

AUGUST 2022

# Family Newsletter

## August Book List

**The Honey Makers** by Gail Gibbons

**Give Bees a Chance** by Bethany Barton

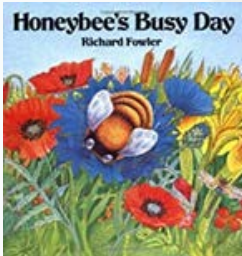
**The Bee Book** by Charlotte Milner

**Bees** by Laura March

**Are You a Bee?** by Just Allen

**The Honeybee** by Kirsten Hall

**Honeybee's Busy Day** by Richard Fowler



**The Honeybee Man** by Lela Nargi and  
Kyrsten Brooker

**Explore My World: Honey Bees** by Jill  
Esbaum

**The Big Honey Hunt** by Stan Berenstain

**I Am a Bee: A Book About Bees for Kids**  
by Rebecca and James McDonald

**The Bee Tree** by Patricia Polacco

**Five Bizzy Honey Bees - The Fun and  
Factual Life of the Honey Bee** by Lance  
Douglas

## IT'S BEE MONTH!

Welcome to our final month of summer. At the center we are celebrating BEE MONTH! As pollinators, bees are an important part of our ecosystem - and we think they're pretty cute too! Did you know that in its lifetime, a bee will visit 20,000 flowers?? Keep an eye out in the center for more bee fun and activities to celebrate BEE MONTH. 

It's also back to school and fall planning time. Here are a few ideas to start now to get your kids ready!

RESET BEDTIME - Slowly move bedtime earlier by 5 or 10 minutes a day to be sure your child is ready and rested for back to school.

TALK ABOUT IT! - Back to school can bring new worries for our kids. Using open ended questions to understand what they might be feeling is a great way to help ease their concerns.

PRACTICE INDEPENDENCE - Dressing themselves, drinking from a cup, feeding themselves are all great examples of activities they might be asked to do on their own. Practicing these at home will build their confidence and help prepare your kiddo for school.

**HAPPY AUGUST!**



# BRINGING IT HOME

RESOURCES AND ACTIVITIES FOR ALL AGES



## Potato Masher Honeycomb

*The end of a potato masher can create a honeycomb pattern when pressed onto paper.*


### Supplies:

- Potato masher
- Paint (yellow, brown, gold)
- Paper or paper plate
- Markers and crayons (black, yellow, brown)

### Directions:

Dip the end of the potato masher into paint color of choice and then press it onto paper or a paper plate. Do this a few times to create different honeycomb patterns.



 Child Central Station

Use crayons or markers to outline the honeycomb pattern to create a beehive, draw bees or enhance the honeycomb pattern.


Use a painted thumb print (yellow) to create bees around the honeycomb and outline with marker or crayons.

## Thumb Print Bees

### Supplies:

- Paper plates
- Paint (yellow, brown, gold)
- Washable yellow markers
- White paper



 Artsy Craftsy Mom

### Directions:

Use a washable yellow marker or yellow paint to color the child's thumb and have him or her press the colored part of the thumb onto a piece of paper or paper plate, without smearing it.

You can outline the bee with black marker to add more bee like features.

For older infants, you can provide them with a cut up piece of bubble wrap for them to finger paint yellow and then stamp onto the paper or plate

## Health Benefits of Honey

Not only is honey sweet, goeey, and delicious, but it is also well known in the medicinal world for having some pretty impressive health benefits.

- Honey contains **antioxidants** that are protective against many chronic health conditions.
- Consuming local honey has been linked with **reducing seasonal allergy** symptoms.
- Some types of honey are **anti-inflammatory**, meaning it can ease pain and swelling.
- Due to its unique composition and low pH, honey is **antibacterial**.

**Important Reminder! Never give honey to infants under the age of 1 year.**

For Grins 

Answer:

They take the school buzz. 