



PARENT'S CORNER



Welcome to our HIPPY website!

We are sharing activities and tips to keep your family safe and happy during summertime.

Fun Activity

Eat Healthy: Prepare fun and healthy meals with your kids and have a backyard picnic. Add veggies and fruits, lots of color to your plate!

Drink Water: Add a few drops of your favorite food color to the water, tea, lemonade, or berries. Stay Hydrated! Don't wait for your body to tell you that is thirsty.

Protect from Sun: Whether you are going for a short walk or spending a day at the beach, lather up with SPF 40 or higher.

Bedtime Stories: Set summer bedtimes. Read to your children while you get them into bed.

Move, move, and move: Kids need at least 60 minutes of physical activity each day and adults need at least 30 minutes to stay healthy. Run, play, jump, skip, swim. Enjoy fresh air!

Meditation: Try something new this summer. Play meditation video and practice it with your kids in a quiet place inside or outdoors.

Teaching Moment

Math and Literacy: Count the items on the table, sort by categories. Create a story about what you hear and see while you share your meal.

Self-Care! Talk to your children about the benefits to the water.

Science and Math: Talk to your kids about their body parts while you apply the sunblock, ask them to show and name their body parts and count them!

Literacy: Encourage your kids to create their own story based on their day adventures or have them to continue the story you are reading from a new book.

Motor: Play music while you exercise, dance or swim. Take breaks between activities and drink water.

Social-Emotional: Take advantage of this momentum and listen to your kids, tell them that this is your special moment to share anything they want to share in a safe space.

For HIPPY summer program photos click [here](#)