



Healthy Families Skyline CAP

May 2022 Newsletter

Happy Mother's Day!

Happy Mother's Day to all moms! Whether it is your first or 100th Mothers Day, today is a day to celebrate you and all the joys and frustrations of being a mother. Celebrate your growth as a mother and overcoming the troubles that came along the way. Whether you receive a finger painting or a burnt piece of toast, know that your child is showing their appreciation for you in their own special way.

Thinking of all mothers on Mother's Day

Not all experience Mother's Day as a happy day. Bringing flowers to a loved one's grave, going to a favorite restaurant, talking with those who knew them, writing about how you are feeling, lighting a candle in their honor, or just doing something you enjoy are all ways to celebrate Mother's Day for those who are unable to become mothers, mothers who have lost children, those who have lost mothers, and children of neglect/abuse/trauma with strained or no relationship. Mother's Day is a day of self-care no matter what your situation may be. Treating yourself to a nice meal, getting some fresh air outside, taking a bath, and/or calling a friend are all ways to enjoy your day with or without children.



Fun in the Sun!

Memorial Day (May 30th) marks the day when most community and home pools open for the summer. Here are some ways to keep your family safe at the pool.

- **Wear protective gear (infants)** - you should avoid using sunscreen on a baby younger than 6 months due to chemicals in the sunscreen, instead use hats and UV resistant clothing to keep the sun off baby.
- **Keep baby out of sun**—avoid taking baby out between 11am-3pm, the sunniest hours of the day to help keep baby out of the sun.
- **Wear swim diapers**—to help keep the pool clean and avoid any bacterial infections, make sure baby wears a swim diaper to help keep potty time out of the pool.
- **Always keep children within an arms reach**—floatation devices are wonderful to help allow children to have a little more freedom; however, always stay close to avoid any accidents.
- **Home pool safety**—if you have your own pool at home make sure that a child never swims alone and secure your pool with proper barriers (such as a fence) to prevent a child (or even a pet) from accidentally falling in.
- **Enroll baby in swimming classes**—swimming classes are a great way to introduce baby to swimming and help you and baby learn how to safely play in the pool.



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Issue 40

Happy Birthday to all May Birthday's and Newborns!!



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Important dates this month:

May 3rd: Eid al-Fitr

May 30th: Memorial Day

May 4th: Star Wars Day

May 5th: Cinco de Mayo

May 8th: Mother's Day