



Children's
FRIEND

Summer 2010

Children's Friend Family Newsletter



Super

Summer

Issue

In This Issue

Summer is a fun time of year, but it can also be challenging. Some children are home all day and it can be hard to find **inexpensive** and **fun things** to do to keep them busy.

We've come up with a great list of **free things to do** with your children all over Rhode Island. Some of these ideas are simple, like picnics in the park. Some of them are so cool, it's hard to believe they're free!

In this issue of the Children's Friend Family Newsletter, you'll also find **great summer safety tips**. We've included information about how much water children should be drinking when it's hot out, how to **protect them from sunburn**, what to do about bug bites and stings and a whole lot more.

For even more summer fun, get creative! Read a **favorite book** from your childhood to your children. Help them to **write a story** about what they like best about summer. Teach your children **how to cook** something. Draw and **paint pictures** with your children. Help them **grow a garden**. (Even if you don't have a backyard, you can plant things in containers around your house.)

Help your child make things with **mache** or **home made clay**. (See **paper** page 4 for home made clay and paper mache recipes)

If you run out of ideas, go to the library! There are **ten public libraries in Providence** alone. And libraries aren't just for books anymore.

Libraries have **movies and music** that you can borrow. They have **free internet** access that you can use to find great ideas and lots more fun things to do. They also have **free summer activities** and events just for children.

And of course...they still have books! Your children can read **books, comic books** and **magazines** about anything in the world. You and your children can read books about new games to play, things to make, and things to do.

If you're not sure where to find something, or even exactly what you're looking for, **ask the librarian!** They **love books**, and they love to help people find the books they will love.

We're hoping that you get a lot out of our **Super Summer Issue**. We want you to keep it all summer long. Use it as your **guide to fun and safety**. If you lose it, or you want another copy for a friend, ask your worker or stop by a Children's Friend office to get another.

We want you and your children to have the best summer ever!



Free Summer Fun!

Roger Williams Park Zoo has free admission the first Saturday of the month for Providence residents.

The Providence Children's Museum offers free admission on Fridays after 5pm during July and August.

Slater Park offers **Daggett Farm** and other activities.

Borders Books has free story time events. Call your local Borders to find out when their storytime takes place.

Fly a kite at **Brenton State** park along Ocean Drive in Newport.

Visit the window displays outside **Big Nazo Lab**. Located in Downtown Providence (corner of Eddy/Fulton Street).

Take a photo in front of the Mr. Potato Head sculpture located outside the **Hasbro Toy** headquarters in Pawtucket.

Listen to concerts at **Waterplace Park** in downtown Providence.

Go for a ride on the **East Bay bike path** from Providence to Bristol.

Take a hike. Choose from over a dozen **Audubon wildlife** refuges trails in Rhode Island.

Experience **Waterfire**. Get there just before sunset to watch the bonfires being lit.

Have a picnic at **Roger W. Wheeler State Beach** in Narragansett at sunset. (Free after 5pm)

Visit **Kenyon's Grist Mill** in Usquepaug, RI.

See **Shakespeare in the Park** in Wilcox Park in Westerly.

Visit a former military fort at **Fort Wetherill State Park** in Jamestown.



Check out the tide pools at **Beavertail State Park** in Jamestown.

Take a hike up the ski lift at **Diamond Hill Park** in Cumberland.

Attend a **PawSox youth clinic** before the Red Sox minor league baseball team's game.

Watch children's films at **Cinemaworld** in Lincoln every morning at 10AM, all summer long.

Watch **Movies on the Block** outside every Thursday evening (June-September) in downtown Providence at the corner of Westminster and Union Streets.

Visit the **Chapel-By-The-Sea** in Colt State Park in Bristol.

Stroll the **Cliff Walk** in Newport and gaze at the mansions.

Take a walk through **Swan Point Cemetery** in Providence, and find the resting place of science fiction pioneer H. P. Lovecraft.

Visit the shops, feed the animals, and picnic at the **Fantastic Umbrella Factory** in Charlestown.

Go fishing at **Sabin Point Park** in East Providence.

Take a bike ride along the **Blackstone River Bikeway** (currently 10 miles from Providence to Cumberland).

Catch the view of downtown Providence from **Prospect Terrace Park**.

Visit the **tiny pirate playground** in Warren.

See the ceramic mural and play at **India Point Park** in Providence.

Visit **Dexter Park** located at the Cranston Armory.

