



The Gift of 'Now'

From Executive Director Jeanne Alter

As we reach the end of the school year, take a moment to look back and observe all that has changed in your child's development. Do you remember those first weeks of preschool when communication, friendship, and routines were new? Relish the small steps along the journey when your child began to understand the structure of school routines and began to use words or pictures to communicate their wants and needs.

Young children with special needs grow and develop at their own pace. The joy of our work is that EVERY child has made progress. We applaud their progress with pride, as we have worked together to nurture those skills. While excitement and nervousness about kindergarten or the next school year are natural, there is also comfort in knowing that your child will continue to grow and develop.

Take a deep breath and appreciate all you have accomplished to get your child to exactly where they are now. Think of how they embrace the fundamentals of preschool learning: engagement, persistence, curiosity, imagination, and initiative. Celebrate your child; preschoolers are little miracles!

Please accept my gratitude for being part of the KCC family. Have a wonderful and fun filled summer.



Check Out These Websites for Fun Around the City:

<https://growingupnyc.cityofnewyork.us/>

<https://www.nycgo.com/articles/free-for-kids>

<https://mommypoppins.com/>

<https://www.nypl.org/events/calendar>

Summer Recipe: Avocado Hummus

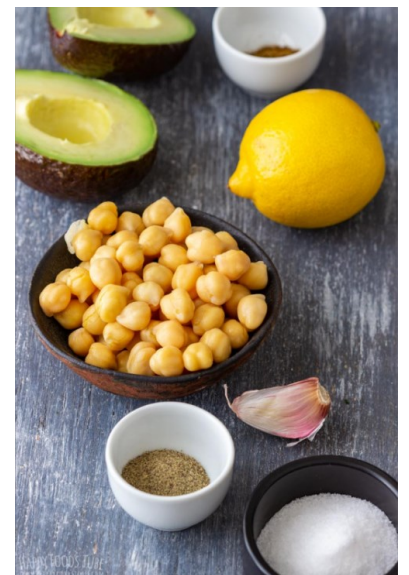
This easy and inexpensive hummus is great on toast, or can use used as a dip with fresh veggies like carrots and broccoli. Make a savory version of 'ants on a log' by spreading some avocado hummus on a stalk of celery and using bits of pretzel for the ants!

Ingredients:

- 1.5 cups Cooked Chickpeas, or 1 15.5 oz can, drained and rinsed
- 3 tbsp Olive Oil
- 2 Medium Avocado, ripe
- 1 Medium Lemon, juice only (about 3 tbsp)
- 1 Garlic Clove
- Salt and Black Pepper to Taste
- ½ tsp Ground Cumin

Directions:

- Process the chickpeas altogether with olive oil until smooth.
- Add avocado, lemon juice, pressed garlic, a generous pinch of salt, pepper and the ground cumin. Process until well combined.
- Taste and add more seasoning, if needed.



Summer Hydration Tips for Kids

Summer weather means it's time to play outside! But young children often cannot recognize when they are thirsty, which can be dangerous. Use the tips below to make sure your child remains hydrated through the long summer days.

Serve Hydrating Snacks



Healthy snacks with high water content satisfy hunger while hydrating children. Serve fruits like watermelon, strawberries, cantaloupe, peaches and grapefruit. Vegetables such as cucumber, celery and tomatoes are also very hydrating. Make it exciting by cutting up the fruits and veggies with cookie cutters, or making raw veggie skewers with grape tomatoes, cucumber pieces and cheddar cheese cubes.

Make Your Own Healthy Freeze Pops!

Store-bought popsicles are full of sugar and artificial ingredients—but making your own is easy and healthy!

Try using a sugar-free juice, like Juicy-Juice, and adding diced fruit or fruit puree. Or use lemonade as a base and add fresh herbs like mint or basil. You can buy popsicle molds, or freeze them into paper Dixie cups (with or without a popsicle stick) to keep things simple.



Let Your Child Choose Their Own Water Bottle

Does your child love Spiderman? Are they obsessed with the color yellow? Letting your child choose a fun water bottle featuring a favorite color or character might get them more excited about drinking water. Bring their water bottle with you when you travel to the park or on summer errands. This will keep them hydrated, and keep you from buying endless disposable water bottles.

Make Sure Your Child is Drinking Throughout the Day

Your child may not notice when they are thirsty, or may not have the words to express how they are feeling. In order to make sure they are drinking enough, you should:

- Give your child a drink of water every time you leave the house.
- When you are out, offer your child a drink of water every time you take a drink of water.
- Offer water to your child as soon as you return home.

“How much water does my child need?”

Pediatricians recommend 7.5 cups of fluid per day for children 4—8 years old. That's almost half a gallon a day!



Accessing Healthy Foods in the Summertime: The Summer Food Service Program (SFSP)

KCC students receive a healthy breakfast and lunch every day, at no cost to our families, including during our summer session. But for children who do not attend school during the summertime, **the Summer Food Service Program (SFSP)** allows income-eligible children to receive nutritious meals when school is not in session. For information on locations near you that participate in SFSP, visit: <http://www.fns.usda.gov/summerfoodrocks> or call SFPS toll-free at 1-800-522-5006.

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