



# NC SEEDLING



Study to  
Explore  
Early  
Development

North Carolina  
**SEED**

UNC-CH, Department of  
Epidemiology

Summer 2013

[www.NCSEED.org](http://www.NCSEED.org)

## NOTES

- SEED has enrolled over 1000 families
- About 450 families have finished the study

## Fun in the Sun!

### Make a Water Activities Table

This is a more controlled environment your kids can enjoy!

Use a bench, table, kids' wagon, or just the ground as the base for your water activities station. Bring out sand buckets, plastic dishes, and even a big flat plastic tub (such as the kind used for mixing paint). After filling the tub with water you can add boats and other bath toys.

### Make Your Own Slip-and-Slide

Use a big plastic tarp, garbage bag, or a plastic shower curtain. Pour some shampoo on your slide of choice and slather it up. Place your slide on a soft lawn, and set a running hose at the top of the slide.

Now it's time for your kids to get wet!

### Sponge Race

Split the kids up into two teams. Give each team two buckets (one filled with water and one kept empty) and a sponge. Tell the kids the object of the game is to move the water from one bucket to the other. BUT you can only use the sponge. Whichever team does it the fastest wins! In another version, just time your kid and have him or her race against the clock!

You can find these ideas and others like it at the following websites:

<http://www.parentsconnect.com/parenting-your-kids/activities/outdoor-activities/outdoor-water-activities-for-kids.html>

<http://living.msn.com/family-parenting/11-water-games-and-summer-activities-for-kids#8>

Don't forget the sunscreen!



## Finding the Support You May Need

Raising a child with special needs is an incredible journey! The joy they bring to our lives also makes us very busy and possibly stressed at times. Make sure to find the support you may need. Most communities have many types of

support groups. Use resources you already have. Ask your child's doctor for recommendations. Do an internet search based on your child's diagnosis. Chances are you'll find links for support groups. Support groups are a

great place to get ideas, referrals, and thoughts from other parents and/or caregivers. Taking care of yourself is important so that your child with or without special needs has all the support they will need!