



discovery garden playgroup

Family Playgroup News • Summer, 2017

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The Idea Issue!

Try some of these innovative ideas this summer.

HOME REMEDIES

A paste of **baking soda** + water soothes bug bites, chiggers, poison ivy itch, and heat rash.

Honey can act as an antibiotic cream. Apply to a wound and cover with a Band-Aid.

Ginger will settle stomach ache and indigestion.

For a bee sting, scrape away the stinger with a credit card, then apply a cotton ball soaked in **apple cider vinegar**.

If your child picks up a **tick**, pluck it off with tweezers. Save it in a plastic bag in case a rash develops. A doctor can check the tick to see if it is carrying Lyme Disease.

Going camping? Cook foods with **garlic**. Mosquitoes will be repelled by the odor of your sweat!

Need an ice pack? Wash and freeze **cherry pits** in a cloth bag. These will retain their cold for a long time.

A compress made from a cloth soaked in cool **green tea** will relieve sunburn.

FREEZY TEES

Soak your child's t-shirt in water, fold, and then refrigerate it. A great way to cool off on a really hot outdoor play day.

SURPRISE JARS

Round up all those little toys from kids' meals and birthday parties into a plastic jar. Store it until you are on the way to a restaurant or doctor appointment. Your children will be excited to play with them again.

STUCK IN AN ART RUT? Try these ideas.

- Change the surface. Paint on tin foil. Collage on a box. Tape paper to a window to draw.
- Add texture. Put sand in paint, glitter in glue, flower petals in playdough, or seeds under tape
- Change the size. Clip a clear shower curtain to a fence and paint with wide brushes or make art on a collection of 2" square of cardboard.
- Be unconventional. Use pudding as finger-paint, body wash crayons in the tub, use flyswatters to paint with water outside on hot pavement, be Matisse and tear paper to shape collages, sculpt wire animals and race cars.



The Discovery Garden logo reminds us that children flourish best in nurturing environments, with people who care deeply about them. They are precious "sprouts" we tend with love.



NEIGHBORHOOD GAMES

Lightning Bug Tag: The person who is It has a flash-light. She runs away from the crowd while they count to 20. Then she flashes her light once and they try to catch her. Take turns.

Seed Spitting: Ice down a watermelon, seeded grapes, or pomegranates. Break them open and suck out the chilly juice. Then rope off a circle a distance away and see who can spit seeds inside the target.

Go Porching: Choose to sit on your stoop instead of staying indoors with air-conditioning. As the day winds down, play timeless games of marbles, kick-the-can, pick-up sticks, star gazing, storytelling.

LEARNING TO ENJOY SOLITUDE

Teach your child to enjoy periods of quiet solitude by setting aside a specific hour each day for spending time alone. Use it to read, draw, work puzzles, or listening to music. Learning to enjoy solitude will build confidence and self-reliance in your children. Looking forward to these daily breaks will rejuvenate parents, too!

BOOK SWAPS

Invite friends over for a book and magazine swap. Lay outside on the grass and read. Then celebrate with popsicles before everyone takes their new books home. Families can take turns hosting the swaps.

EXPLORATION DAY

Dedicate one day or night each week for a special outing. Choose a different factory tour, pick-your-own farm, or state park trail & creek play each week. If you



*“O, Firefly, dear,
Come to the feast
That’s waiting for you here.*

*It’s a feast of dew
Spread on the grass
Especially for you!”*

DID YOU KNOW? There were no left or right shoes until the Civil War. Before that, cobblers made identically-shaped shoes for customers. Why not ask a grandparent to teach your child how to polish shoes?

Summer Discovery Garden

Where? **Heilman Shelter in Yoctangee Park**

June 1—July 27

(If it is raining heavily at 9:30 AM, come to our playroom in the Main Library Annex.)



WISH LIST

tall glass baby food jars

used gift cards or discarded hotel keys

(Needed for art projects)

Questions? Contact **Miss Maryjo** at mflamm-miller@easterseals-cseohio.org OR call her at 740-775-0233.

Discovery Garden is a program of:



