

National ECELC Newsletter

The National ECELC

Welcome to the National Early Care and Education Collaboratives Project (ECELC) Newsletter! We hope this newsletter is helpful as we offer supplemental information to help you prepare for the Learning Sessions and provide technical assistance to early care and education (ECE) providers. Topics within each newsletter will emphasize areas outlined in the *Lets Move!* Child Care goals including healthy eating, physical activity, screen time, and breastfeeding support. We hope you enjoy it!

-The National ECELC Team



July is National Berry Month!

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Here is How to Make Independence Day Berry Healthy!

July is the month known as National Berries Month. Berries are packed with vitamins and minerals that can help you ward off diseases. Researchers from the United States Department of Agriculture (USDA) found that blueberries, cranberries, blackberries, raspberries, and strawberries were among the top 11 foods for antioxidant activity. Antioxidants may help increase our immune function and protect against cancer and heart disease.

Tips on how to include more berries into your diet:

- Add berries to foods you already eat. Try adding sliced strawberries to a bowl of whole grain cereal, yogurt or even salad. If you like ice cream, try cutting your portion size in half and add different berries to make your cool treat higher in fiber, vitamins, and minerals.
- Make fruit kabobs that incorporate berries with other fruits such as pineapple chunks, bananas and grapes.

So what can you do with berries on 4th of July? Here is a list of healthy blueberry snacks your children can enjoy!

[Red white and blue yogurt popsicles](#)

[Red White and Blue Parfaits](#)

[Red White & Blue Strawberry Cheesecake Bites](#)

Resources for Providers

Success Stories **in Increasing** **Physical Activity**

Good 4 Kidz in Petersburg, Virginia, was faced with a challenge many child care and early education centers in cities are faced with—no outdoor play space...

Read more >>>> [Good 4 Kids Success Stories](#)

June Food **Calendar**

[Eat Beans Day](#) (July 3)

[4th of July](#) (July 4)

[Salad Week](#) (July 23rd-29th)

Questions?

Please contact your State/Local Project Coordinator or ECELC at Nemours
ecelc@nemours.org



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Fun Independence Day Outdoor Games

If the kids have eaten too much sugar and need to burn off some of that energy—you can take them outside so they can play games with each other. Lack of play, especially outdoor play, is a contributing factor to the growing sedentary habits of children. This also limits the opportunities to enjoy learning experiences through nature. Here are examples of fun activities your kids will love.

Handprint fireworks:

Playing and connecting with our babies gets their brain development going! This activity helps with fine motor skill and sensory development. Remember the baby wipes!

(Ages 1 and up)



4th of July Pinata Balloons:

This activity is great for developing both gross and fine motor skills. If you want to make this even more hearty, try inserting cool gifts like 4th of July stickers and bracelets, instead of candy.

(Ages 3 and up)



Flag Tag Relay Race:

Have each team form a single line. On cue, the first player from each team races to the appropriate bucket, grabs one flag, and marches back to his team as quickly as possible. No running allowed in this part of the relay. The player then tags the next teammate, who then runs to the team bucket to retrieve another flag. Play continues until all members of one team have gotten a flag and returned to the starting line.

(Ages 3 to 10)



For a list of more fun 4th of July games for kids visit [7 Children's Games for Your Memorial Day Party](#)

Resources:

[University of Nebraska–Lincoln](#)

