

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

NUTRITION | PROGRAMMING | PPEC EDUCATION | THERAPY

REMINDERS/ANNOUNCEMENTS

*Sweet Summertime*  
*Make sure your child is here to join in on all the fun!*

There’s something fun happening each day. Be sure to check your center’s Procare App calendar for activities.

HOLIDAY CLOSURE

Please remember we are closed on Thursday, July 4 in observance of Independence Day. We will reopen normal hours on Friday, July 5.

THINKING AHEAD:  
BACK TO SCHOOL

Our PPEC services are available to your school age child before and/or after school, on most school out days, and **starting on 9/7, we will be open on Saturdays 8AM-4PM!**

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**PPEC Education**

**Firearm Risk Reduction**

**Best Practice for Storing Guns**  
In all spaces where your child spends time, it is your responsibility to ensure guns are secured. Ask about gun ownership and secure storage practices before you visit any home.

**BEST PRACTICES INCLUDE**  
Storing guns unloaded  
Locking guns in a safe or with use of a cable storage lock  
Storing and locking ammunition in a separate location  
Only the person authorized to carry or control the firearm may know the combination or the location of the key of the locking device(s)

**Why Is Proper Gun Storage So Important?**  
Young children are curious. Even if you have talked to them many times about gun safety, they can’t truly understand how dangerous guns are. Every year in the United States, 350 children under the age of 18 gain access to a firearm and unintentionally shoot themselves or someone else.

[LEARN MORE](#)

**Resource Spotlight**

Project ChildSafe offers free educational resources to demonstrate the importance of firearm safety and to encourage the promotion and the practice of responsible firearm ownership. Project ChildSafe has also worked with thousands of law enforcement agencies across the nation and in the five US territories to provide free firearm safety kits, which include a cable-style gun lock. To date more than 40 million of these locks have been distributed, in addition to the more than 70 million free gun locks manufacturers have distributed with their products over the past 25 years.

[GET A FREE SAFETY KIT](#)

## 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**

YOU WILL NEED:  
-Dry Erase Markers  
-Dinner plate or baking dish  
-Jug of water  
-Towel or vinyl tablecloth to protect your work surface

**Floating Pictures**

**Details**

How to Make Dry Erase Ink Float  
· Make sure the ink is flowing well.  
· Draw shapes, stick figures or letters on your plate or baking dish.  
· Pour water into the dish close to the edges of your drawings  
Within seconds, you’ll see the dry erase ink reacting with the water, and the edges of your drawings will begin to lift. As you add more water, the ink will lift away from the bottom of the dish and float to the surface of the water.

This Month’s Curriculum Theme: Mad Science

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

**Gross Motor**

**Yoga**

scan or click QR code

**Details**

Yoga helps children manage their anxiety.  
Yoga improves children’s emotional regulation.  
Yoga boosts children’s self-esteem.  
Yoga increases children’s body awareness and mindfulness.  
Yoga enhances children’s concentration and memory.  
Yoga develops children’s strength and flexibility.  
Yoga teaches discipline and reduces impulsivity.

## Nutrition

**RECIPE CARD**

*Ham Pasta Salad*

**Ingredients**

-2 1/2 cups cooked rotini pasta  
-1/2 lb cured ham with natural juice, diced (substitute with chicken if preferred)  
-1/2 cup shredded cheese  
-1 1/4 cup mixed vegetables (shredded carrots, thinly sliced celery, diced onions, cooked peas, diced bell peppers, cherry tomatoes, corn and/or diced cucumbers)  
-1/2 cup olive oil  
-1/3 cup apple cider vinegar  
-1 tbsp Italian seasoning  
-1 tbsp lemon juice  
-1 tbsp whole grain mustard

**Directions**

Using a medium bowl or 2-cup mason jar, add oil, vinegar, Italian seasoning, lemon juice and mustard. Whisk in bowl or cover mason jar and shake well. Set aside for assembly.  
  
In individual cups, layer this pasta salad. First add 1/4 cup pasta, then 1/8 cup ham and 1 tbsp cheese. Top the pasta salad off with 1/8 cup vegetables and 2 tbsp of salad dressing! Have the kids mix it up with a spoon or fork before eating it!

One pasta salad cup provides 1/2 oz eq. grains and 3/4 oz eq. meat/meat alternate.

*Enjoy* [GET A PRINTABLE RECIPE CARD](#)

## Therapy

Target your child’s physical therapy goals during everyday summer activities!

Here are some ideas for how to improve gross motor skills at home.

**Jump Rope/HopScotch:**  
visual-motor and lower extremity strength

**DIY obstacle course:**  
motor planning, balance, strength

**Scooters:**  
balance and lower extremity coordination

**Ball Play:**  
visual-motor and hand eye coordination

**Popping bubbles:**  
target training for reach, range of motion, and balance

**Swimming:**  
coordination, range of motion, and endurance

**Playground:**  
climbing for upper and lower extremity strength

**Swinging:**  
core strength and stability

And remember, you can always ask your center’s physical therapist for stretches and exercises you can do at home that are tailored specific to your child’s needs.