

WATERMELON and WIGGLES



Outdoor Obstacle Course

Get kids moving in new ways by designing your own Outdoor Obstacle Course! Adult-led activities can challenge kids to try something new and turn up the intensity.

Materials: Portable play equipment (beanbags, Poly Spots, etc.)

Preparation: Create a series of obstacles for children to move through

Tell children they will be going through an obstacle course that you created. Walk them through each step.

Here are some ideas for your obstacle course:

1. First, run in a circle around a tree
2. Next, zigzag around Poly Spots
3. Run to the slide and slide down
4. Throw a beanbag at a targeted object
5. Then, crab walk to the fence
6. Skip to the finish line

This activity and more outdoor activities can be found [here](#).

MOVERS & SHAKERS Upcoming Events

Fitness Walking Group Starting this Summer!

WHEN: Sundays 2:00 p.m. - 3:00 p.m.

WHERE: Farmington Community Center
1379, 325 Oak Street, Farmington, MN 55024)

RSVP to Pennie Page at ppage8880@frontiernet.net

Visit the [Dakota County](#) website for more information on how to start or join a walking group.

The Dog Days of Summer are Here!

Take a little adventure to a new spot to play! Consider taking the children you care for on a fieldtrip to Jensen Lake trailhead in Eagan.

It's a great spot to picnic and spend time in nature. Enjoy the play area and interpretive trails.

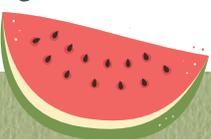
There are on-site restrooms and entrance is free!

Find other play areas by visiting the [County Parks](#) website.



Find Fresh Local Ingredients at a Nearby Farmers Market

Many [markets](#) are open now through October!



YOGURT PARFAIT

Ingredients:

- 3/4 cup lowfat vanilla yogurt
- 1/4 cup toasted oat cereal
- 1 Tbsp chopped nuts
- 1/2 cup fresh seasonal berries!



Source: <https://www.choosemyplate.gov>

Ready, Set, Go...OUTDOORS!



Long summer days provide lots of opportunity to get out and get moving. Help kids develop healthy habits by spending at least 60–90 minutes per day outdoors – but be sure to also be sun-smart!

Avoid peak sun exposure by heading out in early morning and late afternoon and follow these recommendations from the Centers for Disease Control and Prevention:

- **Cover up** – use light-weight long-sleeved shirts and long pants and skirts.
- **Wear a hat** – preferably hats that shade the face, scalp, ears, and neck. If your child chooses a baseball cap, be sure to protect exposed areas with sunscreen.
- **Wear sunglasses** – protect children's eyes from UV rays, which can lead to cataracts later in life.
- **Use sunscreen** – apply sunscreen with at least 15 SPF (sun protection factor). For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet.



Find more tips at [Summer Safety](#).

Resources you'll dig:

Teacher/Provider Wellness:

Take a Journey on Headspace

Looking to recharge after a long day but only have a minute? [Guided imagery](#) can help aid in stress reduction. A great website and phone app for meditation is [Headspace](#). It provides instructions on how to meditate along with guiding you through beginner meditation sessions.

Library Love - free physical activity resources available for rent

Did you know you can check-out two great resources for childcare providers at the Library? [I am Moving I am Learning](#) (IMIL) toolkits are available for rent. The kits include CDs and fun props that are sure to get every child moving and laughing in no time!

'Get Moving Today' Calendar for preschoolers

Get out of the same old groove with Head Start Body Start's physical activity ideas you can try out with preschoolers. Try a different movement skill each day of the year!

Download the [Get Moving Today Calendar](#) (PDF).

Infant
Connection:
Remember:
Tummy Time

Take the Steps to become a Breastfeeding Friendly Child Care Center

The Minnesota Department of Health (MDH) has created a program to recognize child care centers and homes that have taken specific steps to make their programs breastfeeding-friendly. By providing a welcoming lactation space, knowledgeable staff and a supportive environment, child care programs can play a critical role in helping babies continue to be fed breast milk when they are separated from their mothers. Visit [MDH](#) for more information and to apply.



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