

Dear Kiddie Academy families,

HOT WEATHER TIPS

As the heat of summer settles around us, it is important to avoid overexposure to the sun and heat. Because of their less mature bodies, children are especially sensitive to the effects of the heat. Here are some tips for keeping cool this summer.

- Use fans or air conditioning to keep indoor air moving.
- Arrange outdoor play for before 10:00 a.m. and after 2:00 p.m. to avoid the worst sun of the day.
- Wear loose-fitting, lightweight, light-colored clothing. Encourage children to wear lightweight hats when they are in the sun. This practice is especially important for children with fair skin.

Happy Birthday!

7/5 SHELBY A.

7/6 MISHAL G.

7/9 MEGAN S.

7/14 JADEN R.

7/14 CLAIRE C.

7/14 JUSTIN D.

7/15 ANNABELLE V.

7/19 KOLBY A.

7/19 EMMA C.

7/24 LISA M.

7/24 PADMA S.

7/25 MATTHEW E.

7/29 SAM D.

7/28 MS. TERI

Take me out to the ballgame!

Even if you're not the most avid sports fan, the opportunities to learn and have fun with your family during a baseball game are endless. Who doesn't love participating in "the wave" or dancing during the seventh-inning-stretch?

Show your kids how the same lessons they learn in [preschool](#) apply to everything — even the baseball stadium! Here are a few tips for leveraging your trip to the game as a teaching moment with your little ones...

Brush up on your math lessons - Keep track of strikes, balls and outs each inning as you cheer on your home team. For little sluggers, ask them to count the steps as you climb up to your seats, or try to read the seat number on your ticket to find your place in the stands.

Practice good sportsmanship - Losing is disappointing, so it's not surprising that kids don't like it. Whether your team wins or loses, take this opportunity show your kids what good sportsmanship means. You can start with something as simple as acknowledging good plays made by the other team and accepting bad calls gracefully. Remember: being a good sport is what makes you a real winner during every game.

Always practice safety - Stadiums can be big places with a lot of people. This is a good opportunity to talk to your child about safety and how to enjoy a game together while still being safe and knowing where to go if you need help or get separated.

Win or lose, perfect weather or rain, peanuts or cracker jacks; a baseball game is going to be filled with lasting memories. So, the next time you need a fun family night out, hit up your local recreation center or make way to the big leagues to cheer on your favorite hometown team! For more information, visit www.kiddieacademy.com.

Batter up!

Kiddie Academy® of Castle Hills
2510 King Arthur Blvd.
Lewisville, TX 75056
972.410.4675
kiddieacademy.com/castlehills

KIDDIE 
ACADEMY.
EDUCATIONAL CHILD CARE

CHARACTER EDUCATION

"PRIDE"

We feel pride after we achieve a goal or receive recognition for a job well done. Working hard to achieve goals generates feelings of confidence and self-esteem. It is possible to feel too much pride which is called conceit. Adults can foster feelings of pride by talking to children about their accomplishments. Encourage children to share their accomplishments on a spotlight board or during meeting times. Give high-fives for hard work and hugs for effort!

July Special Events

7/4 CLOSED Independence Day

7/10 Bring your Teddy Bear to lunch today

7/14 PNO & Wear your PJ's

7/21 Wear your favorite sport team shirt/jersey



Parent Reminders –

Weekly Tuition is due Wednesday

Monthly Tuition is due Thursday of the month end

Please make sure your child has a change of clothes in case of a spill or potty accidents

All bottles and sippy cups must be labeled with your child's first and last name per State

Please do not bring any outside food as we serve Breakfast, lunch and 2 afternoon snacks unless you have spoken with management and we have approved your special situation.