



Monday through Friday  
8:30 am to 4:30 pm  
All children 6 months to  
11 years old

# Good Health

April/May 2017



universitycommunitychildcare.org



Phone ahead: 515-294-3333

## 10 Things Every Parent Should Know about Play by Laurel Bongiorno NAEYC For Families

1. Children learn through their play. Children learn and develop cognitive skills like math and problem solving in a pretend grocery store and physical abilities like balancing blocks and running on the playground.
2. Play is healthy. Play helps children grow strong and healthy. It counteracts obesity issues facing kids today.
3. Play reduces stress. It provides an outlet for anxiety and stress.
4. Play is more than meets the eye. Play is simple and complex.
5. Make time for play. As parents, you can make sure kids have as much time to play as possible during the day to promote cognitive, language, physical, social and emotional development.
6. Play and learning go hand-in-hand. They are intertwined. Think about them as a science lecture with a lab. Play is the child's lab.
7. Play outside. Make sure your children create outdoor memories.
8. There's a lot to learn about play. There is a lot written on children and play. David Elkind's The Power of Play is a great resource.
9. Trust your own playful instincts. Give your child time for play and see all they are capable of when given the chance.
10. Play is a child's context for learning. Play provides rich learning opportunities and leads to success and self-esteem.

## The Comfort Zone is Closing for the Summer

The Comfort Zone closes for the summer after the ISU spring semester ends. **Friday, May 5, 2017** will be our last day open. We will open again on **Friday, September 1, 2017**. We wish you a happy, healthy summer!

*Most kids rack up a lot of their lifetime sun exposure before age 18, so it's important that parents teach their children how to enjoy fun in the sun safely. With the right precautions, you can greatly reduce your child's chance of developing skin cancer.*

*Mosquitoes can carry many diseases but only 29 % of people say they fear mosquitoes for health reasons. The use of DEET or picaridin are effective as insect repellents. The U.S. (EPA) has concluded that when these products are used according to the instructions on their labels, they are safe for both adults and children.*



Story County Iowa



**Thank You!**

Thank you to all our sponsors: Iowa State University, University Community Childcare, ISU Government of the Student Body, Story County, United Way of Story County, and City of Ames.

# We our corner window.

The window in the corner of the north side of The Comfort Zone can be a comforting place to sit when you're sad about being in a new place or you are waiting for your mom or dad to come and take you home. It looks out onto the parking lot and it's a nice place to read books or play with toys.



## Healthy, Fit Families NAEYC for families <http://families.naeyc.org/article/healthy-fit-families>

Here are some suggestions to encourage children to eat nutritious foods and exercise every day.

- Follow nutrition guidelines for children under 6. Some snack and meal ideas can be found at <http://whatscooking.fns.usda.gov/search/solr-results>
- Eat meals together. You can model good eating habits and enjoy time together.
- Steer your child toward healthier choices at fast food restaurants. Look for salads, sliced apples, low-fat milk, and baby carrots.
- Offer fun, healthy snacks (fresh fruit skewer, vegetables and dip).
- Teach your child to listen to their stomach. It takes 15-20 minutes after eating to know if you really are hungry for more.
- Plan a taste testing event. Vote on new, healthy foods to incorporate into your regular meals.
- Give hugs and kisses—not food—for comfort and encouragement.
- Limit your child's screen time. Spend time together walking, biking or playing ball.
- Walk instead of driving to nearby places.

**Files can be updated  
anytime over the summer**

**Fax to 515-294-7156**

**Attention: The Comfort  
Zone**



### How did using The Comfort Zone make a difference to your family?

- Relieved a ton of stress knowing we had a reliable daycare provider while our daughter is sick
- It gave me peace of mind. I was able to complete my day knowing my son was taken care of.
- This was a huge help to us! Thank you!
- Prevented my grades from suffering.
- It is so great to have a wonderful place to bring my daughter.