Bites & Insights

June 2026

Summer Schedule

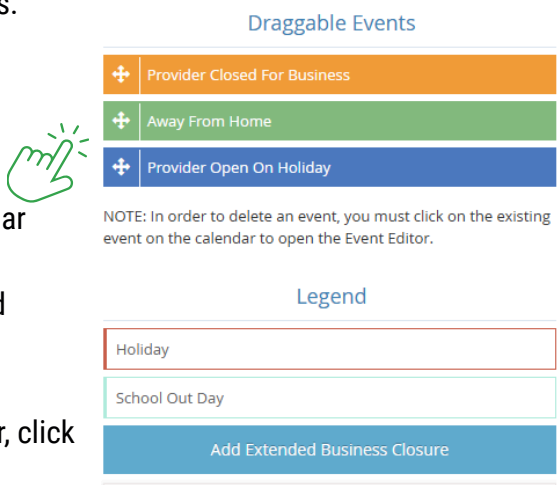
Summer often brings schedule changes, field trips, and new routines.

Please remember:

- Meals **must be** served within your approved meal times
- Meals **must be** served on-site to be reimbursed
- Document any closures or off-site meals in your KidKare calendar

Staying within your approved schedule helps ensure compliance and reimbursement.

For detailed instructions on how to enter closures into your calendar, click **HERE**.



Sip, Sip, Hooray! Staying Hydrated This Summer

When temperatures rise, keeping little ones hydrated is more important than ever!

Why Water Matters

- Keeps bodies cool on hot days
- Helps prevent fatigue and headaches
- Supports overall health and focus

Watch for Signs of Dehydration

- Keep an eye out for:
- Dry lips or mouth
- Fewer wet diapers
- Low energy or unusual fussiness
- Dark yellow urine

Make It Fun!

- Add slices of fruit like strawberries, oranges, or cucumbers
- Let kids pick their "flavor of the day"
- Use fun cups or straws to encourage drinking

What About Infants?

- Infants under 6 months typically get all needed hydration from breastmilk or formula
- Older infants may have small amounts of water, but always alongside regular feedings
- When in doubt, follow parent guidance and program policies

How Much Is Enough?

Children don't always recognize thirst, so regular water breaks are key. A good rule of thumb:

- Offer water throughout the day, especially during outdoor play
- Serve water with meals and snacks
- Encourage sipping, even if they say they're not thirsty

Solano Family and Children's Services
Child and Adult Care Food Program
421 Executive Court, North
Fairfield CA 94534-4019

Web: www.solanofamily.org
www.facebook.com/solanofamily
www.twitter@SolanoFamilyCS

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