Thank you to the providers who have returned their forms.**

Medication Administration Training

Attention, Directors, Owners and Operators, We will be facilitating two MAT classes: August 21, and August 22, 2009. If you are in need of this class, please call and reserve a seat. This class is limited to eight participants per class.

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The Fourth

Stripes and stars red, white, and blue.
Flying high for me and you.
Fireworks shooting skyward nation wide.
Writing in color our nations pride.
And to our soldiers so far from home,
we remember you daily .
You are not alone.
By Carol Honeycutt

Happy Birthday America !



Training Classes

Please pay attention to classes in your area. We have a full schedule this year and we may be unable to repeat classes near you.

40 Developmental Assets #32 Planning and Decision Making

The child begins to plan for the immediate future, choosing from among several options and trying to solve problems.

The First Postage Stamp

The 1st of July sees the 157th anniversary of the release of the first postage stamps by the US Postal Service.

First made available in 1847, the five cent stamp featured Benjamin Franklin (the first Postmaster General of the United States) while the 10 cent stamp depicted George Washington.

The decision was taken to introduce postage stamps because the process in place at the time was deemed too expensive and complicated for the American public. An act was passed on 3rd of March 1847 in order put an end to this:

"And be it further enacted, that to facilitate the transportation of letters by mail, the Postmaster-General be authorized to prepare postage stamps, which when attached to any letter or packet, shall be evidence of prepayment of the postage chargeable on such letter."

The date of 1st of July was set for the first stamps to come into use, however production problems meant that the stamps were available from just one Post Office – New York City. Congressman Harvey Shaw is said to have been the first person to purchase the stamps. He bought a 5c for himself and a 10c for the Governor of Connecticut.

The earliest known use of the 1847 issue is believed to be 2nd of July, 1847. In 1990 a cover was found featuring two 10c stamps and was later auctioned off for over \$100,000.

Source: StampNews.com

Tick Season

Read the label on your insect repellent and follow the directions and precautionary statements closely. In an open area, which will help avoid breathing in the insect repellent spray or mist, hold the insect repellent about 6 to 8 inches from your child. Apply the insect repellent on your child's exposed skin and his clothing, avoiding skin under clothing, and your child's mouth, eyes, hands, open cuts, or irritated skin.

To apply an insect repellent to your child's face, first spray a small amount of the insect repellent onto your own hands and then carefully apply it to your child's face and neck, being sure to avoid his mouth and eyes. Do not spray the insect repellent directly on your child's face.

If you need to apply both an insect repellent and a sunscreen on your child, apply the sunscreen first.

Only reapply an insect repellent if your child is getting bitten by insects again.

Wash the insect repellent off of your child's skin with soap and water after they return indoors, have them change their clothes, and be sure to wash their clothes before they wear them again.

In addition to an insect repellent, try other things to avoid biting insects, such as dressing your kids in thin, loose-fitting, long-sleeve clothing that doesn't include bright colors, encouraging your kids to wear socks and shoes instead of sandals, avoiding scented soaps and other things that might attract mosquitoes and other bugs, and controlling mosquitoes and other insects where your kids play. Avoid standing or still water, where mosquitoes breed. Do not use an insect repellent that has a concentration of more than 30% DEET on children, or use an insect repellent on infants who are less than two months old. Keep in mind that although there are many natural insect repellents without DEET or picaridin, such as those made with oil of lemon eucalyptus, citronella oil, or soy bean oil, they may not be as effective as those with DEET or picaridin.

Avoid combination sunscreen/insect repellent products, since they are often less effective than using the individual sunscreen and insect repellents. Also, sunscreen needs to be re-applied far more often than bug spray, which can lead to over-use of bug spray.

Call poison control (1-800-222-1222) if your child inhales or ingests an insect repellent or gets an insect repellent in his eyes or on a cut.

Try: An insect repellent with 4.75% to 30% DEET or picaridin, or a natural insect repellent with oil of lemon eucalyptus or citronella oil,

Source: About.com

Parents' Day

Many Americans are unaware that our nation has a new day of commemoration called Parents' Day. This is good news for America's parents and families.

