



The Official Poko Loko Newsletter
June 2023

I Love My Daddy Because...

(by some of our four and five year olds)

Alex - I like cooking with him

Annie - he gives me so much kisses

Brock - he goes fishing

Cameron - he lets me work on the garage

Catherine - I love my daddy daughter days

Cooper - he gives me kisses at night

Grant - he lets me cut the grass

Jordan - he drives me to places

Leif - he plays with me

Londyn- he picks me up

Marlowe - he wants me to be good at school

Miya - he lets me color on his notebook

Oliver B - he tickles me

Oliver D - I get to spend time with him

Olivia - he plays with me

Riley - he puts me to sleep and tucks me in and rubs my back

Rowan - I like him

Sydney - he plays with me

Yuvaan - he plays with me and lets me watch TV

June Activities

June 1

Good Times Summer Camp Open House 4:00 to 6:00 at Canlan Libertyville Sports Complex

June 12

1st Day of Good Times Camp

June 14

Flag Day

June 18

Happy Father's Day

June 21

1st Day of Summer



Summer Clothes at Poko Loko

The warm weather is coming and now it's time to break out the summertime clothes. Parents, here are some reminders...

- Please provide sunscreen for your child for those sunny summer days.
- Please make sure your child's extra clothes are warm weather friendly.
- If your child is wearing sandals, please provide him/her socks that can be worn when indoors.





What did our **Kindergarteners** learn this year at **Poko Loko**? And what would they like to be when they grow up?

Adelyn: how to write in a journal ~ wants to be a princess

Adyline: how to read ~ wants to be a doctor

Blake: how to work with papers ~ wants to be a dad

Brianna: how to draw a picture for my friends ~ wants to be a zookeeper

Charlotte: how to go to another place ~ wants to be a doctor

Coralena: how not to be rude ~ wants to be a ballerina

Dorian: how to do a calendar ~ wants to be a scientist

Eve: about ladybugs ~ wants to be a singer

Everett: that hermit crabs eat seaweed ~ wants to be an engineer

Iryna: to play with my friends ~ wants to do people's hair

Lorelei: that I love to play with legos ~ wants to be a princess

Lucas: how to keep the Earth safe ~ wants to be a chef

Noah: about hermit crabs ~ wants to be a teacher

Pearl: how to read ~ wants to be a singer

Robert: how to not touch people ~ wants to be a scientist

Will: that hermit crabs live in shells and walk around in their shells ~ wants to be a farmer



Keep your family safe this summer by following these tips from the American Academy of Pediatrics (AAP). *Please feel free to use them in any print or broadcast story with appropriate attribution of source.*

FUN IN THE SUN

Source: <http://www.aap.org/advocacy/archives/tanning.htm>

Babies under 6 months:

The two main recommendations from the AAP to prevent sunburn are to avoid sun exposure, and dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) to small areas, such as the infant's face and the back of the hands. If an infant gets sunburn, apply cold compresses to the affected area.

For Young Children:

Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF should be at least 15 and protect against UVA and UVB rays.

For Older Children:

- The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
- Use a sunscreen with an SPF of 15 or greater. Be sure to apply enough sunscreen - about one ounce per sitting for a young adult.
- Reapply sunscreen every two hours, or after swimming or sweating.

Use extra caution near water, snow, and sand as they reflect UV rays and may result in sunburn more quickly.

HEAT STRESS IN EXERCISING CHILDREN

Source: <http://www.aap.org/policy/re9845.html>

- The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels.
 - At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 10 to 14 days to accomplish acclimatization to the heat.
 - Before prolonged physical activity, the child should be well-hydrated. During the activity, periodic drinking should be enforced, for example, each 20 minutes, 5 oz of cold tap water or a flavored sports drink for a child weighing 90 lbs, and 9 oz for an adolescent weighing 130 lbs, even if the child does not feel thirsty.
 - Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated shirts should be replaced by dry clothing.
- Practices and games played in the heat should be shortened and more frequent water/hydration breaks should be instituted.

POOL SAFETY

Source: <http://www.aap.org/family/tippool.htm>

- Install a fence at least four-feet high around all four sides of the pool. The fence should not have openings or protrusions that a young child could use to get over, under, or through.
 - Make sure pool gates open out from the pool, and self-close and self-latch at a height children can't reach.
 - Never leave children alone in or near the pool, even for a moment.
 - Keep rescue equipment (a shepherd's hook - a long pole with a hook on the end - and life preserver) and a portable telephone near the pool. Choose a shepherd's hook and other rescue equipment made of fiberglass or other materials that do not conduct electricity.
 - Avoid inflatable swimming aids such as "floaties." They are not a substitute for approved life vests and can give children a false sense of security.
 - Children may not be developmentally ready for swim lessons until after their fourth birthday. Swim programs for children under 4 should not be seen as a way to decrease the risk of drowning.
- Whenever infants or toddlers are in or around water, an adult should be within arm's length, providing "touch supervision."

BUG SAFETY

- Don't use scented soaps, perfumes or hair sprays on your child.
 - Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
 - Avoid dressing your child in clothing with bright colors or flowery prints.
 - To remove a visible stinger from skin, gently scrape it off horizontally with a credit card or your fingernail.
 - Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.
 - Insect repellents containing DEET are most effective against ticks, which can transmit Lyme Disease, and mosquitoes, which can transmit West Nile Virus and other viruses.
 - The current CDC and AAP recommendation for children over 2 months of age is to use 30 percent DEET. DEET should not be used on children under 2 months of age.
 - The concentration of DEET in products may range from less than 10 percent to over 30 percent. Ten percent DEET only protects for about 30 minutes - inadequate for most outings.
- The concentration of DEET varies significantly from product to product, so read the label of any product you purchase. Children should wash off repellents when back indoors.

For more information on DEET: <http://www.aapnews.org/>