

Stay-N-Play Kids



Preparing For Hurricane Season And Floods With Your Family

Posted on May 13, 2011 by StayNPlay

[Floods](#) are at record numbers this year after the [tornadoes](#) swept through the country in the past month. It's not over by a long shot because [hurricane](#) season is quickly approaching. In the past we've talked about fire safety plans and escape plans for your family in your home, and it's important to involve your children in the planning so they know where to go and what to do in case you aren't there to show them.

There are lots of ways that you can teach your children about safety plans and procedures. I think from a parent's point of view we are worried about scaring our children or making them worry unnecessarily.



You and your children can:

- Draw maps or layouts of escape routes from the home
- Create emergency contact numbers list
- Create [emergency bags or kits](#) that include food, water, clothes and/or sleeping
- Visit local shelters to visualize where they are
- You can change batteries in the flashlights
- Buy walkie-talkies and test them out

We hope that these family safety tips are helpful to you and your family's safety. If you have other ideas or tips that you would like to add please comment below.

If you would like to donate to your local Red Cross during the current relief efforts please contact the Red Cross at 1-800 RED CROSS or their [website](#).

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On The Road With Kids

Posted on [May 6, 2011](#) by [StayNPlay](#)

It's been a long time tradition in families to take family trips together. Hopefully they will all turn out like [National Lampoon's vacations](#), but nevertheless we pack up too much stuff

in too small a vehicle for a very long drive with no activities along the way. Some parents have purchased vehicles with dvd players and others have decided to play road games to entertain. The choice can be based on the age of the children.

With younger children they could be napping more, eating or getting their diapers changed so you could have several stops. With toddlers they may get bored easily with a book or music so they might need something more stimulating so you can concentrate on driving and they can keep busy. As we get closer to teenagers they tend to do “their own thing” and don’t like to necessarily engage in a lot of family activities so you may have to cater to their activities for them.



What to do on a long drive with kids.....

- Car bingo, you can find these printable cards online
- Scavenger hunt: give each child a check list of things to look for on the road and the first child to win gets a prize
- Of course there’s the license plate game
- I spy is always a favorite
- The alphabet game
- Watch an interactive video of where you’re vacationing and what you’ll be doing when you’re there
- If it’s a really long drive you can schedule certain activities for every hour. Accent on using certain words in every sentence, and etc.
- For older children you can have them drive some of the way so that you can interact with the kids in the car more and it gives them an opportunity to learn and feel like you’re driving with them.

There are countless activities for you to do while in the car with your kids and we help you find some that really work for you and your family. You can find more ideas [here](#).

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I Do's With Kids At Weddings

Posted on [April 29, 2011](#) by [StayNPlay](#)

Today everyone's eyes were on the [Royal Wedding of William and Kate](#). The dress, the make-up, the crowd....everything was under public eye and created to go off without a hitch. One of the best pictures from today's events shows William and Kate as they kiss someone down in the left corner doesn't look happy.



How do you attend weddings with your little bundles of joy without taking the focus from the bride and groom? Some wedding invitations say "No Children" under certain circumstances and we are happy to accommodate your childcare need at [Stay-N-Play](#) during those moments. Do you have any tricks to make it go smoothly?

If you are hosting an event or planning your own wedding and you're not quite sure do for children that come along with their parents we have some suggestions from the wedding source at TheKnot.Com listed below.

- Hire a professional to entertain or watch the children at the event.
- You could set up a sports center at the venue to tire them out.
- Offer paid childcare services at [Stay-N-Play](#).
- Give them a job or role during the wedding just for kids to participate in.
- Provide table-top write-on materials for kids to make their own doodles in case they get bored.
- Create a nap room or rest area for them to take naps while your guests enjoy the rest of the day.

We hope that you can use these tips moving forward for all your special events and occasions! Share with us any ideas or tips that you use that make it easier on you!

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What Are You Doing For Earth Day?

Posted on [April 22, 2011](#) by [StayNPlay](#)

Don't let the title catch you off guard we're not telling everyone to run out and hug the earth. Today is Earth Day and we thought it would be fun to share some kid friendly ways to give back to our Mother Earth. You might already be using some of these same tips. If you have your own suggestions or tips you and your family already use and would like to share with [Stay-N-Play](#) please comment below.



1. Fun Recycling: Create a custom recycle dividers at home. You can use it as a learning activity. Sorting paper, food, plastics and glass by labeling them with words and
2. If you get plastic grocery bags at the grocery store reuse them for small trashcan and for doggie poop bags.
3. Consider [organic cleaning products](#) like vinegar, borax, and baking soda. (It's also safer to have around children.)
4. Do full loads of laundry and set the rinse cycle to "cold."
5. Don't run the water when brushing your teeth.

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Easter: The History Behind The Giant Chocolate Bunny And His Eggs!

Posted on [April 15, 2011](#) by [StayNPlay](#)

This week at [Stay-N-Play](#) we've been talking all about Easter and we've been playing fun Easter games!!! Easter is a tradition in a lot of households and we wanted to share you a little bit of history on the Easter Bunny and how these traditions got started! The Bunny is always seen as a rabbit wearing clothes with a basket full of eggs, candy and toys. The Easter Bunny delivers the baskets to the homes of Children the night before (very similar to Santa Claus) to be opened on Easter morning!



Where does the Easter Bunny come from?