In 1994 President Bill Clinton signed into law the resolution unanimously adopted by the U. S. Congress establishing the fourth Sunday of every July as Parents' Day, a perennial day of commemoration similar to Mother's Day and Father's Day. According to the Congressional Resolution, Parents' Day is established for "recognizing, uplifting, and supporting the role of parents in the rearing of children."

The establishment of Parents' Day was the result of a bipartisan, multiracial and interfaith coalition of religious, civic and elected leaders who recognized the need to promote responsible parenting in our society and to uplift ideal parental role models, especially for our nation's children. Since the creation of this annual day of commemoration, local faith communities, elected officials and activists throughout the nation have creatively launched many activities around the theme of Parents' Day designed to celebrate and strengthen the traditional, two-parent family.

The National Parents' Day Council does not envision Parents' Day to be yet "another" day to honor parents, but rather a day when parents honor their children and the God-centered family ideal by rededicating themselves to manifest the highest standard of unconditional true love. The establishment of Parents' Day affords a wonderful opportunity for communities, organizations, churches, mosques, synagogues and temples to honor exemplary parents and to encourage families everywhere to invest in our most precious resource – our children. Among the most popular of these activities has been the recognition of outstanding couples as parental role models who have been honored as "Parents of the Year" at the national, state, local and faith community level.

We encourage you to get involved in helping us recognize outstanding parents worthy of this recognition by establishing a Parents' Day Selection Committee in your faith community or local area. Please also recommend such parents to your state's National Parents' Day Council affiliate or our national office for consideration to be selected "Parents of the Year" at the state or national level.
Source: www.parentsday.com



Nestle Toll House Recall - Cookie Dough Recall Alert

Nestlé USA's Baking Division has recalled all varieties of Nestlé TOLL HOUSE refrigerated cookie dough products, including their Cookie Bar Dough, Cookie Dough Tub, Cookie Dough Tube, Limited Edition Cookie Dough items, Seasonal Cookie Dough and Ultimates Cookie Bar Dough.

The Nestle cookie dough recall was prompted by an investigation by the FDA and CDC that *E. coli* O157 illnesses may be related to people who eat raw cookie dough. So far, in the current *E. coli* outbreak, there have been 66 cases of *E. coli* in 28 states since March 2009.

Consumers should throw away recalled packages of Nestle cookie dough (or get a refund from their local grocery store) and should remember to never eat raw cookie dough, even if it is not involved in a recall. Baking recalled cookie dough is not a safe option either, according to the FDA. And be sure to call your doctor if your child has any *E. coli* symptoms, including abdominal cramping, vomiting and diarrhea, especially if he recently ate any of the recalled Nestle Tollhouse products.

E. coli normally lives in the intestines of people and animals and outbreaks can occur when food or water gets contaminated with this bacteria. Some sources of *E. coli* outbreaks include:

- undercooked meat
- unpasteurized milk, juice, or cider
- raw vegetables, sprouts, and fruits that were grown or washed in contaminated water
- contaminated drinking water, lakes, or swimming pools
- people who don't wash their hands well after using the bathroom or changing diapers
- petting zoos
- recalled foods, such as raw Nestle Toll House cookie dough (June 2009), frozen pizza (2007), Taco Bell (2006), fresh spinach (2006)

Although these infections are not common, parents should be aware of the symptoms of *E. coli* O157:H7 infections, which can include:

- Nonbloody diarrhea that becomes bloody diarrhea after a few days
- stomach pain that comes and goes.
- Fever, although the fever usually goes away once the child has bloody diarrhea, and some people don't have a fever

- Vomiting
- Irritability

Source: About.com

E. coli Infection

Children are more likely than adults to develop symptoms of *E. coli* O157:H7 infection.

Most people with the infection will have:

- Severe stomach cramps and stomach tenderness.

- Diarrhea, watery at first, but often becoming very bloody.

- Nausea and vomiting.

Some people who are infected with the bacteria do not notice any symptoms. They may spread the bacteria to others without knowing it.

There are many conditions with symptoms similar to those of *E. coli* infection. Diagnosis of *E. coli* infection can be complicated by the fact that most bacterial infections that cause diarrhea are accompanied by a high fever. If you have no fever or only a mild fever, your doctor may suspect that something other than bacteria is causing your symptoms. Bloody diarrhea is common in confirmed cases of *E. coli* infection, but the bacteria also should be considered a possible cause of non-bloody diarrhea. For more information on when to call a doctor about non-bloody diarrhea, see the topic Diarrhea, Age 12 and Older or Diarrhea, Age 11 and Younger.

