

# Parent Connections - July 2019

## July

### Tug of War

Make playtime fun with this classic game made easy by using a bed sheet for kids to hold as they try to pull their friends on the opposing team across the middle line.

## DUTY

### Patriotic Fruit Fun

Strawberries  
Blueberries  
Vanilla Yogurt

Give kids  $\frac{1}{4}$  c strawberries,  $\frac{1}{4}$  c blueberries, and  $\frac{1}{4}$  c vanilla yogurt and have them layer the fruit alternating with yogurt. Repeat and eat!

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### Flag Mosaic

Have kids help you tear pieces from a magazine and separate into piles of mostly red, white, and blue pieces. Download a paste-by-color US Flag outline from [cacfp.org](http://cacfp.org). Distribute glue sticks and let the kids craft.

### Role Model

Children learn behaviors from us that will last a lifetime. Just as it's important to teach children about creating healthy habits and making good food choices, it's important for caregivers to model good health and nutrition.

*CACFP is an indicator of quality child care.*