



Special Edition

Parents Newsletter

Resources for parents and child caregivers

RESOURCES IN ASL AND ENGLISH

HOW TO TALK TO YOUR CHILD ABOUT RACIAL INJUSTICE

Need help talking to your kids about racial injustice?

Click [here](#) to see a list, including:

- Resources for Parents and Teachers
- Videos for kids (in ASL)
- Books for kids (English)

You can also visit:



embracerace

embracerace.org/resources/young-kids-racial-injustice



Spring/Summer Car Safety

**What Does
WEATHER-READY look like?**



- Cars get hot!
- Don't leave your child in the car!
- Check car backseat before walking away!

weather.gov



8 WAYS TO KEEP YOUR CHILDREN HYDRATED ALL SUMMER

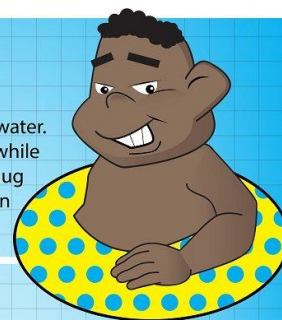
If getting your kids to drink water is a struggle, you're not alone. Get your kids to drink up with these fun tips that can last all summer long!



SUMMER SAFETY TIPS FOR PARENTS & KIDS

Closely supervise

kids while they are near bodies of water. Wear a personal floatation device while boating. Be sure it has a snug fit-snug enough to stop a child's ears of chin from slipping through.



Bike helmets should cover the forehead and sit on the head. Fasten the helmet tight enough that two fingers fit between the chin and the strap.

To remove visible insect stingers, gently back it out by scraping backward.



Avoid contact with poisonous plants like poison ivy by wearing clothing that covers the skin. Treat mild cases of poison ivy with cool showers and oatmeal baths. Seek medical treatment itching and swelling become severe.

Avoid contact when using fireworks. Sparklers and fireworks can reach high temperatures and cause severe injuries.



OPERATION
★ Live Well ★

THINGS TO DO OUTDOORS

Frisbee (Disc) Tic-Tac-Toe

- Frisbees (discs)
 - Shower curtain liner
 - Duct tape
- 1) Make duct tape squares on a shower curtain liner.
 - 2) Use duct tape to mark Xs or Os on Frisbees.
 - 3) Mark a “throw line”. Take turns playing Tic-Tac-Toe.
 - 4) If a Frisbee lands off shower curtain liner, or in a square that has a Frisbee, the player throws again.
 - 5) Whoever gets 3 in a row first, wins.



Create Rock Art

- 1) Go on a rock-hunting adventure.
- 2) Collect rocks of different shapes, sizes, and colors.
- 3) Bring home. Have kids paint them (draw funny faces, different colors, animals, words, etc.)

NOTE: *Want to put them outside?* Use outdoor paint!

DHILS SPECIAL EDITION NEWSLETTERS – PAST ISSUES

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QUESTIONS ABOUT THIS NEWSLETTER?

CONTACT YOUR SKILLS TRAINER WITH ANY QUESTIONS!

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