

Parent Connections - July 2019

July

Tug of War

Make playtime fun with this classic game made easy by using a bed sheet for kids to hold as they try to pull their friends on the opposing team across the middle line.



Patriotic Fruit Fun

Strawberries
Blueberries
Vanilla Yogurt

Give kids $\frac{1}{4}$ c strawberries, $\frac{1}{4}$ c blueberries, and $\frac{1}{4}$ c vanilla yogurt and have them layer the fruit alternating with yogurt. Repeat and eat!

#CACFP CREDITABLE



Flag Mosaic

Have kids help you tear pieces from a magazine and separate into piles of mostly red, white, and blue pieces. Download a paste-by-color US Flag outline from cacfp.org. Distribute glue sticks and let the kids craft.

Role Model

Children learn behaviors from us that will last a lifetime. Just as it's important to teach children about creating healthy habits and making good food choices, it's important for caregivers to model good health and nutrition.



CACFP is an indicator of quality child care.

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