Symptoms of *E. coli* infection usually end in about a week with no further problems. But severe blood and kidney problems may occur 2 to 14 days after the onset of diarrhea. These problems can cause kidney failure and sometimes long-term disability or death in some children and older adults.

Source: WebMD Medical Reference

Zicam Recall

Zicam Cold Remedy is an over-the-counter homeopathic medicine that acts to reduce the duration and severity of the common cold when taken at the first sign of cold symptoms. Manufactured by Matrixx Initiatives, Inc., Zicam Cold Remedy is a zinc-based solution that can be taken as a tablet or a nasal spray.

Despite the manufacturer's assurances that Zicam adheres to FDA guidelines and restrictions, lawsuits have been filed by Zicam users against both Matrixx Initiatives and Zicam LLC, claiming that taking Zicam has caused anosmia, or a loss of smell and taste. Many Zicam users have also reported experiencing horrific, almost unbearable burning after using the nasal spray.

The FDA has received more than 130 reports of loss of sense of smell associated with the use of these three Zicam products. In these reports, many people who experienced a loss of smell said the condition occurred with the first dose; others reported a loss of the sense of smell after multiple uses of the product.

On June 16, 2009 the FDA advised consumers to stop using Zicam due to its link to 130 reports of loss of sense of smell after using the products.

Source: www.resource4defectivedrugs.com

About the Declaration Of Independence

The Declaration of Independence was a document full of reasons for the states to leave the rule of the British. Colonists wanted more than to be told what to do by a country that was an ocean away. America was filled with innovative thinkers and great young (and old) minds. Benjamin Franklin, Thomas Jefferson, Samuel Adams and cousin John Adams, John Hancock and many more of what we affectionately call our 'founding fathers' were involved in this mission to establish America as its own self-ruling country.

Thomas Jefferson was assigned the task of actually writing the Declaration of Independence. Jefferson was already a popular writer at the time. Jefferson took three weeks to write the Declaration, and the Continental Congress who gave him the task had only a few adjustments to make before 56 men signed the Declaration. Many of us are familiar with this brief history lesson. The great majority of us know what the Declaration of Independence was and when it was written, but few know about the deeper implications of the Declaration of Independence. All 56 men who signed the Declaration of Independence were risking their very lives to do so. Signing and being a part of writing such a declaration was treasonous to the rule of Great Britain, and the majority of the signers saw bitter consequences as a result of their actions. Some signers were killed; others were beaten, robbed or destroyed professionally. Even the family members of the signers of the Declaration of Independence suffered. Even for generations following the event of the signing, citizens loyal to British rule continued to persecute the supporters of the Declaration.

The great majority of the signers were leaders in their economical sector. There were agriculturists, lawyers, doctors, inventors, etc. These signers were among those who had the most to lose, yet they believed in the words of the Declaration and were willing to sacrifice everything that they held dear for the hope of a better life for their family and future generations.

The impact of the Declaration of Independence is said to be the greatest of all American written works. The Declaration of Independence has formed the structure of American government as we know it. Although amendments have been added, the influence of the Declaration is un-arguable.

The Declaration of Independence asserts the fundamental American ideal of government which is a system based on the rights of the people. We have all heard the phrase, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness." But many times we fail to fully appreciate the meaning of these words and the fact that the dreams of those members of the Continental Congress of 1776 have been realized.

It is because of what was done in June of 1776 that we are allowed to live the lives that we want to. We now have the opportunity to attain whatever makes us happy. Although achieving our goals may not be easy, it is possible, and the founding fathers have left their example of what can be accomplished when you are willing to sacrifice to make a dream come true

By Barbara Feldman,

Source: surfnetskids.com

Ice Cream Gets it's Day in the Sun

If any day designated to observe a particular thing or event can transcend partisanship, it probably is Sunday's National Ice Cream Day. Sure it's an industry boost and marketing device clothed in an official decree, but hey, it's *ice cream*, and besides, it's too hot to protest during the summer.

