

# God Bless America

From our Center To Your Home

**Blessed is the nation whose God is the Lord**

Dear Families, Hope you all are keeping yourself safe and cool in the midst of this extreme heat in and around Ridgecrest. Well, we had a busy month of June as children moved up to the new classrooms and are adjusting to new classrooms. Our staff is working very hard to make this transition smooth for the children and for them too. Thank you for those families that attended our Open House and all parent meeting.

## Important Reminders:

- **Annual Registration of \$150 is due during the month of July\***
- All families will receive new Admission agreement, Identification and emergency information form and Center closures. Please fill the forms and return by 15<sup>th</sup> of July
- Center is closed on July 4<sup>th</sup> for the Independence day
- Please sign in and sign out your children everyday
- Dress children appropriately for summer- Knee length shorts/tops covering shoulders
- Foot wear - No Flip flops. Comfortable closed toe shoes.
- **Water play – Starts during the week of July 7<sup>th</sup> for the following 4 weeks.**

**1day/week for preschool & school-age children**

**- Clothing for water play - Girls wear 1 piece swim suit and boys wear swim trunks.**

\*It was brought to my attention that in one of the local daycare/Preschools there is an outbreak of hand/foot and mouth infection in the infant classrooms therefore we have decided to not do water play for the children that are in the infant side. This is the season young children get exposed to HFM infection therefore make sure your child is not exposed to this infection.

**Water play timings for classrooms -Time – 9 -10 am.**

**Tuesday – Lady Bugs / Giraffe's/Butterfly's**

**Wednesday – Busy Bees/Superstars/Sun Flowers**

**Thursday – School-age classroom**

As we are opening the play grounds for drop off time, please apply sunscreen on your child before you drop off the children. Send sun screen lotion every day with your child and center is not responsible for applying sun screen if a parent does not provide it for their child. Please provide the sun screen or sun block with UVB and UVA protection of SPF15 or higher. All parents must submit a non- prescription form on sun screen lotion to the classroom teacher. Leave an extra pair of clothes as children may need to change their clothes if they wet the clothes during water play.

Have a wonderful 4<sup>th</sup> of July. Thank God for the freedoms we enjoy in this country.

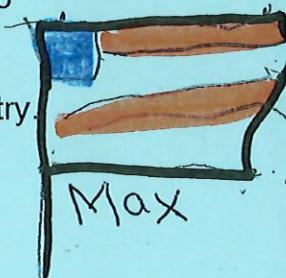
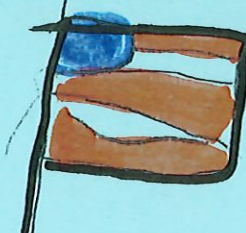
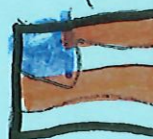
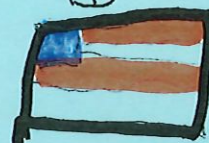
Hadassah Ratna Raj , Director ICCDC

June 2025

Joseph

Max

Sophia





## Summer skin care to prevent skin cancer in children

How to prevent skin cancer in children: Just a few serious sunburns can increase your child's risk of skin cancer later in life. Kids don't have to be at the pool, beach, or on vacation to get too much sun. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors. Seek shade. UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent. Use these options to prevent sunburn, not to seek relief after it's happened. Cover up. When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor. Get a hat. Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. Baseball caps are popular among kids, but they don't protect their ears and neck.

If your child chooses a cap, be sure to protect exposed areas with sunscreen. Wear sunglasses. They protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.

Apply sunscreen. Use sunscreen with at least SPF 15 and UVA and UVB (broad spectrum) protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet. Take sunscreen with you to reapply during the day, especially after your child swims or exercises. This applies to waterproof and water-resistant products as well. Follow the directions on the package for using a sunscreen product on babies less than 6 months old. All products do not have the same ingredients; if your or your child's skin reacts badly to one product, try another one or call a doctor. Your baby's best defense against sunburn is avoiding the sun or staying in the shade. Keep in mind, sunscreen is not meant to allow kids to spend more time in the sun than they would otherwise. Try combining sunscreen with other options to prevent UV damage. Too Much Sun Hurts. Turning pink? Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes. Yet it can take up to 12 hours for skin to show the full effect of sun exposure. So, if your child's skin looks "a little pink" today, it may be burned tomorrow morning. To prevent further burning, get your child out of the sun. Tan? There's no other way to say it—tanning your skin is damaging skin. Any change in the color of your child's skin after time outside—whether sunburn or suntan—indicates damage from UV rays. Cool and cloudy? Children still need protection. UV rays, not the temperature, do the damage. Clouds do not block UV rays, they filter them—and sometimes only slightly. Oops! Kids often get sunburned when they are outdoors unprotected for longer than expected. Remember to plan ahead, and keep sun protection handy—in your car, bag, or child's backpack. [Center for disease control 2023]

