

A monthly publication providing the latest information on  
The Kidz Club’s Prescribed Pediatric Extended Care services and monthly education.

NUTRITION | PROGRAMMING | PPEC EDUCATION | THERAPY

REMINDERS/ANNOUNCEMENTS

Summer

The Kidz Club PPEC is so excited to have a ball this summer with all of our kidz! So many fun things are being planned.

**No sign up required for current families.**

**TRANSPORTATION AVAILABLE**

School Age Families: Speak with a member of the Leadership Team to arrange transportation for your child’s summer break.

TELL YOUR friends

**We are now enrolling for summer break!**



PPEC

ed.

**PPEC Education**  
**Coping with Crying**

Crying is how babies communicate with us that a need has not been met. This is a normal part of a child’s development. Babies cry for many reasons including when they are hungry, needing a diaper change, sleepy, wanting to be held, or if they are experiencing pain. It can be stressful to hear the crying, but it is important to not lose your patience. You should never shake a baby.

Abusive Head Trauma (AHT), which includes shaken baby syndrome, is the leading cause of physical child abuse deaths in children under 5 in the United States. Long-term health consequences include vision problems, developmental delays, physical disabilities, and hearing loss.

LEARN MORE

HELPFUL TIPS

Therapy

Sensory Strategies  
for a Crying Child

Provide deep pressure to calm the nervous system.  
(giving hugs, deep pressure, gentle pressure on arms/legs)

Create sensory bins to help distract and calm child through tactile stimulation.

Play calming music, nature sounds, or white noise in the background to create a soothing auditory environment.

Provide movement and exercise (jumping, swinging, crawling) to help regulate sensory systems and release pent-up energy.

Provide visual aids such as calming picture books and visual schedules to help child understand and navigate emotions.

Photo of the Week

Take a look at some of last month’s Photo of the Week submissions.

Our Photo of the Week contest starts each Friday. Be sure to like and follow our main The Kidz Club Facebook page to vote!

FOLLOW

Programming Corner

At The Kidz Club, we take a holistic approach to the care of each child. Apart from skilled nursing, we also provide comprehensive programming. Programming refers to the intentional planning and organization of activities and experiences for children.

Activity

Watercolor Painting

Details

Watercolor painting is a creative activity that promotes fine motor skills and artistic expression. Provide your child with a set of watercolor paints, a cup of water to dip the paintbrush in, and a sheet of paper. Encourage them to create different designs and pictures using the paints. You can add different tools like paint brushes, sponges, or cotton swabs for more variety.

Outcome

Children will work on fine motor skills, color recognition, and artistic expression.

Activity

Hopscotch

Details

Use sidewalk chalk to draw a hopscotch grid. Number each square. Encourage your child to hop or jump while counting off the numbers.

Outcome

The children will use large muscle groups to propel themselves forward. They will work on identifying numbers as they navigate the hopscotch course.

This Month’s Curriculum Theme: Spring

Try these activities at home to support your child’s learning this month

The Kidz Club

Prescribed Pediatric Extended Care

RECIPE CARD

Easy Marinara

Ingredients

- 2 tablespoons olive oil
- 3 cups vegetables (onion, carrot, butternut squash, sweet potato, red/yellow bell pepper, celery, and/or cauliflower (roughly chopped)
- 2 cans diced tomatoes with juices
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- pasta
- Parmesan cheese (optional)

Directions

Heat the oil in a medium skillet over medium heat. Add the vegetables, stir, and cover. Cook for 10 minute or until mostly soft.

Remove lid and stir in the tomatoes. Bring to a simmer, reduce heat to medium low and place the lid so it’s mostly covering the pot but not a tight seal. This will let some steam escape but will protect your cooktop from splatters. Simmer for 20-25 minutes or until everything is soft.

Purée using a blender. Season to taste with additional salt as needed.

Serve with cooked pasta and Parmesan cheese, if desired.

Enjoy

GET A PRINTABLE RECIPE CARD

Nutrition

The Child and Adult Care Food Program (CACFP) is federally funded by the USDA. The program reimburses qualifying organizations for serving nutritious meals and snacks to eligible children and adults. The program ensures that participants receive balanced, healthy meals and helps children start good food nutrition habits early in life.

The Kidz Club meets (and exceeds) the regulations and expectations of the CACFP. Our certified Food Service Providers love serving delicious and creative meals, while also being aware of food allergies and limitations within our population.

Check out a recipe from our Food Service Providers that is kid friendly!

Resource Spotlight

**Prevent Child Abuse Kentucky**

Prevent Child Abuse Kentucky’s mission is to Prevent the Abuse & Neglect of Kentucky’s Children through Advocacy, Awareness, Education and Training.

LEARN MORE

PARENT EDUCATION TRAININGS