Ronald Reagan in 1984 designated the third Sunday of each July as National Ice Cream Day, also using his presidential heft to make July Ice Cream Month.

California leads the nation in ice cream production, with dairy farmers throughout the state having produced 130 million gallons of ice cream last year, California Farm Bureau statistics show. The U.S. ice cream industry generates more than \$21 billion in sales annually, according to the International Dairy Foods Association (IDFA). The average American family consumes 25 pints of ice cream each year.

Vanilla remains the favorite flavor in the nation, followed by chocolate, butter pecan, strawberry and chocolate chip mint. Burr says the most popular flavors at his shop this summer have been mint chip and fresh peach.

Ice cream's origins are said to date back to the second century B.C., and through the years it has attracted many high-ranking fans, such as presidents George Washington and Thomas Jefferson, the IDFA states. Ice cream became "an edible morale symbol" during World War II, when military branches tried to outdo each other in serving ice cream to troops. In 1945, the first floating ice cream parlor was built for sailors in the western Pacific.

America celebrated its war victory with ice cream, with Americans consuming more than 20 quarts per person in 1946.

Source : www.sacbee.com

Summer Safety

Although you should make every effort to keep your kids safe year-round, it is especially important in the summer when most kids are out of school.

Hot temperatures and more time spent outdoors, perhaps unsupervised, can put kids' health and safety at risk.

The most obvious hidden dangers in the summer simply have to do with the heat and can include: heat stress and heat stroke, which can be prevented. Keep kids well-hydrated, take frequent breaks when playing outside, and watch for symptoms such as thirst, cramps, fatigue, dizziness, nausea, vomiting, headaches, and fever. Never leave a child or let her play in a hot car.

Getting burned on metal slides or other hot playground equipment. Make sure equipment is cool to touch.

sunburns, parents should be aware of the risks of not applying sunscreen or sunblock on their children, sunburns are still common (especially if lotions are not used properly.)

Many families try to escape the summer heat in a pool or nearby lake. To keep your kids safe around the water be sure to: childproof your pool by enclosing it in a fence with a self-closing and self-latching gate. Supervise your kids around the pool, even if they know how to swim. Have children who don't know how to swim wear a life vest instead of "floaties" when they are in the pool. Always have your child wear a life vest when on a lake or river, even if they know how to swim. Take your child to swimming lessons once he or she is four to five years old, the age when most kids can learn to swim.

In addition to using sunscreen, supervising kids around water, and protecting your kids from the heat, you can keep your kids safe this summer by: Keeping younger kids away from lawn mowers. Despite the need for a summer job or simply wanting to help, remember that the American Academy of Pediatrics advises that children younger than 16 years old should not be allowed to use ride-on mowers; children younger than 12 should not use walk-behind mowers,

Use insect repellents when necessary. Do a daily tick check if your kids have been playing outdoors, especially in or near wooded areas

Outfit your kids with appropriate protective gear, such as a helmet and pads, when they ride a bicycle, skateboard, or scooter, or while wearing heels.,

(continued in next column)

(Continued)

Do not let your kids play with fireworks and instead visiting a public fireworks display this fourth of July.

Not eating food that has been left out for more than an hour at barbecues and family picnics, which can cause food poisoning.

Teaching your kids to recognize and avoid poison ivy.

And of course, keep your home well-childproofed. This also applies to wherever you are staying when you are on vacation, whether it is a hotel or relative's home.

Although not a safety danger, it's important to remember that time off from school also means that your child may have more opportunity to become inactive and eat more junk food, leading to his becoming overweight. Encourage your child to be active and eat a healthy diet all summer long.

Source: About.com

Zoos

The first U.S. Zoo Opened in Philadelphia, Jul 1, 1874"

Did you know the word Zoo is the shortened term for a Zoological Garden?

Today's modern zoo tends to be thought of as a tourist attraction and recreation facility. However, today's zoo offer a wealth of educational outreach programs and research opportunities, and are often led by professional zoologists and veterinarians who support conservation and captive breeding programs. Zoological Societies, conservation groups, the Audubon societies, and wildlife associations are more often an active supporter of these programs.

The earliest zoos recorded have been found in Egypt, dating back to about 2500 BC. Pharaohs and wealthy citizens created zoos for the animals they received as gifts from other great leaders and for scientific studies. The Egyptians were proud of these fine collections of exotic animals and took great care to keep all their animals healthy and thriving.

