Don’t miss the Egg Hunt!
We will be having an egg hunt on Friday, April 7th @ 11AM.
Weather permitting the egg hunt will take place on the playground; however if it is too cold or raining the egg hunt will be indoors.
Bring a basket or bag to collect your eggs in and don’t forget your camera for pictures!
This is a playgroup day and playgroup will begin at 10 AM as always. We will end playgroup with the egg hunt beginning at 11AM.

Make Your Own PIZZA Day!
PIZZA HUT
4526 W Tuscarawas Rd.
Canton, OH 44708
(330) 478-1800
Tuesday, April 11th
10-11;30 AM
Cost $5 each + tax
Join us at PIZZA HUT to tour the restaurant and learn about how things are done behind the scenes. When the tour is done everyone will get to make their own pizza the way they like it! We will then enjoy lunch together in the dining area.
RSVP by 4/7/17

Kinderconcert
Cultural Center for the Arts
1001 Market Ave N
Canton, OH 44702
You MUST RSVP by April 27th to have a seat. We are meeting at 10:30 outside the main doors for the 10:45 performance. If you arrive after the performance has started symphony staff may not permit you to enter and you would not be able to attend the performance.
Enter from Cleveland Ave entrance to park.

Massillon Museum
Join us at the Massillon Museum!
May 9th @ 10AM
FREE
Families will have the opportunity to participate in activities created just for us by museum staff members. You will be able to enjoy a short tour before enjoying a packed lunch on the lawn or you can choose to eat at Andersons in the City right inside the museum.
RSVP by 5/8/17

All Field trips, activities, and playgroups are open to the public. Parents are responsible for the safety and well-being of their children during any events you attend.
Community events are not sponsored by Stark County Board of DD. They are scheduled for the sole purpose of introducing families to events/activities available in our area/community.

BUMPER BOWLING
PARK CENTER LANES
7313 Whipple Ave NW
Canton, OH 44720
330-499-0555
Tuesday, April 25th
10-11:30 AM
Join us for bumper bowling!
Cost $1.50 per game includes shoes.
Please wear tennis shoes if your child wears smaller than a size 10.
RSVP by 4/21/17

Pegasus Farm...A Day at the Farm
7490 Edison St. NE
Hartville, OH 44632
Tuesday, May 23rd
9:30AM-12:30PM
Cost $8 per child
Come learn about farm animals, see horses up close, play on the playground, make a craft, and play some farm games! Bring a picnic lunch too!
(FSS funds can be used as payment; checks should be made out to Pegasus Farm)
RSVP with payment by using the attached registration/release form (both sides must be signed and filled out for both parent and child) by May 19th to:
Eastgate Early Childhood Center
Attention: Paula or Chris
2121 Ashland St.
Louisville, OH 44641
All participants and family members must be dressed in clothing that is comfortable and appropriate for the weather conditions and wear shoes with a closed toe for safety around the horses. If not dressed appropriately you will not be able to participate.
I'm a Little Rainbow
(sung to: "I'm a Little Teapot")

I'm a little rainbow,
(point to self)
Way up high,
(point to ceiling)
After it rains,
(wiggle fingers like rain)
Look in the sky,
(shade eyes with hand and look up)
You will see my colors, Oh so bright!
(point to eye)
From end to end,
(use index finger to trace arch in air)
I'm a lovely sight!
(put both hands up, fingers spread)

April Clouds

Two little clouds one April day
(hold both hands in fists)
Went sailing across the sky
(move fists from left to right)
They went so fast that they bumped their heads
(bump fists together)
And both began to cry
(point to eyes)
The big round sun came out and said,
(make circle with arms)
"Oh never mind my dears,
I'll send all my sunbeams down
To dry your fallen tears."
(wiggle fingers downward like rain)

Rain, Rain

Rain on the green grass,
Rain on the tree,
Rain on the house top,
But not on me.

APRIL Songs and Fingerplays
to enjoy with your little one...

Did you Ever see a Bunny?
Sung to: "Did you ever see a lassie?"

Did you ever see a bunny, a bunny, a bunny,
Did you ever see a bunny, that hops -- so slow?
He hops, and hops, and hops, and hops,
Did you ever see a bunny, that hops so slow?

Addition Verses:
That hops -- So Fast?, That hops -- Backwards?, That
hops on one foot?

Here Comes a Bunny
Here is a bunny with ears so funny.
(hold up index and middle finger on one hand)
And here is his hole in the ground.
(make hole by cupping other hand)
When a noise he hears, he picks up his ears
(extend index and middle finger for ears)
And hops in his hole in the ground.
(place fingers from bunny hand into hole)

Check Out Our April Book Picks...

