

Special Edition: JUNE 2021

# Preschool to Patriot Press

The Lincoln County Early Childhood Newsletter

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[www.lincoln.kyschools.us/o/lcearlychildhood](http://www.lincoln.kyschools.us/o/lcearlychildhood)

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## *A Special Visitor*



The Stanford Early Childhood Center had a special visitor on Thursday, May 20th. The Kentucky State Police brought "May", a two-year-old black Labrador to school. May is KSP's newest member and serves as a canine detective at ICAC (Internet Crimes Against Children). Early Head Start and Preschool children enjoyed a story read by the State Police, as well as petting May and taking pictures with her. May also had a good time making new friends!





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## Tie-dye Fun!

Students at Highland Elementary  
made tie dye shirts  
to wear on Field Day.  
The 5<sup>th</sup> graders helped  
our preschool students with  
this fun process!





## More 'End of the Year' Fun at Highland!



Highland Preschool Graduation



Water Day



BUTTERFLY GARDEN FUN





# Water Day at Stanford Early Childhood Center



A big THANK YOU to the Fire Department for coming out! The kids had such a great time! 😊





## Waynesburg's Water Day





# Fun Times at Crab Orchard!



LAST DAY OF SCHOOL





# Hustonville





# Dental Kits



Lincoln County Early Childhood would like to give a  
**GREAT BIG THANK YOU** to:

**CEDAR CREEK DENTAL**

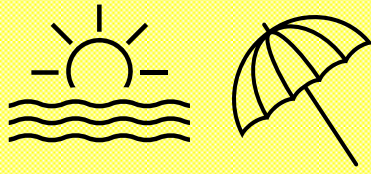
and

**Dr. Lair's Office**

Thanks to their generous donations, we were able to send all of our kiddos home with a free Dental Kit, including a toothbrush, toothpaste, & an informational brochure about dental health.







**Summer time is here and we hope everyone has a FUN and SAFE break!!! Check out the following pages for some great Sun Safety and Water Safety tips for everyone!**



## SUN SAFETY:

### USE SUNSCREEN

Children need protection from the sun's harmful ultraviolet (UV) rays when they are outdoors. Shade and sunscreen protect children from sun exposure and can help to reduce the risk of some skin cancers.

According to the Centers for Disease Control and Prevention (CDC), even a few major sunburns can increase the risk of skin cancer later in life. The American Academy of Pediatrics recommends the following guidelines regarding sun safety and the selection and application of sunscreen:

- If possible, use play areas that provide some shade to help children stay cool.
- Protect infants under 6 months from direct sunlight by keeping them in a shady spot under a tree, umbrella, or stroller canopy.
- Limit children's sun exposure between 10 a.m. and 4 p.m. when UV rays are the strongest.
- Dress children in cool clothing such as lightweight cotton pants and long-sleeved shirts. A hat will protect their face, ears, and the back of their neck.
- Use a sunscreen with an SPF (sun protection factor) of at least 15. Choose a "broad-spectrum" sunscreen to screen out both UVB and UVA rays.
- Apply sunscreen at least 30 minutes before going outdoors so it is absorbed into the skin. It will need to be reapplied every two hours if children are outside for more than an hour, and more frequently if they are playing in water.
- For children older than 6 months, apply sunscreen to all exposed areas, including children's ears if they are wearing a cap instead of a hat.
- For children younger than 6 months, use sunscreen on small areas of the body, such as the face and the backs of the hands if protective clothing and shade are not available.

### HYDRATION

Toddlers and preschool children cannot regulate their body temperatures as well as adults and need additional water when the weather is hot. Provide regularly scheduled water breaks to encourage all children to drink during active play, even if they don't feel thirsty. Fluoridated water (bottled or from the faucet) is the best drink choice for young children in between meals. For infants younger than six months of age, breast milk or formula should be given.

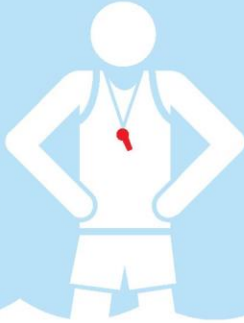




**American  
Red Cross**

# Water Safety Tips

Swim in  
designated  
areas  
supervised  
by lifeguards.



Always swim  
with a buddy.



If you go boating,  
wear a life jacket!



Install and use barriers around  
your home pool or hot tub.



Actively supervise  
children whenever  
around the water.



Always stay within  
arm's reach of young  
children and avoid  
distractions.



Reach or throw  
aid to distressed  
swimmers – don't go!

Keep toys not  
in use away  
from the pool  
and out of sight.



Be water smart! Learn how at [redcross.org/watersafety](https://www.redcross.org/watersafety)