Source: zoo.com

Literacy Words for July

dependant

independent

independence

zoologist

Use these word throughout the month of July to enhance vocabulary and language skills

Blueberry Scones

2 cups unbleached flour, plus more for rolling berries
1 tablespoon baking powder
1 teaspoon salt
1/3 cup sugar
1/4 cup unsalted butter, chilled and cut in chunks
3/4 cup buttermilk or cream
1 egg
1 pint fresh blueberries
Preheat oven to 400 degrees F.

In a large bowl, sift together flour, baking powder, salt and sugar; mix thoroughly. Cut in butter using 2 forks or a pastry blender. The butter pieces should be coated with flour and resemble crumbs.

In another bowl, mix buttermilk and egg together, and then add to the flour mixture. Mix just to incorporate, do not overwork the dough.

Roll blueberries in flour to coat, this will help prevent the fruit from sinking to the bottom of the scone when baked. Fold the blueberries into batter, being careful not to bruise. Drop large tablespoons of batter on an ungreased cookie sheet. Bake for 15 to 20 minutes until brown.

Blueberry Sauce

1 1/2 pints fresh blueberries, rinsed
1 cup vanilla sugar
1 tablespoon fresh lemon juice

Combine the blueberries and vanilla sugar in a large heavy saucepan. Add 1 cup water and the lemon juice and bring to a boil over high heat, stirring occasionally. Reduce the heat and simmer for 15 minutes, or until the mixture begins to thicken.

Remove from the heat and strain through a fine sieve. Cool to room temperature, cover and refrigerate.

Source: Foodnetwork.com

Blueberries may help reduce heart disease

Research has shown that blueberries have more antioxidants than most other fruits. USDA researcher Dr. Ronald Prior reported in the June 9, 2004, issue of the Journal of Agricultural and Food Chemistry that blueberries have antioxidant phytochemicals called proanthocyanidins. These are associated with fewer occurrences of cardiovascular disease, cancer and urinary tract infections.

Blueberries may help reduce cancer

The sweet and tangy taste of blueberries brings with them a wealth of health benefits. According to cancer specialist Gary D. Stoner at Ohio State University, high levels of anthocyanins that give berries their red, blue and black colors have been linked to slowing the aging process, protecting the heart, and preventing mental decline. Stoner says to reap the most value from berries you should eat them whole, either fresh or frozen, because concentrated in the seed are a number of polyphenols, such as ellagic acid, which have cancer-preventive effects. Other berry components include salicylic acid (used to make aspirin), which can help prevent heart attacks and inflammation of blood vessels.

Blueberries may help lower cholesterol

Berries are a potent weapon in the battle against obesity and heart disease through their cholesterol-reducing potential. An abstract published on the USDA's Agricultural Research Service website says that naturally-occurring substances in blueberries known to be antioxidants add to the health benefits from consumption of these small, blue jewels of summer

www.stemilt.com/healthyfacts/Pages/Blueberries.aspx

Lemon Blueberry Cheesecake Bars

Butter, for greasing
2 tablespoons sugar
1/8 teaspoon ground cinnamon
9 graham crackers
1/2 stick unsalted butter, melted

For the filling:

16 ounces cream cheese, room temperature
2 eggs
2 lemons, zested and juiced
About 1/2 cup sugar, eyeball it
1 1/2 cups fresh blueberries
Powdered sugar, for dusting

Preheat oven to 325 degrees F.

For the base:

Grease the bottom of a 9 by 9-inch baking pan with butter. Then place parchment paper over the top, pressing down at the corners. In a food processor, process the sugar, cinnamon and graham crackers until you have the texture of bread crumbs. Add the melted butter and pulse a couple of times to fully incorporate. Pour into the lined baking pan and gently pat down with the base of a glass. Bake in the oven for 12 minutes until golden. When done set aside to cool.

For the filling:

Add cream cheese, eggs, lemon zest, lemon juice and sugar to the food processor and mix until well combined. It should have a smooth consistency. Pour onto the cooled base and then cover with blueberries. They will sink slightly but should still be half exposed as the cake bakes they will sink a little more and break down.

