



# H.O.P.E News June 2009

## Summer Safety



### Sun Safety

#### Babies under 6 months:

The two main recommendations from the AAP to prevent sunburn are to avoid sun exposure, and dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) to small areas, such as the infant's face and the back of the hands. If an infant gets sunburn, apply cold compresses to the affected area.

#### For Young Children:

Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF should be at least 15 and protect against UVA and UVB rays.

#### For Older Children:

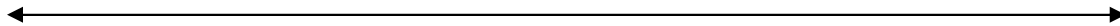
The first, and best, line of defence against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave.

Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.

Use a sunscreen with an SPF of 15 or greater. Be sure to apply enough sunscreen - about one ounce per sitting for a young adult.

Reapply sunscreen every two hours, or after swimming or sweating.

Use extra caution near water, snow, and sand as they reflect UV rays and may result in sunburn more quickly.



## Quick Recipe: Frozen Banana Pops

### You will need:

- ★ 3 banana's
- ★ 6 ice cream sticks
- ★ 2 (1 1/2 ounce) chocolate bars
- ★ Chopped nuts, crispy rice cereal, granola, shredded coconut (optional)

### What to do:

1. Peel the bananas and remove any stringy fibers. Cut the bananas in half, width wise, and push an ice-cream stick through the cut end of each half. Cover them in plastic wrap and freeze for about three hours.
2. Place the chocolate bars in a microwave-proof bowl and cook on high for about 2 minutes, or until the chocolate melts. Check after one minute. Stir in the nuts, cereal, or coconut.
3. Using a butter knife, spread the chocolate mixture over the frozen bananas to coat them completely. Rest the pops on a plate covered with waxed paper and freeze until ready to serve. Makes 6 pops.



### Did you know?

A bad burn before the age of 10 can increase the chance of skin cancer by 50% as an adult.

### Inside this issue:

- Topic of the month 1
- Quick recipe
- Network 4 Change 2
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HOPE News provided by...



# NETWORK 4 CHANGE.....

## Stability, Hope, Strength, & Wellness



17-31 First St. S.

268-2506

[www.network4change.ca](http://www.network4change.ca)

Drop By for Coffee, chat and to  
Meet our New Staff

**Deb Robinson**  
**Christal Pruden**  
**Dana Sachvie**  
**Terra Kohle**



### WHAT'S HAPPENING THIS MONTH

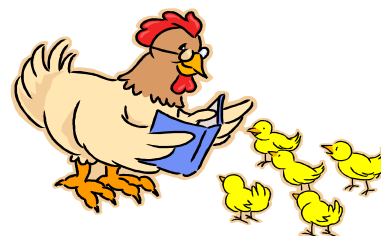
- Laugh n Learn  
Mondays 10:00-11:30  
Network 4 Change
- Wiggle, Giggle & Munch  
Tuesdays 10:30-11:30  
SunGro Centre
- Time to Play  
June 7, 21 1-2:30pm  
Beausejour Early Years School

## Laugh 'n' Learn

Too much sun, heat, or muggy weather can be dangerous for your family and pets. Make sure that your child drinks plenty of fluids to re-hydrate his or her body. Stay away from soda and fruit juices that increase instead of decrease thirst. Your body loses electrolytes from sweating; try drinks that will replenish the body. Keep unsweetened tea and water available at all times.



**Mondays**  
**10:00 - 11:30**  
**Network 4 Change**



## A Time to Play - Play Group/Family Support for Families with Children of Special Needs



Network 4 Change is excited to launch a new program for families with children of special needs.

- ★ June 7, 2009
- ★ June 24, 2009

A Time to Play will provide the time and space for children to have fun in a developmentally appropriate, stimulating, fun, engaging and safe space. Family members and care-providers will be given an opportunity to connect with and support one another while their children have some time to play.

1-2:30 pm (Beausejour Early Years School)

\*Feel free to contact us regarding questions, concerns, suggestions

PROGRAM PARTNERS

Network 4 Change  
Brokenhead River Community Foundation  
Beausejour Early Years School  
Bright Beginnings  
Eastman Family Services and Housing  
Association for Community Living

# NORTH EASTMAN HEALTH ASSOCIATION (NEHA)

## Healthy Baby

Are you pregnant or have a baby under one year?

Healthy Baby is offered at the Beausejour Health Center every second Tuesday from 10 a.m.-12 noon

## Public Health Nurse

Lisa Hrynyk, RN,BN

Email: lhrynyk@neha.mb.ca

268-7468



## Wiggle, Giggle & Munch

### Water Safety Tips:

- Make sure children are well supervised by adults at all times in, on and around the water. Be your children's lifeguard!
- Enrol your children in swimming and water safety courses.
- Ensure your children inform you or their caregiver as to where they are going — and if there is any change of plan.
- Make sure each occupant in a boat - including adults - wears a properly-fitted lifejacket or personal floatation device (PFD). Complete CPR and first aid training.



Tuesdays  
10:30-11:30  
SunGro Centre

Join us for...

Snacks

games

Crafts

Great Conversation



## Sunshine Stay & Play



### Summer Schedule

June 3rd

June 17th

July 1st - Cancelled

July 15th

July 29th

August 12th

August 26th

Every second Wednesday

Tyndall Community Center

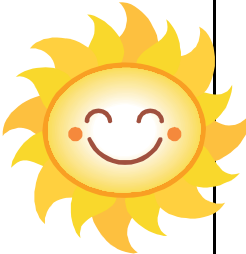
10:00-12:00

Ages 0-6

For more info call Allison 268-4534





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
<p>1</p> <p>Laugh n Learn 10:00-11:30 N4C</p>	<p>2</p> <p>Wiggle, Giggle &amp; Munch 10:30-11:30 SunGro Center</p>	<p>3</p> <p>Sunshine Stay &amp; Play 10:00-12:00 Tyndall Community Center</p>	<p>4</p>	<p>5</p>	<p>6/7</p> <p>Time to Play 1-2:30 pm BEYS (Sunday the 7th)</p>
<p>8</p> <p>Laugh n Learn 10:00-11:30 N4C</p>	<p>9</p> <p>Wiggle, Giggle &amp; Munch 10:30-11:30 SunGro Center</p> <p>Healthy Baby BSJ Health Center 10-12</p>	<p>10</p>	<p>11</p> 	<p>12</p>	<p>13/14</p>
<p>15</p> <p>Laugh n Learn 10:00-11:30 N4C</p>	<p>16</p> <p>Wiggle, Giggle &amp; Munch 10:30-11:30 SunGro Center</p>	<p>17</p> <p>Sunshine Stay &amp; Play 10:00-12:00 Tyndall Community Center</p>	<p>18</p>	<p>19</p>	<p>20/21</p> <p>Time to Play 1-2:30 pm BEYS (Sunday the 21st)</p>
<p>22</p> <p>Laugh n Learn 10:00-11:30 N4C</p>	<p>23</p> <p>Wiggle, Giggle &amp; Munch 10:30-11:30 SunGro Center</p> <p>Healthy Baby BSJ Health Center 10-12</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27/28</p>
<p>29</p>	<p>30</p>				