



# OPT Newsletter

The mission of the Organization of Parents and Teachers is to strengthen the parent-teacher connection and assist with the children's overall preparation for success

Young Horizons Child Development Centers Long Beach, CA [www.younghorizons.org](http://www.younghorizons.org)

## OPT News

We would like to thank everyone who participated both as a volunteer and as an attendee at our OPT Annual Family Picnic on June 3, 2017. We had time to share our favorite foods and mingle with other Young Horizons families. Thanks to YH staff for taking the time to volunteer at our various activities. Our picnic fun included jumpers, ice-cream cones, face-painting, a balloon artist and an amazing performer!



We were very fortunate to have Connie at CareFirst provide information and toys for our children. We would also like to thank the National Charity League for volunteering at our registration table and food area. We hope that all Young Horizons families enjoyed their day at our picnic and we hope to see you there next year for more great giveaways and opportunity drawings.

The Preschool graduations are now over and we would like to wish those who are moving on to Kindergarten a happy and successful future. We ask parents to please keep us updated on how their child is doing throughout Kindergarten and elementary school. It would be exciting to know how our programs contributed to their success. Please do not hesitate to contact me by email to tell us your story.

Our OPT Board members played a very important role in the decisions and planning of our fundraisers and picnic. We thank you for setting aside some time to come to the meetings and contribute your wonderful ideas. We hope you can be part of the OPT next year or motivate other parents to run for an OPT Board role.

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## Monthly theme: "Incredible Insects"

July 2017

Insects are among the most diverse groups of animals on the planet. There are more than 1 million species representing more than half of all living organisms. Your child is sure to encounter these wonderful creatures in their everyday lives. This month children will be learning about the characteristics of insects and how similar or different they may be.

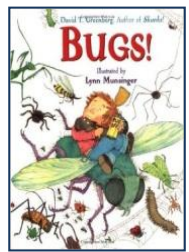
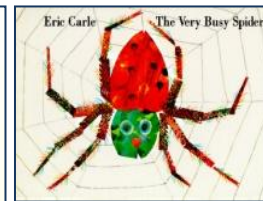
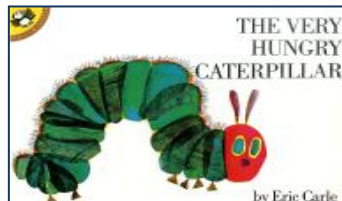


Children will be learning about the life cycle of butterflies and how other insects compare. *The Very Hungry Caterpillar* is an all time favorite that gives children an idea of how insects grow and change. Children will go outside and search for insects using a magnifying glass. Remind your children that little insects and creepy crawlies are everywhere and that they can explore at the beach, in their backyard or even at school.

Take the time to introduce your child to the many insects that can be found every day. For example, when you go to the park with them, explore the different trees and the insects that live there. Move a rock in a shady spot and explore the exciting bionetwork that lives there. Your child may see ants working together to take food somewhere or a spider working on its web.

Recommended books for the month of May include the following:

- "The Very Hungry Caterpillar" By: Eric Carle
- "The Very Busy Spider" By: Eric Carle
- "Bugs" By: David T Greenberg



## Cooking Experience

July 12 Breakfast: Tortilla with egg, cheese and salsa



July 26 Snack: Ants on a Log (Celery, peanut butter and raisins)



Young Horizons Centers will be closed on July 4<sup>th</sup> for Independence Day!

## Dry Drowning: Know the Signs

It sounds scary: A child can seem fine after getting out of a pool or body of water but then start to have trouble breathing an hour -- or up to 24 hours -- later. You'll worry a whole lot less once you know the signs of submersion injuries, and how to prevent them.



### What is dry drowning?

The terms "dry drowning" and "secondary drowning" (also called submersion injuries) are often used interchangeably -- even by some experts -- but they're actually different conditions, says Mark R. Zonfrillo, M.D., MSCE, attending physician in the Department of Emergency Medicine at the Children's Hospital of Philadelphia.

In dry drowning, someone takes in a small amount of water through his or her nose and/or mouth, and it causes a spasm in the airway, causing it to close up. In secondary drowning, the little bit of water gets into the lungs and causes inflammation or swelling that makes it difficult or impossible for the body to transfer oxygen to carbon dioxide and vice versa.

### How to spot it:

No matter your child's age, be on the lookout for:

- **Water rescue.** "Any child pulled from the pool needs medical attention," says Dr. Berchelmann. "At the very least, call the pediatrician."
- **Coughing.** Persistent coughing or coughing associated with increased work of breathing needs to be evaluated.
- **Increased "work of breathing."** Rapid shallow breathing, nostril flaring, or where you can see between the child's ribs or the gap above their collarbone when they breathe, means they're working harder to breathe than normal, says Dr. Denny. This is a sign that you should seek medical help immediately.
- **Throwing up.** "Vomiting is a sign of stress from the body as a result of the inflammation and sometimes a lack of oxygen, also from persistent coughing and gagging," explains Dr. Berchelmann.

Any time you're concerned about your child and think he could have symptoms of dry or secondary drowning, whether you're in your backyard pool or on a beach vacation, call the pediatrician right away for advice. Your child's doctor should be able to talk you through it, says Dr. Berchelmann, and might advise you to go to the ER, a primary care doctor, or a national urgent care center.

<http://www.parents.com/kids/safety/outdoor/dry-drowning/>

## Hot Cars Act of 2017: HR 2801

For 2017, by the month of June, ten children have died from vehicular heatstroke, a toll documented by meteorologist Jan Null at GGWeather.com. About 800 have died since 1990. Data show three major issues in this devastating outcome. Those forgotten by caregivers, mainly parents, are addressed directly by Bill HR 2801. The two other scenarios include children getting into cars on their own and leaving children in vehicles intentionally.

KidsAndCars.org along with 20 health, consumer and safety organizations provided information to support bipartisan co-sponsors of this new bill. The bill focuses on requiring car companies to provide an indicator that a child has been left in the back seat even when the vehicle has been turned off.



## OPT Annual Family Picnic 2017!



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