Bake in the oven for 35 minutes or until the center only slightly jiggles. Remove from the oven and cool completely before refrigerating for at least 3 hours. Once set, remove from pan using the parchment lining and slice into 10 rectangular bars. Dust with powdered sugar.

Source: Foodnetwork.com

Who's Birthday Is It?

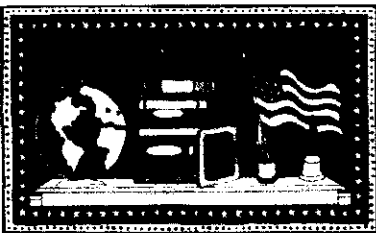
Some birthdays come in winter,
Some birthdays come in spring.

On birthdays there are games to play
And lots of songs to sing.

My favorite birthday is in July,
And it doesn't belong to me!
It's the birthday that lights up the sky
For all the world to see!

Rockets glare, trumpets blare,
And bands begins to play.

Happy Birthday America
It's Independence Day!



Extension Activities For Children age 3 and above

Read over the rhyme several times, pointing at each word as you read it.

When they feel ready, let the children say the rhyme with you as you read it.

Make up your own hand motions and act out the rhyme as you say it.

Say the rhyme, leaving off the last word for the children to fill in.

Discuss the rhyming words.

Say the rhyme and let the children clap with each rhyming word.

Ask them, "What does the word independence mean to you?"

Ask the children, "What is another name for Independence Day?"

Ask them, "Why do we celebrate the 4th of July?"

Ask them, "What does your family do to celebrate the 4th of July?"

Ask them, "What is your favorite thing you choose to celebrate the 4th of July?"

SCIENCE

Young scientists get a huge kick out of creepy critters, and those dainty red ladybugs are a special favorite. Here's a science game that explores the effect of air currents on a lightweight bug, and throws in a little measurement as well. In case we forgot to mention it, it's also worth an afternoon of good fun, too.

You Will Need: Black or white "dot" stickers (available at office supply stores) Plain red or black drinking straws (no bends) 2 pieces of smooth string, at least 10 feet long Black pipe cleaners, Scissors, Glue stick

Start by cutting out two ladybug bodies in black and two red ladybug bodies. Glue a red body onto each black piece, and then stick the dots on the wings to create a ladybug. Cut a pipe cleaner in half, and then, in turn, bend each piece in half and poke the ends up through the ladybug's head to make antennae.

Now cut a 3" section of straw, and glue it onto the bottom of the ladybug with strong craft glue.

While the ladybug racing rig is drying, take out the two pieces of string. Attach each one to a table leg or a chair. Use a yardstick to measure 20 5" intervals (a total of 100 inches), and mark them clearly with a sharpie pen. Once the ladybug is dry, run the string through the straw and attach the other end to a chair or table to make a nice firm tightrope ride.

Time to play! For most early learners, the first impulse will be to grab the bug and push. But now's the time for your young scientist to practice a little physical science. Have him stand just behind the bug and blow, using air pressure to send it along the string. How far can the bug go in one breath? Two? Three? Kids can measure exact inches—and practice counting by fives—as they try to be the first to move the ladybug 100 inches down the line.

COLOR SWIRL

Place milk in a shallow dish. Add a few drops of food coloring and a small amount of liquid dish detergent. The colors will begin to swirl. Once the swirling colors slow down, add more soap.

REALLY LOUD FIREWORKS

Tape large sheets of bubble wrap to the floor. Talk with the children about how fireworks are very, very loud. Continue the activity by having the children roll over the bubble wrap, walk on it, jump on it. The noise it makes sounds just like fireworks!!

MUSIC

WAY UP IN THE SKY

(sung to "Row, Row, Row Your Boat")

Wave, wave, wave the flag,

Hold it very high.

Watch the colors gently wave,

Way up in the sky.

March, march, march around,

Hold the flag up high.

Wave, wave, wave the flag,

Way up in the sky.

ON INDEPENDENCE DAY

(sung to "Mary Had a Little Lamb")

Fireworks go snap, snap, snap!

Crack, crack, crack!

Zap, zap, zap!

Fireworks make me clap, clap, clap

ON INDEPENDENCE DAY

(Sung to the tune of "I'm A Little Teapot")

I'm a little firework

Up in the sky.

