



## Signs of Dehydration in Babies and Toddlers

Hot summer days, busy playtime, and illness can cause babies and toddlers to lose fluids quickly. Because young children's bodies are small, dehydration can happen faster than many parents realize. Knowing the warning signs can help families keep little ones healthy and safe.

### Signs of Dehydration in Babies

- Fewer wet diapers than usual
- Dry lips or mouth
- Crying with few or no tears
- Sleepiness or unusual fussiness
- Trouble feeding

### Signs of Dehydration in Toddlers

- Dry or sticky mouth
- Low energy or tiredness
- Dark yellow urine or fewer trips to the bathroom
- Irritability
- Fast breathing
- Dizziness or headaches

### Tips to Keep Little Ones Hydrated

- Offer water often during outdoor play.
- Take breaks in the shade or indoors when temperatures are very high.
- Breastfed babies may want to nurse more frequently in hot weather.
- Keep a spill-proof water cup nearby for toddlers.
- Serve fruits with high water content like watermelon, strawberries, and oranges.

### When to Seek Medical Help

Contact your child's doctor right away if your child:

- Cannot keep fluids down
- Has no wet diapers for several hours
- Seems difficult to wake
- Has a high fever
- Shows signs of severe dehydration

A little extra water and rest can go a long way in helping children stay healthy during the summer months!

## Sun Safety Quick Tips



Babies and toddlers can get too much sun very quickly, especially during hot summer days. Help keep little ones safe outdoors with these simple tips:

- ☀️ Keep babies under 6 months in the shade whenever possible.
- ☀️ Dress children in lightweight clothing and wide-brimmed hats.
- ☀️ Use sunscreen with SPF 30 or higher for children older than 6 months. Reapply every 2 hours and after water play or sweating.
- ☀️ Offer water often and take breaks indoors to cool down.
- ☀️ Avoid outdoor play during the hottest part of the day (10 a.m.–4 p.m.).

A little sun protection goes a long way in keeping children safe, healthy, and happy this summer!



## Happy Father's Day!

This Father's Day, we celebrate all the dads, grandfathers, stepdads, father figures, and caregivers who help children grow through love, patience, and support.

Everyday moments matter most, like reading a bedtime story, giving hugs, playing on the floor, or simply being present. These small acts help children feel safe, confident, and loved.

To all the fathers enrolled in Healthy Families: thank you for the important role you play in your child's life. Your involvement makes a lasting difference. We wish you a joyful and relaxing Father's Day filled with special moments with your little ones!



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## Father's Day Boot & Footprint Keepsake

This sweet Father's Day craft creates a special memory using Dad's boot print and a child's footprint. It makes a wonderful keepsake gift for fathers, grandfathers, or father figures!

### Supplies Needed:

- One clean work boot or shoe
- Washable paint
- Paintbrush or sponge
- White cardstock or canvas paper
- Baby wipes or damp cloth for cleanup
- Marker for writing names and date

1. Paint the bottom of Dad's boot lightly with washable paint.
2. Press the boot firmly onto the paper to create the boot print.
3. Clean the boot before the paint dries.
4. Paint the child's foot with a different color paint.
5. Place the child's footprint inside or next to the boot print.
6. Allow the artwork to dry completely.
7. Add a special message such as "Following in Daddy's Footsteps" or "Tiny Feet, Big Love."



### Parent Tip:

For babies, try making the footprint while they are relaxed or sitting in a highchair. Keep wipes nearby for easy cleanup!



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## Healthy Summertime Snack for Toddlers

### Cool Yogurt Berry Bites

#### Ingredients:

- 1 cup plain or vanilla yogurt
- Fresh blueberries or diced strawberries
- Banana slices
- Sprinkle of crushed cereal or oats (optional)

#### Directions:

- Place small spoonfuls of yogurt onto a parchment-lined plate or tray.
- Add a berry or banana slice on top of each yogurt bite.
- Sprinkle with crushed cereal or oats if desired.
- Freeze for 1–2 hours until firm.
- Serve cold as a cool summer snack!





**StartSmart** is designed to share practical tips and advice each month to help you nurture your baby's growth and development. From encouraging milestones to promoting healthy habits, **StartSmart** is here to support you every step of the way on your parenting journey!

## StartSmart: Building Secure Attachment Through Play

Playtime is more than just fun — it is one of the most important ways babies and toddlers build strong, healthy relationships with their caregivers. When parents and caregivers spend time playing, talking, and responding to their child, they help create a secure attachment which, in turn, helps the child feel safe, loved, and confident as they grow and learn.

### What is Secure Attachment?

Secure attachment develops when children know they can count on caring adults to comfort, support, and respond to their needs. Children with secure attachments are more likely to:

- Feel confident exploring new things
- Manage emotions more easily
- Build healthy relationships
- Develop strong communication skills



### Simple Ways to Build Connection Through Play

- **Follow Your Child's Lead**

Let your baby or toddler choose the activity or toy. Join in by watching, talking, and copying their actions.

- **Make Eye Contact and Smile**

Babies learn through face-to-face interaction. Smiling, singing, and talking during play helps children feel connected and loved.

- **Read and Cuddle Together**

Reading books while cuddling builds closeness and supports language development at the same time.



- **Play Simple Games**

Games like peek-a-boo, pat-a-cake, and rolling a ball back and forth help children learn trust and communication.

- **Put Away Distractions**

Even a few minutes of focused attention without phones or television can make a big difference.



You do not need fancy toys or long hours of free time to build a strong bond with your child. Small moments of connection throughout the day, such as during meals, bath time, or bedtime, help children feel safe and secure.