

# Families Matter!

## SUN SAFETY

### Sun Protection for Children....

Why protect against the sun? In the past, sun exposure was thought to be a healthy benefit of outdoor activity. Modern scientific information, however, has shown many unhealthy effects of sun exposure, such as early aging of the skin and skin cancer.

### When should sun protection begin?

Sun protection should begin in infancy and continue throughout life. It is estimated that we get about 80% of our total lifetime sun exposure in the first 18 years of life. Therefore, sun prevention in childhood is very important to prevent skin cancer later in life.

### How can I protect my children from the sun?

Begin NOW to teach your children to follow the "ABCs for FUN in the SUN."

A=AWAY. Stay away from the sun in the  
Middle of the day.

B=BLOCK. Use SPF 30 or higher

C=COVER UP. Wear a T-shirt & hat

S=SPEAK OUT. Talk to family & Friends

### What should be avoided?

Stay AWAY from Midday sun and its intense rays. Schedule play times and outdoor activities before 10 a.m. and after 4 p.m.

The sun's damaging effects are increased by reflection from water, white sand, and snow. Avoid long periods of direct sun exposure. Sit or play in the shade, especially when your shadow is shorter than you are tall.

Avoid sunburn. Be aware of the length of time you are in the sun. It may take only 15 minutes of midday summer sun to burn a fair-skinned person. How can sun damage be blocked?

BLOCK sun damage by applying a broad-spectrum UVA and UVB sunscreen lotion, gel or sunstick with an SPF of 30 or higher and reapply approximately every two hours, even on cloudy days. If swimming or participating in intense physical activity, sunscreen may need to be applied more often.

Apply as much sunscreen as you would a lotion for dry skin. Spread it evenly over all uncovered skin, including ears and lips, but avoid the eyelids. Apply sunscreen about 30 minutes before sun exposure. Re-apply approximately after swimming or excessive sweating.

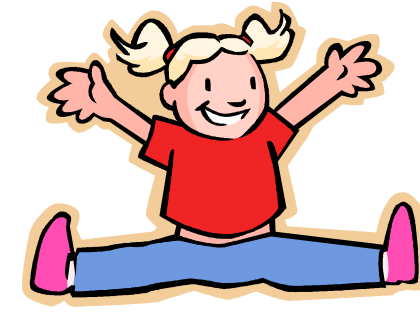
Diana Mcpeek, EHS Health Manager

## GET OUTSIDE AND PLAY

### OBSTACLE COURSE

#### A Terrific Form of Exercise

1. Walking or hopping along a winding garden hose
  2. Crawling under lawn chairs
  3. Balancing along a string
  4. Walking with a ball between your knees
  5. Add an oscillating sprinkler to any of the above.
  6. Add movements like jumping, rolling etc.
- [www.amazingmoms.com](http://www.amazingmoms.com)



## SCHEDULE OF REGULAR EVENTS

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

### Baby playgroup

10:00-11:00 a.m. Tues. & Thurs

Baby playgroup meets two times a week and space is limited to 8 babies per group.

### Toddler/Preschool playgroup

10:00-11:00a.m. Mon, Tue, & Thurs.

Toddler/Preschool playgroup meets 3 times a week with capacity for up to 8 children at each session.

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

2-4PM

### Infant Loss Support Group

6:30-8:00p.m. 4<sup>th</sup> Wednesday

Please RSVP to Fremont County Family Center for childcare for the above listed events, Call 269-1523

Looking for Childcare

License Childcare Referrals  
296-6118

## ECHO

Moved into their new facilities  
in the A.C.C.E.S.S. Center.  
The old Harrison Elementary  
School on Cherry St between  
Diamond and Cottonwood.  
Phone: 719-276-6174  
Address: 490 North Diamond



### Toddler Poem

Two little eyes  
Discovering what's new  
Two little hands  
Touching everything in view  
A sweet little voice  
Asking you why  
A mischievous smile and a  
whimpering cry two little feet  
Jumping on the floor  
A toddler's mission  
Is to explore

Submitted by: Kahtain  
Author: unknown



### Toddler Learning Games

The life of a toddler does not need to be day to day of organized activities, but putting in a good routine can help you and your child. If she knows that Monday you go to the park, on a certain day to toddler playgroup here at the Family Center and on Saturday you have a special breakfast, it will give your child stability and confidence, knowing what is going to happen day to day, but allowing flexibility too!  
www. amazing moms



**starpoint**  
enriching lives....realizing dreams

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

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1401 Oak Creek Grade Rd.  
Canon City, CO 81212  
(719) 269-1523

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