I dance and I shimmer

Way up, up high.

Sometimes I'm red.

Sometimes I'm blue.

But I always sparkle

Just for you.

I'm a little firework

Up in the sky.

I dance and I shimmer

Way up, up high.

CIRCLE TIME

PARADE

What is the 4th of July without a parade. Children can glue, paint, collage or even color on white paper plates. When children are done, fold plate in half and put beans or whatever makes noise inside of plate, staple shut leaving a small opening at bottom to put streamers in so they hang out, staple closed. Children can go on a parade with their "shakers" they have just made. This is a lot of fun. Try it!

FLAG FENCE

Children thread red, white and blue streamers through the chain link fence to make a flag.

TEACHING COLORS

For the 4th of July in my preschool class's sensory table we use a lot of rice. But for this special occasion. I had 2 big Ziploc bags of rice and in each of them I put in about 10-15 drops of blue food coloring in one bag, red coloring in the other and add plain white rice to the sensory table after. It is a great way to teach the children about the colors of the flag.

PATRIOTIC BEADS

Gather several packages of red, white, and blue beads and white pipe cleaners. Make a few example patterns with the beads on the pipe cleaners. Set the remaining beads and pipe cleaners on a table and allow the children to copy any of the patterns on their own pipe cleaners. Watch young children closely, beads could present choking hazard.

LIVING FLAG

If you have enough children in your group, make a living flag! Provide coverings and or paper for each child in red, white or blue (white or red towels for those in the stripes, white construction paper stars, blue sheets for those in the field of blue, etc.) Arrange the children in a rectangular shape, give the child his/her appropriate color and have each hold the colors so both the colors and the children's faces can be seen. Have someone take several photographs. Provide a copy of the photo for each child. An alternative to holding paper or towels is to have each child wear an appropriately colored paper hat.

SAFE SPARKLERS

Children love to dance around with sparklers on the Forth of July but it is dangerous. Develop safe sparklers for 3-4 year old classes. Materials: Plastic Straws, Curling ribbon in red, white, and blue, and either star garland or metallic pipe cleaners. Take the pipe cleaners or garland and bend it in half (no sharp wire edges will be exposed). On the open side, tape differing lengths of curling ribbon. Place the taped end into the straw. Turn down the lights and watch the sparks fly as the children wave their "sparklers".

FOOD PREP

FOURTH OF JULY FRUIT SALAD

Bananas, strawberries, blue grapes (or blueberries) You may let the children assist with washing the fruit and cutting the fruit into slices with plastic knives. They helped to mix it all together in a large bowl and spoon it into individual paper plates. You may add cool whip.

4TH OF JULY FRUIT CUPS

Blueberries, Strawberries, Vanilla yogurt, Clear plastic cups
Have children place one layer (one scoop) of blueberries into their cup.
Then 2 scoops of yogurt.
Then 1 scoop of sliced strawberries.
Then one more scoop of yogurt.

It is great to include the children in the preparation of the fruit from washing it, slicing it (if appropriate for your children) and pouring it into bowls.

GRAHAM CRACKERS FLAGS

Gather a few packages of graham crackers, white frosting, ice cream sticks, small paper cups, and red white and blue food coloring. Give each child 3 paper cups with a tablespoon of frosting inside each cup. Drop food coloring in each cup 1 red 1 blue 1 white. Give each child a ice cream stick and instruct them to mix the food coloring into each cup. Then allow to design flag using the frosting on the cracker.

COOL-WHIP

Make each package of Jell-O using Jigglers recipe, separately for each color. To set, pour into 9"x13" cake pans. When firmly set, cut Jell-O into 1/2" to 1" cubes. Let children scoop a layer of blue Jell-O into their cup, then a spoonful of cool-whip, followed by a layer of red Jell-O. Top with additional cool-whip. Enjoy!

FIRECRACKER POPSICLES

In small bathroom cups, pour in red fruit punch to fill cup to 1/3. Freeze. Pour lemonade to fill middle 1/3. Freeze. Pour blue Gatorade to fill last part and partly freeze. Before totally frozen, insert a piece of licorice (red) to be the wick of the firecracker!
Dip cups in warm water to release it from the cup.
Keep cups- kids can keep it in there when eating it.