



Child Development Centers
of the Bluegrass

May 2011

The CDCB Times



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Thank You!

We want to extend a big thanks to our sponsors, staff, volunteers, and supporters of the Kitchens of the Bluegrass Tour! The money we raise will help support our therapy and early intervention services to our children and couldn't have done it without you!

Our sincere thanks to the generosity and support of our sponsors:

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Family Wellness Month

Family Wellness Month strives for communities to stress healthy family lifestyles and habits. The healthier each individual family is overall, the healthier we can all be as a whole! Family wellness is something that impacts every one of us. While exercise, physical activity, and eating healthy are important, so are spending time with family members and appreciating those closest to you. Family Wellness is something that should be practiced all year round!



Parenting Special Needs Magazine

If you would like information on topics such as sensory activities, social skills, special dietary needs, or healthy summer tips for your child, please visit <http://www.mydigitalpublication.com/publication/?i=69490> for a very resourceful on – line magazine.



Sunscreen

We all need some sun exposure; it's our primary source of vitamin D, which helps us absorb calcium for stronger, healthier bones. But it doesn't take much time in the sun for most people to get the vitamin D they need, and unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression, and even cancer. Most kids rack up between 50% and 80% of their lifetime sun exposure before age 18, so it's important that parents teach their children how to enjoy fun in the sun safely. Sun block should be applied thirty minutes prior to going outside and reapplied every two hours, at a minimum. With the right precautions, you can greatly reduce your child's chance of developing skin cancer.

Announcements

May 30th – CDCB Closed for Memorial Day