2017 Community Partners:

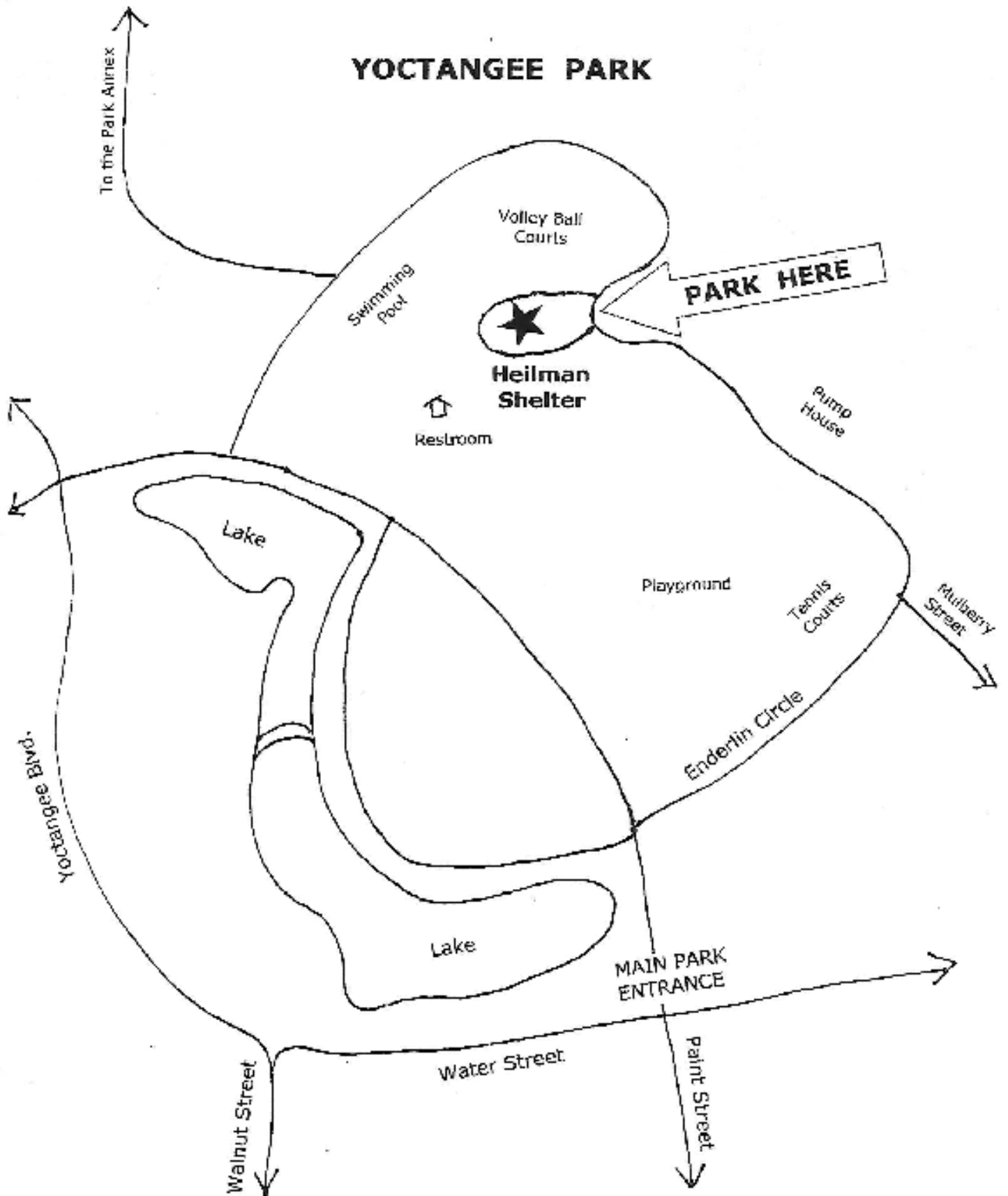


**Burton E.
Stevenson
Educational
Fund**



Summer Discovery Garden

YOCTANGEE PARK



2017 – Fun Activities for Children This Summer

BOWLING

Shawnee Lanes on Bridge Street. Children get to bowl 2 FREE games every day! Shoe rental required—\$2 per child. Questions? Call 740-773-3300. Register at: www.kidsbowlfree.com

MOVIES

The Danbarry Theater is running FREE movies for families on Mondays and Wednesdays at 10:30 AM. For the weekly movie, check the theater's website: www.danbarry.com/chillicotheevents .

LIBRARY PROGRAMS FOR KIDS

BOOKWORM — "Build a Better World"

- Mondays, *Wiggle Worms*, for Infants—Age 3, 10:30—11:00 am, @ Northside
- Tuesdays, *Stories & Crafts*, 10 am Kiwanis Shelter in Yoctangee, 1:00 pm in Poland Park
- Wednesdays, *Preschool Stories & Crafts*, 1:30 pm, @ Northside
- Thursdays, *Maker Space open*—robots, 3D printing, photography, buttons, 1:30-5:00 pm, @ Main. Parents may create, too, along with their children.
- Fridays, *Kids Care*—Participate in community service & gardening projects, 11 am, @ Main

SUMMER LUNCH PROGRAMS

FREE lunches to all children age 18 and younger. Meals served between 11:45 AM -1:00 PM throughout the county, Monday—Friday, June 5—August 18. No registration required, just come. Sponsors include Ross County Community Action and Chillicothe City Schools. Noon meals near the Yoctangee Park playground and at Mt. Logan Elementary School.

(new) ART IN THE PARK @ Hopewell Culture National Historical Park

Six weeks on Tuesdays. June 20 – August 1. 9:30 – 11:30 AM (Kindergarten – Grade 2). 12:30 – 2:30 PM (Grades 3-6). Learn about famous artists, study their styles, make art in every class. Families, come to the Student Art Show on August 1st at 6:00 PM. Maryjo Flamm-Miller is the teacher. FREE, but registration is necessary. Call 740-774-1126. Learn more at www.nps.gov/hocu.

(new) NATURE PLAY in the local State Parks

Naturalist Amy Fitton will bring live animals, lead woodland & creek explorations, and make crafts with families each week. Tuesdays, 10 am @ Great Seal State Park and Wednesdays, 10 am @ Tar Hollow. FREE.

Enjoy special family programs and activities every Saturday evening at new *Kids Nature Zone* at Buzzard's Roost. S'mores, animals, games, stories, crafts, campfires! FREE.