



Parent Newsletter

BEAT THE HEAT!

Summer is the perfect time to enjoy the outdoors, but hot weather also means taking extra steps to stay safe. Whether you're splashing in the backyard, exploring a local park, or enjoying a cool afternoon indoors, everyday moments can become opportunities for learning, creativity, and family fun. This month, we're sharing simple ways to help children stay active, hydrated, and engaged all summer long. [#AFC](#)

Scan the QR code to explore OSUs Beat the Heat: Staying Safe in Hot Weather recommendation .



Stay Hydrated Together

Children can become dehydrated quickly in the summer heat. Offer water often, even before they say they're thirsty. Make drinking water fun by adding slices of strawberries, oranges, cucumbers, or mint leaves to create colorful "spa water."



Play Early or Late

Plan outdoor adventures during the cooler parts of the day, like the morning or evening. Parks, nature walks, sidewalk chalk, or backyard games are all great ways to stay active while avoiding the hottest afternoon temperatures.



Create an Indoor Summer Adventure

When it's too hot outside, bring the fun indoors! Build a blanket fort, have an indoor scavenger hunt, create an obstacle course, or read books about oceans, camping, or summer animals.

WATER FIGHT SPONGES



To make a Summer Water Fight sponges, you will need:

- A bucket
- Kitchen scissors
- “Ouchless” Hair Elastics
- Kitchen Sponges

Step-by-Step Video Tutorial



INSTRUCTIONS:

1. To begin, use scissors to cut up ordinary household sponges into thirds.
2. Next, use an ouchless hair elastic to group together nine sponge strips.
3. Lastly, poof up the sponge bomb, and you are ready to dunk them into water for some active outdoor FUN!

Visit Your Local Splash Pad!

Many Columbus-area splash pads are free and open throughout the summer. Splash pads help children stay active while cooling off and provide opportunities to practice sharing, taking turns, and building confidence through play.

Source:

<https://columbusrecreparks.com/facilities/aquatics/spraygrounds/>



Discover Parent Support

Scan the QR code to explore family support resources available through Action for Children. From parenting programs to child care guidance and community connections, this page helps families find tools and support designed to help children (and the adults who care for them) thrive!.

