



FIRST 5

A M A D O R

Investing in Our Youngest Children
Healthy Social, Emotional & Physical Development
Early Learning * Quality Care * Family Support

July 2015

Ready...Set...Grow!

Volume 56

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Events & Announcements

*Have a happy and safe
4th of July!*

Footprints

Third Wednesday each month
6:00-7:30pm
Sutter Amador Outpatient Services
Building
Jackson

Dad and Me

Let's Race: Mini Indy!
Saturday, July 25, 10:00-noon
975 Broadway, Jackson
Call 257-1092 to save your spot.

News & Announcements

Helping Kids Stay Hydrated in Summer

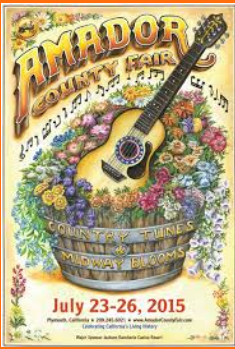
Summer is here and it's hot! Keeping young children hydrated is more important than ever this time of year. Their little bodies need water to work properly. Usually, we make up for the water we lose with a long, cool drink of water. But little children may not remember to do this for themselves or recognize the signs that they are becoming dehydrated. Many times kids get dehydrated when they're playing hard and having fun.



Signs of Dehydration

In addition to being thirsty, here are some signs that a person might be dehydrated:

- feeling lightheaded, dizzy, or tired
- rapid heartbeat
- dry lips and mouth



[Amador County Fair](#)

Thursday - Sunday, July 23-26
Kids Day Thursday, July 23
Amador County Fair Grounds,
Plymouth

*Be sure to stop by and see our window at Pokerville Hall, there's a rumor Dolly Parton will be there! Make sure to take a photo of yourself and post it to our [Facebook page](#).

[Toddler Playgroups](#)

SUMMER SCHEDULE

Mondays and Thursdays
9:30-11:30am

[Summer Reading Program](#)

Read to the Rhythm

June 15 - July 24

Call the Amador County Library for more information, 223-6400

For other events, please visit our [Calendar](#).

For a list of community resources, please visit our [Resources Page](#)

[Camanche Kindergarten](#)

Readiness Coordinator

Provide a Kindergarten Readiness program at the Camanche Lake Community Center for 3-5 year olds two mornings a week to Amador County children. Funding for the program will not exceed \$3,800. Some consumables and learning materials will be made available. First 5 will cover the cost of a TB test and fingerprinting. Please submit a proposed

What to Do

Prevention is the key, try not to let them get dehydrated in the first place. It's a good idea to drink water before, during, and after play, especially if it's hot. Dehydration can happen along with heat-related illnesses, such as heat exhaustion and heat stroke. In addition to drinking water, it's smart to dress in cool clothes and take breaks indoors or at least in the shade. Other foods, such as fruits and vegetables, contain water, too.

Thirst-Quenching Tips

To keep hydrated kids need to drink enough to satisfy their thirst, and a little extra. The best drink is water, of course, but milk is another great drink for kids. Juice is OK, but choose it less often than water and milk. Sports drinks are fine once in a while, but water should be considered the drink of champions. A great alternative to sugared drinks is fruit infused water. *See the sidebar for great infused water recipes.*

Limit soda and other sugary drinks, such as fruit punches, lemonades, and iced teas. These drinks contain a lot of sugar that your body doesn't need. Some of them also contain caffeine, which can cause you to urinate (pee) more often than normal. In other words, it tells your body to get rid of fluids. And as you now know, that's the opposite of what you need to do if you're dehydrated!

Do you know about [Potter the Otter](#)? He's all about **WATER!**

Here are some great resources for helping kids learn about the importance of drinking water:

[Potter the Otter Loves Water](#)

free children's e-book to download

[Potter the Otter Coloring Page](#)

[Potter the Otter Puppet Activity](#)

[Fact Sheet on Water and Children](#)



Program Spotlight

Summer Playgroups

Learning Through Play

It's summer time, did you know there are several playgroups for young children all around the county? Each playgroup

program description, program outline & budget by 4:00pm July 17, 2015 to: First 5 Amador, 975 Broadway, Jackson, 95642, or an email to sr@first5amador.com.



Rethink Your Drink: Infused Water Recipes

Citrus Water

- 1 large lemon, sliced
- 1 large lime, sliced
- 1 large orange, sliced
- 1 half-gallon of water

Place lemon, lime and orange in a glass pitcher and add water. Refrigerate for 2 hours, then serve over ice. Garnish with a slice of citrus of your choice.

Cantaloupe Cucumber Water

- 1 large cucumber, sliced
- 1/4 cantaloupe, cubed
- 1 half-gallon water
- 1 large handful of mint

Place cucumber and cantaloupe in a glass pitcher and add water. Refrigerate for 2 hours, then add mint and serve over ice. Garnish with chopped pieces of melon.

Fresh Cherry-Lime Water

- 1 cup cherries
- 1 large lime, sliced
(without skin)
- 1 half-gallon of water

Add cherries and lime slices to pitcher; pour water over both and refrigerate for 2 hours.

consists of a mobile-classroom with age-appropriate activities, child development information, and resources for parents.

Learning through play describes how a child can learn to make sense of the world around them. Through play children can develop social and cognitive skills, mature emotionally, and gain the self-confidence required to engage in new experiences and environments. Key ways that young children learn include playing, being with other people, being active, exploring and new experiences, talking to themselves, communication with others, meeting physical and mental challenges, being shown how to do new things, practicing and repeating skills and having fun


Playgroups are the perfect place to give children all of these opportunities.

You find playgroups in the following locations this summer:

Mondays, 9:30-11:30am, Camanche Lake Community Center
Thursdays, 9:30-11:30am, Upcountry Community Center

Monday, July 27, 9:30-11:30am, Sharkey Park in Plymouth, Main Street



 Forward to a Friend

First 5 Amador supports and designs programs for children 0-5 years old and their families.

For more information please visit our website:

www.first5amador.com

or call us at (209) 257-1092.

Serve over ice and garnish with a slice of lime.

Frozen Fruit Water

2 cups frozen berries, mangos, peaches, apples etc
1 half-gallon of water

Add frozen fruit to a pitcher; pour water over fruit and let sit at least 30 minutes in the refrigerator. Stir to distribute fruit flavor and serve in glasses with some ice cubes. (Note: you can chop up the same kind of fruit, unfrozen, and follow same directions. You'll need to use more ice when using un-frozen fruit).

Lemon-Lime and Orange Water

1 large lemon, sliced
1 large lime, sliced
1 large orange, sliced
1/4 cup cilantro leaves
1 half-gallon of water


Add citrus slices (and cilantro leaves, if desired) to a large pitcher; fill with the half-gallon of water and refrigerate 2 hours. Garnish with your favorite citrus slice. Makes about 8 servings.

Print the recipes [HERE!](#)

*If you come up with fun recipe ideas, please share them on our [Facebook page!](#) Photos too!



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A special thank you to [Pacific Gas & Electric Company](#) for their generous grant awarded to First 5 Amador to help promote literacy in Amador County. These funds will be used to support our Imagination Library and Read Across Amador programs.





As a parent, you are your child's first & most important teacher!



Save
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Save money on books for your children--get them for free! Sign your child up today and start receiving one free book a month from the Imagination Library. This is a free program, available to all Amador County children 0-4 (from birth until their fifth birthday).

All you have to do is read to your child!

For more information [click here.](#)

[Want to share? Please feel free to forward this email!](#)