Three children and a dog brave the wet weather to go outside and enjoy a rainy spring day. As they dodge raindrops and splash in puddles they watch all the springtime activity going on around them.

Toby is an energetic and cuddly young mouse who is loving, friendly, and curious. Toby learns about colors and puts together his very own dazzling, unique outfit. The bright colorful illustrations coupled with the antics of this very special mouse make reading and learning fun!

There are a lot of fun things to do on a rainy day. But with the rain raining all around and splashy puddles, who can resist going outside in the rain to play, especially if there is a pair of red rubber boots nearby just waiting to be worn?

Poor Dog! Somehow Dog always manages to be underfoot when someone makes a mess. Red jam, blue paint, pink ice cream, orange juice -- the account of Dog’s day is splattered on his bright, white coat.

BUILD YOUR CHILD’S LIBRARY

You now have the opportunity to order books through Scholastic Book Club to enjoy with your child. Flyers are available at Playgroup or you can view flyers and place your orders monthly online @

www.Scholastic.com/readingclub

The class activation code is: GJTR9.
(Teacher’s name Christine Ehmer)

Online orders are paid for by credit/debit and will be delivered to Eastgate and brought to you when your PSP visits or can be picked up at Playgroup.
April book orders are due by April 24th!
April Family Activities

CUTE SPRING SNACKS

Here are a few fun snacks to celebrate Easter and Spring! For a nutritious breakfast or lunch you could pair the fruit bunny with the hardboiled egg chicks and bunnies or you can serve them separately as a healthy snack. Here are some ideas of what you can use to make the bunnies: apples, strawberries, blueberries, cheese cut in circles, carrots, cucumber, and mini almonds but, feel free to get creative with what you have on hand! For the hardboiled egg bunnies or chicks, you will use hard-boiled eggs and your choice of red pepper, dried papaya, carrots, broccoli, carrots, snap peas, cheese and peppercorns or be creative with other ingredients your children like. You can even pre-cut everything so your children can put together their own bunny or chick!

Homemade Egg Dye

Did you know you could dye Easter eggs with food coloring? You can make your own egg coloring dye; it is simple and inexpensive and saves you time and money. I am sure you already have all the ingredients in your cupboard to do this.

To make the dye: place a 1/2 cup tap water in each container with 20 drops of food coloring in each then mix well. Next, add 1 tablespoon of white vinegar to each and stir again. If you wish to make other colors use the guide on the back of the food coloring box to guide you in making them. Food coloring does stain but so do the expensive dye kits.

Next, you will need the hard-boiled eggs you prepared for coloring. Have you ever tried putting your eggs inside a whisk? This is a simple way to make dyeing eggs easier with toddlers (and older children too). Just slip the egg inside the whisk and it will stay put while your child dips it in and out of the color until it is the color they desire.

EGGHEADS

Next time you make eggs save the shells to make eggheads or an egghead planter with your children. Try to just break off the top to empty the egg so you will have a larger egg to plant in.

You will need:

Empty egg shells (washed out and dried); permanent markers in various colors; wiggly eyes (optional); seeds; an empty egg container; and cotton balls or soil.

To make eggheads:

Draw faces, clothes, etc. on the egg shell with the markers; add wiggly eyes if you want to, then place the egg shells into the empty egg carton (use a cotton ball to raise them up a bit if needed). Put some cotton balls inside the shells and dampen them with some water (a dropper or a spray bottle with water will work well for this). Then, sprinkle grass seeds or cress seeds all over the cotton balls– use lots if you want a full head of hair! Place the container on a window sill and watch them grow. If necessary add a little bit of water to the cotton ball if it dries out but, not too much! When they have a full head of hair let your child give the eggheads a haircut which will grow back ready to be cut again. Fine motor skills are strengthened when using the markers, scissors, spray bottle and dropper.

To make egghead planters:

Use the egg shells as plant starters for your vegetable or flower garden. You would use soil instead of cotton balls planting only one seed per egg head. Water them and put the container in the window sill to watch them grow.
OPEN ENDED PLAY & DISCOVERY
WITH PLASTIC EGGS

Activities for infants and toddlers should be all about investigating textures and materials, discovering new abilities, being creative and imaginative, and using their own initiative to play independently. This is why discovery box or basket activities are great toys. There is no "purpose" other than to explore it. Sit back and watch your child. Did they explore the materials the way you thought they would? Watch as they investigate how objects move or open, whether they can be stacked or rolled, if they will fit inside other objects, how many there are and what they look and feel like. This is play in its simplest form. Simply playing with objects with no end purpose in mind, no right or wrong, nothing that has to be "just right". It's just open ended materials that encourage cognitive development by promoting new ways to think and see. With only the eggs in the container here are some things your toddler might try to do with them: open/close the eggs, line them up, stack them, roll them, or place them in/out of containers. They also might try to fill the empty egg carton by fitting the eggs into the holes or they may even count or sort them by color or size.

