



# August 2019

Play and Learn at Odenton  
1417 Odenton Road ~ Odenton, Maryland 21113  
Phone: 410-305-0117 ~ Fax: 410-305-0166 ~ Email: [ODDirector@playcenters.org](mailto:ODDirector@playcenters.org)  
Visit us at [www.playandlearnmaryland.org](http://www.playandlearnmaryland.org) ~ Tax ID: 52-1259566



## From the Director

Happy August! We hope everyone is thoroughly enjoying summer fun with family and friends!

On Friday, August 2, we will be celebrate Watermelon Day (which falls on Saturday this year!). The children will explore why it is important to eat healthy foods as we enjoy a yummy treat!

Friday, August 9, is Book Lovers Day. Have your child bring in their favorite book and we can enjoy a read-aloud and also share why these books are favorites.

Friday, August 16, is National Tell a Joke Day. What is a month without a little laughter? Bring your best joke and we can share the laughter with everyone in the center.

National Waffle Day is Friday, August 23. As we enjoy a delicious treat for morning snack, we will also learn about food groups as we discuss waffles and sample various waffle toppings.

On Wednesday, August 28, we will enjoy Wacky Wednesday. Come dressed in a wonderfully wacky wardrobe and be ready for Wacky Wednesday fun!

*PLEASE NOTE: We will be **CLOSED** on Monday, September 2, in observance of Labor Day.*

Happy Dog Days of Summer!

Mr. Stephen and Superstar Staff

**Happy August Birthday to  
Tyler, Ms. Brianna, and Ms. Rozlin**



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## Page 2 - Parents' Corner

### Prevent Child Deaths in Hot Cars

A child left in a hot car can die of heat stroke very quickly. But this tragedy can be prevented.

#### **Facts about Child Heat Stroke in Cars**

##### **Here are some facts about hot cars and keeping kids safe:**

- ◆ Heat stroke is the leading cause of non-crash, vehicle-related deaths in children under 15.
- ◆ Heat stroke can happen when the body is not able to cool itself quickly enough.
- ◆ A child's body heats up three to five times faster than an adult's does.
- ◆ When left in a hot car, a child's major organs begin to shut down when his temperature reaches 104 degrees Fahrenheit (F).
- ◆ A child can die when his temperature reaches 107 degrees F.
- ◆ Cars heat up quickly! In just 10 minutes, a car can heat up 20 degrees F.
- ◆ Cracking a window and/or air conditioning does little to keep it cool once the car is turned off.
- ◆ Heat stroke can happen when the outside temperature is as low as 57 degrees F.

#### **Set Reminders!**

Any parent or caregiver, even a very loving and attentive one, can forget a child is in the back seat. Being especially busy or distracted or having a change from the usual routine increases the risk.

##### **Here are some things you can do to prevent the unthinkable from happening to your child:**

- ◆ Always check the back seat and make sure all children are out of the car before locking it and walking away.
- ◆ Avoid distractions while driving, especially cell phone use.
- ◆ Be extra alert when there is a change in your routine, like when someone else is driving your child or you take a different route to work or child care.
- ◆ Have your child care provider call if your child is more than 10 minutes late.
- ◆ Put your cell phone, bag, or purse in the back seat, so you check the back seat when you arrive at your destination.
- ◆ If someone else is driving your child, always check to make sure he has arrived safely.

#### **Lock Your Car!**

Keep your car locked when it is parked to prevent a curious child from entering when no one is around. Many hot car deaths have occurred when a child mistakenly locks himself inside.

##### **Here are some reminders for parents and caregivers:**

- ◆ Make sure children do not have easy access to your car keys. Store them out of a child's reach.
- ◆ Teach children that cars are not safe places to play.
- ◆ Keep rear fold-down seats closed to prevent a child from crawling into the trunk from inside the car.
- ◆ Remind children that cars, especially car trunks, should not be used for games like hide-and-seek.

**Important Tip: If a child is missing, always check the pool first, and then the car, including the trunk!**

**For more information, visit:**

**<https://www.healthychildren.org/English/safety-prevention/on-the-go/Pages/Prevent-Child-Deaths-in-Hot-Cars.aspx>**