



**Childcare Provider Appreciation Day is Friday May 10<sup>th</sup>**  
*Thank you for all that you do!!*



- ✧ **May is [National Mental Health Awareness](#) month.** During the week of May 5-11 resources focus on Children and Teens – to help build resilience, self-care strategies, and skills for managing life stressors in healthy ways. Join the 2024 [Take the Moment](#) campaign to normalize the practice of taking moments to prioritize mental health care. Share the National Alliance on Mental Illness resources such as [NAMI HelpLine](#): a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public.
- ✧ **May is National Water Safety Month** – Pools are opening soon, and water safety is paramount. The [CDC reports](#) more children ages 1 to 4 die from drowning than any other cause. Although children are at highest risk, anyone can drown. Review [drowning prevention](#) from the CDC and [the American Academy of Pediatrics](#). Read about water safety and a parent’s heart wrenching story [here](#). Safe Kids Pennsylvania offers [tips on swimming safety and drowning prevention](#). Drowning can happen in an instant, take the [Take the Pool Safety Pledge](#) and get a free Pool Safety Toolkit.
- ✧ **Heading outside?** Don’t forget the [sunscreen](#)! Find out [sunscreen use and ingredients](#) at [healthychildren.org](#) – the website for parents from the American Academy of Pediatrics. Concerned about the environment? Read this interesting article about [eco safe sunscreen](#). See a sample sunscreen permission form in [Model Child Care Health Policies](#) (Appendix T) and review *Caring For Our Children* (CFOC) [guidance](#). Warmer weather brings increasing bugs, weeds and yard work. Learn how to protect kids from fertilizers and other pesticides [here](#).
- ✧ **Tick Prevention** can reduce tick related illnesses. Lyme disease is the most prevalent tick related illness reported in PA. Other illnesses are also carried by ticks; see this informative [table](#). Even pets can get Lyme disease! Click [here](#) for a flyer from the PA DOH about checking your pet. See the PA DOH guidance on tick [testing](#). More details of free testing and a short informative video can be found [here](#).
- ✧ **Asthma** – More play time outdoors is welcomed but air pollution can trigger an asthma attack. Review resources such as the *Asthma Care Training for Child Care Providers* [video](#), [Asthma Friendly Child Care Checklist](#), [Action Plan](#) and [How Air Quality Affects Allergies & Asthma](#) (allergies, air quality and asthma info) to be prepared.
- ✧ **May is Food Allergy Awareness Month & Food Allergy Awareness Week is May 12-18.** [Food Allergy Research and Education](#) (FARE) offers **free** useful resources including [Food Allergies in Early Childhood](#). A brief but informative video from the National Institute of Allergy and Infectious Diseases may be viewed [here](#).
- ✧ **Screen-Free Week** – an annual invitation typically celebrated in May-can be celebrated anytime! Take a break from entertainment screens and experience more peace, connection and fun! Find out more at [Screen-Free Week \(screenfree.org\)](#) Did you know that:
  - Too much screen time can make it hard to sleep, raise the risk for attention problems, for anxiety and depression in kids and be associated with obesity.
  - [Relying on devices for calming should be avoided](#). They may hinder a child’s ability to regulate emotions. [Learn about screen time guidelines](#) and dealing with unstructured time without screens – [School Breaks: Swap Screens for Play - HealthyChildren.org](#).
  - [Why Co-Viewing is Important: Tips to Share Screen Time with Your Kids - HealthyChildren.org](#) discusses the benefits of viewing with a trusted adult. See this article about the importance of screen time for parents: [Parents of Young Children: Why Your Screen Time Matters, Too - HealthyChildren.org](#).
  - [Screen-Free Week \(screenfree.org\)](#) has a [quick guide](#) and many resources for all. Learn [more](#) and get a **FREE** [Screen Aware Early Childhood Action Kit](#).