



THIS IS Crystal with the Kid Kalendar Newsletter for the month of July, 2025

Here's a scary thought: you will get much of your lifetime sun exposure before the age of 18. Children just like the rest of us need to practice sun safety anytime they head outdoors. Here are some tips.

1. Avoid sun exposure during the peak hours of 10:00am – 3:00pm. If you can't avoid those hours, then make sure to find a shady spot.
2. Play in the shade: Under trees, under an umbrella at the beach or bring pop-up tents.
3. Wear sun-protective hats to shield against ultraviolet radiation to the face, head, and neck.
4. Wear sun-protective clothing: long sleeves (breathable cotton) rash guard swimsuits with built in sun protection.
5. Wear sunglasses with 100% UV protection.
6. Wear broad spectrum sunscreen (protects against UVA & UVB radiation) SPF 30 or higher even on cloudy or overcast days. UV rays can still penetrate clouds.
7. Apply sunscreen 30 minutes before planned sun exposure.
8. Re-apply SPF every two hours and immediately after if the child has been sweating or swimming.
9. Use water resistant sunscreens when they are going to be in water.
10. Apply generously, recommendation is one ounce (enough to fill a shot glass) to cover the exposed areas of the body.
11. Look for titanium dioxide as the main ingredient, which is a physical blocker.
12. Don't forget about the lips, use a lip balm with SPF 30.
13. Teach children how to apply SPF themselves. The solid sticks are great for this they're very easy for them to use on face and super-portable.
14. Check your children's medications. Many antibiotics and some supplements are photosensitizers and will make the child more sensitive to sun. If your child is on any such medications, avoid sun exposure.
15. Babies under age of six months should be kept out of the sun. If they are going to exposed, make sure to avoid direct sunlight and they should be in protective clothing and a hat with a wide brim.
16. Be a good role model! If the child sees the parent taking appropriate measures with sun safety, the child is more likely to learn and maintain good habits.
17. Avoid PABA as an ingredient in sunscreen.
18. Cover birthmarks liberally, certain nevi become red and inflamed in sun.

COLORFUL FRUIT KABOBS



DIRECTIONS

1. If using wooden or bamboo skewers, make sure all the splinters are off of them by rolling two together in your hands, or rub them over each other, as if you are sharpening a knife.
2. Cut the fruit that is not already small into 1-inch, or bite-size, chunks.
3. First, skewer the strawberry.
4. Then, skewer the cantaloupe or orange.
5. Then, skewer the pineapple.
6. Then, skewer the kiwifruit or honeydew melon.
7. Then, finish the skewer with 2 blueberries on the pointed end.

Make sure to push them up fairly high, so they don't slip off.

INGREDIENTS

- 50 strawberries, hulled
- 50 pieces cantaloupe or 50 pieces mandarin oranges
- 50 pieces pineapple, canned
- 50 pieces kiwi fruits or 50 pieces honeydew melon
- 100 blueberries
- 50 bamboo or other disposable skewers (such as plastic)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Ts —4th Headbands 2s —Foot print rockets P3s —4th of July Shirts 3s —Counting Octopus PKs —Shape Sand Castle Sch —Discovery Lab	2 Ts —Handprint Fireworks 2s —4th of July Ribbon wand P3s —4th of July Glasses 3s —Cutting Practice PKs —Firework Craft Sch —Organize Cubbies	3 Ts —4th of July party 2s —Red White & Blue finger paint P3s —4th of July party 3s —Ice cream taste test PKs —Fireworks science experiment Sch —Firecracker art	CLOSED FOR INDEPENDENCE DAY
7 Ts —Patriotic Sensory bin 2s —Old McDonald had a Farm P3s —Make Mermaids 3s —Names PKs —Paper Sting Ray Sch —Splash Pad & Sack Lunch	8 Ts —Coffee Filter Fireworks 2s —Sponge paint cow P3s —Sun Visors 3s —Whales PKs —Squid Craft Sch —Read for 15 minutes	9 Ts —Shaving cream fireworks 2s —Muddy Pigs P3s —Bring a Sack Lunch 3s —Picnic Bring a Sack Lunch PKs —Seashell Craft Sch —Pictionary	10 Ts —Paper plate flags 2s —Paper plate chicken P3s —Make a turtle 3s —Sunset Painting PKs —Bubble Wrap Starfish Sch —Skyzone	11 Summer Splash
14 Ts —Little firecrackers 2s —Handprint Horse P3s —Watermelon 3s —Sharks PKs —Pudding Cup Whales Sch —Large Checkers	15 Ts —4th of July Jello play 2s —Cotton Ball Sheep P3s —Sunshine Puppets 3s —My Favorite Ocean Animal PKs —Ocean Fishing Sch —Sapulpa Aquatic Center	16 Ts —4th of July process art painting 2s —Water Color Duck P3s —Ice Cream Puppets 3s —Cutting Practice PKs —Shark Hats Sch —Organize Centers	17 Ts —Sun Catchers stars 2s —Old McDonald had a Farm P3s —Ice Cream Cones 3s —Directed Drawing PKs —Exploring Shells Sch —Lunch & Games at Cici's	18 Summer Splash
21 Ts —Sparkle Bottles 2s —Foot Print Popsicle P3s —Water Colors 3s —Summer Treats PKs —Sandal Craft Sch —Pictionary	22 Ts —4th of July fireworks toilet paper roll 2s —Ice cream cone P3s —Strawberry Pie 3s —Rainbow Writing PKs —Ocean Coral Blow Paint Sch —Icecream at Braum	23 Ts —Star Suncatchers 2s —Flip Flops P3s —Sand Art 3s —Goldfish Bowl PKs —Shark Craft Sch —Kids Choice	24 Ts —Popsiclestick fireworks 2s —Beach Ball P3s —Color with paint & chalk 3s —Directed Writing PKs —Pool Noodle Boats Sch —Prepare for Water Day	25 Summer Splash
28 Ts —Patriotic Snacks 2s —Shovel & Pail P3s —Summer Book 3s —Jelly Fish PKs —Shrimp Craft Sch —Kinetic Sand	29 Ts —Fork firework art 2s —Footprint in the sand P3s —You are my Sunshine 3s —Manta Rays PKs —Walrus Craft Sch —Field Trip?	30 Ts —Patriotic popsicles 2s —Build a sand castle P3s —I Love Summer 3s —Sand Names PKs —Light House Craft Sch —Decorate Visors	31 Ts —Popsicle Fireworks 2s —Kool Shades P3s —Summer Book 3s —Starfish PKs —Light House Sch —Prepare for Water Day	