



"STARS on the Internet"



Summer Newsletter 2010

Summer Bumps & Boo-Boos

Summer equals active play! Children tend to get outdoor more often and rightfully so in the beautiful Northwest. Along with the fresh air and exercise come a flurry of minor injuries. Be it bumps, falls, or scraped knees. If you care for children you need to take a look in your current first aid kit. Now is the time up date and refresh all the supplies. It is also a good idea to have a mini-kit in a fanny pack or handbag to take along on walks & field trips. Here is a good list for a traveling kit: :

- Box of assorted sizes of adhesive bandages
- 1" bandage
- 2" bandage
- Package of sterile gauze
- Sterile non-stick bandages
- Ipecac syrup
- Anti-biotic ointment
- Ace wrap (elastic bandage)
- Small sharp scissors
- Tweezers
- Adhesive tape
- Hydrocortisone cream

Our Business History:

"STARS on the Internet" began in 1999. We were one of the first groups to go through the STARS Training the Trainer program. We were the very first Internet STARS training program available in Washington state. We worked closely with WAEYC & STARS to develop courses that would improve the level of Child Care in the State of Washington, while being offered on line.

Each year we have increased our class offerings by developing and setting up new courses that are of interest to Child Care Providers and that are within the STARS guidelines. At the end of every class students are

- Benadryl cream or antibiotic ointment
- Disposable instant cold pack
- Alcohol swabs
- Plastic gloves
- Sun screen
- Emergency phone numbers (doctor, hospital, and poison control)

As children get out and are exposed to more people they are also exposed to more germs. Summer sicknesses can be very difficult to manage as children do not want to rest.

"STARS on the Internet" has a new class all about Administering Medications to children. It is called "Medication Safety for Children" It is a great new class for the summer mishaps & illnesses. Get more information at: www.starsclasses.com

Summer Fun Activity Ideas:

- A real fish shirt: This sounds a bit strange but the effect is very cool!
You'll Need:
 1 whole Fish- from the market or even a fishing trip. A plastic fish will do but won't have the detail.
 Fabric paint of various colors
 Paint roller
 white or light colored shirt
First: RINSE the fish & dry with a paper towel. Then apply the fabric paint with as much creative flair as you can muster using the roller

asked to evaluate and give suggestions for new classes.

If you have a topic of interest and would like to see a class developed please contact us by e-mail. We are always open to new class ideas.

As always...Have a great year & enjoy your classes!

Check out our three new class offerings:

1. **Medication Safety for Children**
2. **Eco-Healthy Child Care**
3. **Milestones Zero to Three**

All our classes can be found at:

www.starsclasses.com

and sponges to dab small amounts of color. Press the fish paint side down onto the shirt . Press gently. Lift the fish off of the shirt being careful not to smear the paint. When you lift you will see the details of the fish including scales etc. The more scales the better. Let the paint dry according to the instructions on the bottle. Wash the shirt before wearing it.

Tip:

Fabric paint also comes in glitter colors. A bit of this added to the other colors is very effective for looking like scales.

- After a trip to the shore....lake or ocean... Make goo. You cook cornstarch and water to a thick consistency and add food coloring. Use blue for the ocean. Then add seashell and starfish basically anything we can find that might be found in the ocean. The kids love this. You can make this in any color.
- Keep track of your student's adventures this summer by creating a beach towel or tee-shirt "journal." All you need is a white beach towel or tee-shirt and fabric markers. Have your child include his or her favorite events of the summer on the towel or tee-shirt. Have them draw pictures for each event as the summer moves along; such as field trips, family parties or baseball games. Have the children wear these Tee Shirts on all field trips and fun days.
- Take a walk on the natural side! Plan a nature walk to a nearby neighborhood, park or zoo. As you and the children walk, stop throughout the walk to talk & record any observations with a

drawing or a brief description. You can take along a small notebook and take notes for the children. Gather any items you may want to save or examine more closely when you get home; leaves, flowers, bugs, rocks, small bits of dirt or twigs. Later, take the time to search the Internet or read wildlife books to learn more about the plants, rocks and animals you discovered on your walk.