Visit the **imPossible Dream Playground** in Warwick.

Visit **RISD Museum of Art** the last Saturday of the month for Free-For-All Saturday.

Attend story hour at **Books on The Square** in Providence.

How can you get there?

If you don't have a car, try the RIPTA buses and trolleys. Bus and trolley fair is \$1.75 per person, and children less than five years old ride for free with an adult.

On days that are extremely hot or have poor air quality, RIPTA buses and trolleys are completely FREE!

To find out about free days, check out the RIPTA website at www.ripta.com or call 401-781-9400.

P.S. Did you know RIPTA has bus schedules you can bookmark on your cell phone? AND a google trip planner to help you get exactly where you want to go.

Things You can Make At Home

* Paper Mache Recipe

Materials required: One cup flour, five cups water, one tablespoon salt, newspaper

Preparation: Add one cup of the flour to five cups of the water in a pan. Boil the mixture and simmer it for 3 minutes. Add one tablespoon of salt to the mixture and let it cool down. Dip the newspaper strips in the mixture.

* No Fuss Play Dough

1 cup cold water
1 cup salt
2 teaspoons vegetable oil
2 cups flour
2 tablespoons cornstarch
Food coloring

In a large bowl, mix together water, salt, oil and a few drops of food coloring. Mix flour and cornstarch and add 1/2 cup at a time, stirring constantly (you may need a little more or a little less than 2 cups flour so make sure you stir in until it is the right consistency). Knead for a few minutes with flour on your hands.

* Tasty, Edible Clay (great for birthday parties!)

1 c. peanut butter
1 c. corn syrup
1 1/4 c. powdered sugar
1 1/4 c. powdered milk

Mix above ingredients to good consistency for sculpting figures. Gobble up!!



Summer Safety Tips

Sun Safety for Babies under 6 months:

To prevent sunburn, avoid too much time in the sun and dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck. Parents can apply a **small** amount of sunscreen with a 15 SPF to small areas, such as the infant's face and the back of the hands.

Sun Safety for Older Children:

The best defense against the sun is covering up. A hat with a three-inch brim facing forward, sunglasses, and cotton clothing with a tight weave work great.



Stay in the shade when possible, and limit sun exposure during 10 a.m. and 4 p.m. when the sun is strongest.

On both sunny and cloudy days use a sunscreen with an SPF of 15 or greater that protects against UVB and UVA rays.

Be sure to apply enough sunscreen - about one ounce per child.

Reapply sunscreen every two hours, or after swimming or sweating.

Use extra caution near water and sand as they reflect sun and may result in sunburn more quickly.

Heat stress in exercising children:

Activities that last 15 minutes or more should be reduced whenever heat and humidity reach high levels.

Before activity, children should be given plenty of water. During activity, children should have a glass of cold water every 20 minutes, even if the child does not feel thirsty.

Clothing should be light-colored and lightweight and limited to one layer.

Practices and games played in the heat should be short with lots of water breaks.

Pool safety:

Never leave children alone in or near the pool, even for a moment.

Keep rescue equipment (a shepherd's hook - a long pole with a hook on the end - and life preserver) and a portable telephone near the pool.

Avoid inflatable swimming aids such as "floaties." They are not a substitute for approved life vests and can give children a false sense of security.

Children age 4 and older should be taught to swim.

Whenever infants or toddlers are in or around water, an adult should be within arm's length, providing "touch supervision."

Suction from pool and spa drains can trap a child underwater. Do not use a pool or spa if there are broken or missing drain covers. Ask your pool operator if your pool or spa's drains are compliant with the Pool and Spa Safety Act.

Large inflatable above-ground pools have become popular for backyard use. Children may fall in if they lean against the soft side of an inflatable pool.

Bug safety:

Don't use scented soaps, perfumes or hair sprays on your child.

Avoid places where insects nest or congregate, like stagnant pools of water, uncovered foods and gardens where flowers are in bloom.

To remove a stinger from skin, gently back it out by scraping it off horizontally with a credit card or your fingernail.

For itchy bug bites, make a paste with baking soda and water, not only will it help the itching, but if your infant or child licks or eats it, it's non-toxic.

Easy At Home Sunburn Help

Baking soda in a cool bath soothes sunburns.

Aloe juice helps too. You can buy aloe plants at garden centers at Wal-Mart or Home Depot, or find them in the produce section of super markets.

Break open the leaves and squeeze a little. Put the juice on sunburns to make them feel better.