



Info P'tit Bonheur

Here are some activity ideas to do during the summer period



Library: What a great idea on rainy or very hot days

Camping: Whether in your yard or on site, camp with the family, tell stories around a fire, sleep under the stars on warm nights, eat outside, explore nature.

Water: A pool, an empty tub or plastic bottle, a beach bucket, container or squirt gun. Your child can have fun filling and emptying them all or using them to wash objects. You can also have a water fight, whether it's with guns, bucket, spray bottle or water balloons; even letting them jump in puddles after the rain.

Grass: There are many games to do on grass: running, throwing a ball, flying a kite, looking for a 4-leaf clover, picnicking, building huts. You can also have fun observing nature, ants, flowers and growing seeds.

Sand: A day at the beach is a good activity for children. You can have fun building sand castles, making roads and mountains and even making coloured or home made sand.

Gardening and berry picking: You can make a garden with your child and watch it's daily growth. Watering the plants will help him / her develop a sense of responsibility and provide a sense of accomplishment. Summer is also the season for berries (raspberries, strawberries, blueberries, blackberries). Why not pick some and have fun making a nice fruit salad? Children can help cut the fruit, which will help develop fine motor skills and encourage their interest in new foods and flavours.

P'tit Bonheur services:

- **Respite childcare** for children from birth to six months, or depending on the situation.
- **Psychological support** and small technical **advice** (through friendly calls and / or home visits – ext.)
- **Rental of safe equipment** for babies and children, as well as the loan or donation of educational toys.
- **Clothes** for babies and children, formula (pre-selected), **diapers** and **hygiene products** (individual requests -
- **Accompaniment-transportation** services: for medical and / or social related visits following areferral.

These services are offered to families with children aged 0 to 6, living in the area of Saint-Siméon to Port-Daniel inclusively.



<p>Sun screen cream :</p> 	<p>It is recommended to apply it 15 minutes before sun exposure and reapply after swimming. Choose a sunscreen that offers broad-spectrum protection and a sun protection factor (SPF) of 30 or higher.</p>
<p>Insect repellent:</p> 	<p>The main products recommended are those with a DEET base (10% or less for children) or icaridin (20% or less for children). They are the most effective and also safe for pregnant or breastfeeding women. Do not apply insect repellent to a baby under 6 months old.</p>
<p>Water :</p> 	<p>Children are more susceptible to dehydration than adults. They do not always know how to recognize the feeling of thirst and lose a greater amount of water through their skin. To avoid dehydration, encourage your child to drink regularly, especially in the case of heat, physical activity, fever or diarrhea</p>

Source : santé canada, mamanmagic, naïtre et grandir

Summer schedule 2022

Monday to Thursday 8-12; 1-4
 Schedule varies July 11- 15 and August 8-19
 Holiday absence: July 25-29.

I wish you all a good summer. Be safe and enjoy every moment

Myriam Parisé
Intervener
P'tit Bonheur - Prenatal support service
418-752-5577 ext. 4



CENTRE D'ACTION
BÉNÉVOLE
 SAINT-SIMÉON • PORT-DANIEL