What is your child’s favorite time of year? I would bet it’s summer!

Our children seem to enjoy summer best…. warmth of the sun, walks, waterplay, playing on the playground, and other outdoor activities such as parks, zoos, ballgames, cookouts, as well as visiting family, friends, vacationing, and eating cool summer treats! Summer offers so much.

It’s like music to their ears!

Summer is also a great time to get our kids moving with music, rhythm and dance.

Inside you will find family-fun places to go with your child this summer and suggestions on making homemade musical instruments. Music, rhythm and dance is nurturing in the growth and development of our children.

Enjoy your child’s favorite time of the year!

On behalf the Rockford iGrow Collaborative and Home Visiting Team -

Happy Summer and Keep ‘em Movin!!

-CBoyd

PLAYGROUND SAFETY

Summer Top Tens

Angel Wolfe - Outstanding Accomplishment

Music to their Ears

Keep ‘em Movin!!

Playing with instruments helps kids learn about rhythm and sounds. Make instruments using everyday objects to accompany songs.

• An empty oatmeal or plastic container makes a great drum.
• A paper-towel roll can become a horn.
• Chopsticks can be used as rhythm sticks.
• Keys on a keychain can be used as jingle bells.
• A plastic spoon and a table can become a miniature drum set.

Source: Sesame Street

Building strong foundations for families in our community
More than 200,000 children are taken to the emergency room each year as a result of playground related injuries. Head and face injuries are most common in children under 4 years old.

Playground injuries are preventable. These are a few of the SAFE Model guidelines when your children are playing on playgrounds.

**S** - Supervise and Survey. Children need to be seen and visible in crawl spaces. Rules should be posted. Survey by looking for broken glass, sharp objects.

**A** - Age appropriate Equipment. For 2-5 year olds consider activity panels, tot swings, small slides and lower platforms.

**F** - Fall to safe surfaces. Surfacing must be provided under all equipment, and there must be at least a 6 ft fall zone around all equipment.

**E** - Equipment Maintenance. Check to make sure equipment is anchored safely into the ground, well maintained, free of broken parts, has no noticeable gaps less than 3 1/2 inches or more than 9 inches.

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**Top 10 Healthy Summer Foods for Children**

1. **Nachos & Quesadillas** - Start with whole-wheat chips and tortillas for extra fiber, then add your favorite toppings.

2. **Hamburgers & Hot dogs** - Try light and reduced-fat hot dogs, including chicken and turkey dogs.

3. **Ice Cream** - Fudgesicles now come in fat-free or low-fat, and no SUGAR.

4. **Frozen Yogurt** - Read labels. Some have more sugar than low-fat ice cream.

5. **Waffles & Pancakes** - This is the classic breakfast fun-food for kids.

6. **Marshmallows** - To giving them a nutrition boost. Try skewering marshmallows with strawberries and other fruit.

7. **Popcorn** - Air-popping popcorn is your healthiest option.

8. **Watermelon** - Watermelon is 92% water and 8% sugar, and a favorite sweet treat for kids.

9. **Modifying Anything Sweet** - Lighten up cake and brownie mixes by replacing oil with half oil and half apple sauce (or another fruit puree).

10. **Thirst Quenchers** - Share those huge lemonades -- divide it in cups. Dilute with a bit with water.

Source: WebMD

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**Top 10 tips for dressing your Toddler for Summer**

1. Choose light weight cotton fabrics.

2. Go for sun-blocking clothes (like swim shirts which are SPF 50).

3. Layer on sunblock.

4. Lighten up: go sleeveless, pull-on shorts.

5. Embrace their nudist streak (indoors).

6. Include a wide brimmed hat / bonnet.

7. Wear sunglasses.

8. Pick smart sandals

9. Prepare for the pond.

10. Choose the perfect summer weight pajamas.

Source: Mom365

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*Summer* - A popular name for Girls!
Angel Wolfe has participated in the Easter Seals’ Teen Support Program for a year. Recently, she graduated from Honnonegah High School and received the Presidential Outstanding Academic Achievement Award. During her senior year, Angel gave birth to a beautiful daughter Hazelyn (soon to be 8 months), while working part-time.

As a first time mom, Angel credits Easter Seals and her Family Support Worker for guidance and support. “Having the Easter Seals Program and my Family Support Worker has helped guide me during my pregnancy, and during the early beginnings of my daughter’s life. This has been an awesome and very privileged experience. I am so beyond grateful and impressed at how good and helpful this program is”.

