

# Families Matter!



## Treating Bee Stings

Typically, bees are not aggressive creatures. Their stingers are for defense, not attack. Honeybees die when they sting. Preventing stings is the best thing to do. Traditional insect repellents are of no use in preventing bee stings. Effective prevention means not attracting bees and not frightening them if they are present. To avoid attracting bees, try the following:

- Avoid fragrances, including hair spray, scented soaps, lotions, and oils. Bees are attracted to sweet scents
- Don't wear brightly colored clothing, particularly floral patterns
- Be very careful with food. Cans of soda are notorious: Bees climb in unobserved, and are frightened into stinging when someone drinks.

If one is stung, the wound can be treated in the following ways:

- Remove the stinger quickly. If you see a little black dot in the wound, part of the stinger is still present.
- Clean the area with soap and water.
- Consider applying an antiperspirant to the site. An ingredient called aluminum chlorohydrate may reduce the effect of bee venom
- Use ice or cool water for 10-30 minutes after the sting. This blunts the body's allergic response
- An antihistamine such as Benadryl, can give some added relief. For young children check with your doctor first.
- A lotion such as calamine can be helpful. A paste made of baking soda and water can have a similar effect.
- Topical hydrocortisone can also provide some symptomatic relief.

Diana Mcpeek, EHS Health Manager

*How to Spend Time with Your Family*

*Spending time with family helps build the bonds of relationships while incorporating family fun.*

*The following steps will help create enjoyable family time.*

- 1. Set aside a specific time for family time. Mark the date and time on the calendar and make this a priority.*
- 2. Decide on what activities you would like to share with your family. Set out games, if that is what you decide to do.*
- 3. Reading aloud maybe old-fashioned but it is still an enjoyable activity shared*
- 4. Plan a sports outing. Plan to attend a football or basketball game.*
- 5. Go camping or hiking. Both activities are relatively inexpensive and promote bonding.*
- 6. Bake or cook together. Sharing time in the kitchen not only promotes family togetherness but teaches a needed skill*
- 7. Take opportunities when they appear. Going for a walk or returning a movie or just taking a drive as a family.*  
<http://www.wikihow.com>

Fremont County Family Center  
1333 Elm St  
Canon City, CO 81212  
(719) 269-1523

Non Profit Organization  
U.S. Postage Paid  
Canon City, CO  
Permit No. 16

### SCHEDULE OF REGULAR EVENTS

*(Please call the Family Center for information about special events!)*

Toddler/Preschool Playgroup  
10:00-11:00a.m. Tue. & Thurs.

Car Seat Check-1<sup>st</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Thursday  
2-4PM

Looking for Childcare?

License Childcare  
Referrals 296-6118

With a heavy heart we want the community to know Lisa Bilger, Director of Spin Preschool passed away on July 14<sup>th</sup>. This is a huge loss for our community. Vonnie McBeth is now the Director. She has been with the program for many years and is very familiar with enrollment and running a high quality childcare center.



**PEE WEE ARTS BEAT**

**Sept-May**

**3-5 years old accompanied by an Adult**

**10:00-11:00 AM,**

**STORY TIME**

**MUSIC ART**

**Fremont Center for The Arts  
505 Macon Canon City**

**719-275-2790**

**starpoint**

enriching lives....realizing dreams/

Website: [www.starpointco.com](http://www.starpointco.com)



#### Play Dough Recipe For Toddlers

Edible Instant Potato Dough

#### Ingredients

1 cup boiling water

1 1/2 cups instant mashed potatoes

Food coloring (optional)

#### Directions

1. Put instant potatoes in a mixing bowl
2. Pour boiling water into bowl and stir well.
3. Add food coloring, if desired.
4. Pour mixture out onto a clean, smooth surface and knead until it forms a soft, pliable dough.

Add more potatoes or water to get desired consistency

FUN, FUN, FUN



CHP+ is low-cost health insurance for Colorado children and pregnant women, Starpoint's FCFC is now a Certified Application Assistant Site so call us if you have any questions!!  
719-269-1523