According to Wikipedia bringing Easter eggs seems to have its origins in [Alsace](#) and [Rhineland](#), both then in the [Holy Roman Empire](#), and southwestern [Germany](#), where practice was first recorded in a German publication in the 1500s (early 16th century). The first edible Easter Eggs were made in Germany during the early 19th century and were made of pastry and sugar. Definitely not as delicious as the famous Cadbury Eggs we know and love today.

The Easter Bunny was introduced to the [United States](#) by the [German](#) settlers who came to the [Pennsylvania Dutch](#) country during the 18th century.^[6] The arrival of the Osterhase was considered one of “childhood’s greatest pleasures”, similar to the arrival of Kris Kringle on Christmas Eve.

According to the tradition, children would build brightly colored nests, often out of straw or bonnets, in secluded areas of their homes. The “Oster Haws_e” would, if the children had been good, lay brightly colored eggs in the nest. As the tradition spread, the nest has been replaced by the manufactured, modern Easter basket, and the placing of the nest in a secluded area has become the tradition of hiding baskets.^[7]



Why choose a rabbit/hare and eggs?

Eggs, like rabbits and hares, are [fertility](#) symbols of [antiquity](#). Since [birds](#) lay eggs and hares give birth to large litters in the early spring, these became symbols of the fertility of the earth at the [Vernal Equinox](#). The saying “[mad as a March hare](#)” refers to wild caperings of hares as the males fight over the females in the early spring, then to mate with them. Since the females often rebuff the males’ advances before finally submitting, the mating behavior often looks like a crazy dance; these fights led early observers to believe that the advent of spring made the hares “[mad](#)“.^[8]

The origin on coloring the eggs is unknown but can be tied directly to new flowers in bloom during the Spring season. The use of the fertility symbol of eggs—and eggs boiled with flowers change their color, bringing the spring into the homes. Many Christians of the [Orthodox Church](#) to this day typically dye their [Easter eggs](#) red,^[9] the color of blood in recognition of the blood of the sacrificed [Christ](#) (and, of the renewal of life in spring). Some also use the color green, in honor of the new foliage emerging after the long cold of winter.

We hope this sheds some light on the mysterious yet delicious chocolate bunnies surrounded by beautiful baskets filled with colorful grass and eggs to hide later in the day. We would love to see you Easter baskets this year and any photos you want to share with us of your children during their Easter Egg hunts!



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Allergies Are In The Air, But Let's Not Forget About Our Food

Posted on [April 8, 2011](#) by [StayNPlay](#)

Itchy eyes, sneezing, wheezing...we're focusing on the outside allergies but let's not forget about the dreaded food allergies that are becoming so prevalent. As parents we want our children to learn different types of foods to experience texture, color, taste, smells and textures. Learning is connected to the introduction of foods, but what do we do if our child is having an allergic reaction to the food we just gave them? First how do you even know they are having a reaction? This doesn't have to be a nightmare or life and death situation. Preparing ourselves in advance for these situations is a great preventative and will reduce anxiety for a child trying to eat new foods.



What are the symptoms?

The child has itching, hives, sometimes vomiting, and may develop swelling of the face, throat, wheezing and difficulty breathing, shock, and loss of consciousness. This reaction can result in death, especially in children with asthma. In some children food allergy can cause only vomiting, diarrhea, and even blood in the stool. It is very unusual for food allergy to only cause respiratory symptoms such as asthma.

What should I do next?

For children who have had a life-threatening reaction an Epi-pen® should always be available. An Epi-pen® is a device that gives an injection of epinephrine into a muscle. Epinephrine is a hormone that can reverse the life-threatening reaction. If the Epi-pen is used then the patient should be taken immediately to an emergency room. The epinephrine only lasts for about 30 minutes and the reaction may recur when it wears off.

You can't keep your children from eating things they aren't supposed to eat. Children are curious and are going to want to try new things. We as parents just need to make sure they are aware of the reactions and how to reduce the reaction and avoid total interaction with that food.

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This Is The Way We Wash Our Hands, Wash Our Hands, Wash Our Hands!

Posted on April 1, 2011 by StayNPlay

Cleanliness is extremely important in a childcare facility because children love to learn and explore things with their hands, mouths...whatever they can use to identify taste, smell, touch, sight with the object. We are always trying to keep the kids healthy at [StayNPlay](#) clean throughout the day as well as each night with a fresh bleach and water solution. We routinely rotate toys out of the center to deep clean them with soap and hot water, and we have the carpets steamed and sanitized regularly. But one of our favorite things to do to stop the spread of germs is to consistently wash our hands throughout the day . . . this has become our favorite because of all the fun songs we sing while we wash our hands . . . this becomes a water and music activity . . . the kids have a blast and want to wash their hands over and over and over 😊

Here are some fun songs to sing with your children while washing your hands:

- **This is The Way We Wash Our Hands (sing twice while washing hands)**
This is the way we wash our hands, wash our hands, wash our hands.
This is the way we wash our hands to keep our bodies healthy.
- **Sing ABC's or Happy Birthday (twice) while washing hands.**
- **Hand Washing Song (Wheels On Bus)**
The soap on your hands goes sud, sud, sud.
Sud, sud, sud. Sud, sud, sud.
The soap on your hands goes sud, sud, sud.
And the germs go down the drain.
- **Wash, Wash, Wash Your Hands (To Row, Row, Row Your Boat, Sing twice)**
Wash, wash, wash your hands. Wash them nice and clean.
Wash them on top, Wash them on bottom and fingers in between!



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