Angel is focused on raising, loving and teaching her daughter Hazelyn who is reaching developmental milestones for her age.

Angel, a talented and amazing Mom, plans to attend Rock Valley College in the fall of this year.

We think Angel has a bright and successful future ahead.

Congratulations Angel on your Outstanding Accomplishment!!!

Music has a power that goes beyond words. The sharing of music builds connections between a parent and child as sounds and rhythms surround the child in a world of sensations and feelings. Music offers joyful and rewarding learning experiences and nurtures a child’s imagination and creativity.

Music introduces children to the sounds and meanings of words and helps strengthen memory skills. Alphabet and number songs like, “This Old Man” help children remember letter and number sequences.

**Bonding with your child through Music**
- Studies show that babies prefer the their parents’ voice over anyone else,
- Dance with your child. Play with musical objects—even a rattle and dance to the rhythm.

**Learning through Melodies and Movement**
- Music and dance go hand-in-hand. Dance with your child to a favorite recording.
- Make it more interesting by changing your movement when the music changes.

**Music Creativity Connection**
- Have props to encourage creative movement, like scarves and batons.
- Music can be a good way to draw out the feelings of children. If they’re angry, they can let off steam by doing a “Let Me Show You How Mad I Am” dance, complete with whoops, hollers and stombs.

*Source: Zero to Three

“Where words fail, music speaks” - Hans Christian Anderson
This program was made possible by the Patient Protection and Affordable Care Act of 2010 which authorizes the creation of the Maternal Infant Early Childhood Education Home Visiting (MIECHV) Program. Winnebago County Health Department serves as the lead agency. The program is carried out in conjunction with four Rockford home visiting partnering agencies, (listed below), in addition to the Governor's Office of Early Childhood Development, IL Department of Human Services, and the State of Illinois.

### iGrow Rockford Collaborative - Home Visiting Agencies

#### Easter Seals Metropolitan
- Chicago - Rockford Region
- 815-965-5069 x 1233

#### Rockford Public Schools District#205
- Early Childhood Program
- 815-967-8030

#### City of Rockford Early Head Start
- 770-348-7169

#### LaVoz Latina Resource Center
- 815-965-5784

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Riverfront Museum Park  
www.riverfronthistory.org

Klehm Aboretum and Botanic Garden  
www.klehm.org

Burpee Museum of Natural History  
www.burpee.org

Discovery Center Museum  
www.discoverycentermuseum.org

Sinnissippi Park Music Shell  
www.riverparkdistrict.org

Starlight Theatre at Rock Valley College  
www.rockvalleycollege.edu

SmartypARTS Rockford  
www.smartypantsrockford.com

Rockford Arts Council  
www.artsthereforeveryone.com

Children’s Theatre Project  
www.ctpytp.com

Forest City Queen Riverboat  
www.riverboat.org

Carlson Ice Arena & Sapora Playground  
www.rockfordparkdistrict.org

Forest Preserve of Winnebago County  
www.winnebagoforest.org

Lockwood Park Trailside Equestrian and Children’s Farm  
www.lockwoodpark.org

Magic Waters Park  
www.magicwaterspark.com

Rockford Aviators Professional Baseball  
www.rockfordaviators.com

Nickel World  
www.nickelworld.com

Midway Village Museum  
www.mvwb.org

Monkey Joe’s Parties & Play  
www.monkeyjoes.com

Rockford Ice Hogs Pro Hockey  
www.icehogs.com

Skateland  
www.skatelandrocks.com

Rockford Park District  
www.rockfordparkdistrict.org

Gymnastic Academy South Trampoline Park  
www.garsouth.com

Rockford Public Library  
www.rockfordpubliclibrary.org

Trolley Car 36 at Riverview Park  
www.riverviewpark.org

Volcano Falls Adventure Park  
www.volcanofalls.com

YMCA  
www.ymcaic.org

Slide the City (Coming September)  
www.slidecity.com

Coral Cove Family Fun Center  
www.coralcoveffc.com

Park Lanes Bowling Center  
www.parklanesbowl.com

Anderson Japanese Gardens  
www.andersonjapanesegardens.org

Artist Ensemble Theatre (Clark Arts Center - Rockford University)  
www.artistensemble.org

Coronado Performing Arts Center  
www.coronadopac.org

Coco Key Water Resort  
www.cocokeyrockford.com