You can add a whole new level of play by simply adding other materials such as bells, buttons, rice, googly eyes, pom poms, etc. in a container or basket; be creative. Add some spoons and see what they do. Your child might fill or scoop the materials with the plastic eggs or spoons, hide items under the eggs, or they might stir the items up with the spoons (something they have watched you do while cooking). Another thing they might try is filling the eggs with materials and shaking them to explore the sounds different items make inside the eggs while creating some beautiful music.

Try putting the eggs in the bathtub with your child or in a container with water. Give them something to scoop the eggs out with (net, large spoon, bucket...) and a container to put the eggs into once they have scooped them up. This is a great gross motor activity! You could also play simple games of hide and seek with the eggs by hiding the eggs around the house or hiding objects under the eggs for your child to guess where they are hidden. This could then be extended into a memory game. You might also fill the eggs with different objects and have your child try to figure out which ones make the same sound. You will probably want to tape these closed though. Watch closely as your child explores and learns about the world around them through open ended play.

Here are some skills your child will be practicing by simply playing with the eggs...
* Open ended thinking and investigative skills
* Fine motor manipulation of objects
* Exploring textures and materials
* Early literacy: listening skills and discriminating sounds
  * Making instruments and creating music
* Early math: counting using 1:1 correspondence; sorting and matching; filling and emptying
  * Gross motor skills and co-ordination
* Knowledge and understanding of the world: floating; wet and dry; music; instruments
Join us on Friday mornings from 10-11:30AM at Eastgate Early Childhood and Family Center to explore and play. In April and May we will continue to expand on the “Nursery Rhymes” theme. Playgroups are intended for children birth to age 5 years old. Each week we will explore our theme in new and interesting ways with activities that will entice you and your child to discover and play together. You are welcome to bring family and friends along to join you! Here is a peek at the April & May activities planned...

**April**

**“NURSERY RHYMES”**

**April 7th**
1,2,3,4,5 ONCE I CAUGHT A...
Enjoy some fishing fun in the dramatic play room then create your own goldfish bowl in the creative arts room.

**April 14th**
NO PLAYGROUP TODAY
Good Friday
Program closed for the day!

**April 21st**
THERE WAS AN OLD LADY WHO SHALLOWED WHAT???
Come play with the old lady who swallowed a fly puppet and book in the dramatic play room then create your very own old lady box to retell the story at home again and again.

**April 28th**
APRIL SHOWERS BRING MAY FLOWERS
Rain, rain go away! In the creative arts room create your own rain showers. When you are done help Mary, Mary quite contrary to plant her garden in the sensory table or pretend it’s raining with rain boots, umbrellas, and a raincoat.

**May**

“**And MORE NURSERY RHYMES**”

**May 5th**
MICE EVERYWHERE!
Help us to catch the blind mice and mice climbing up the clock today. After you catch the mice, you can make a color game with a mouse and colored houses to take home. You can practice your detective skills by guessing what color house the mouse is hiding behind.

**May 12th**
MARY, BO PEEP, AND THE BLACK SHEEP!
How did a lamb get in the school and where are Bo Peep’s sheep? Come find them in the black sheep sensory bin. Before you go home, make sure you make your very own textured sheep in the creative arts room.

**May 19th**
LOST MITTENS? WHERE DID THE DUCKS GO?
Can you help the three little kittens find their mittens and the five little ducks who went out to play find their way home? Make sure you stop in the creative arts room to make your own kittens!

**May 26th**
THIS LITTLE PIGGY WENT WHERE?
The market? Home? Did he eat roast beef or get none? OR...did he cry all the way home? Come find out what happened to the little piggy and enjoy playing in the muddy pig sensory table. Before you leave be sure to make your own pig in the creative arts room.
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<td>Toddler Playgroup @ Eastgate 10-11:30 AM</td>
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| 9   | 10  | 11  | PIZZA HUT  
Make your own  
10-11:30AM  
RSVP by 4/7/17  
Cost $5 each + tax | 12  | 13  | 14  | NO PLAYGROUP TODAY PROGRAM CLOSED |
| 16  | 17  | 18  | 19  | 20  | 21  | Toddler Playgroup @ Eastgate 10-11:30 AM |
| 23  | 24  | 25  | Bumper Bowling  
Park Center Lanes  
10-11:30AM  
RSVP by 4/21/17  
Cost $4.50 per game  
Includes shoes.  
Please wear soft-soled shoes. | 26  | 27  | 28  | Toddler Playgroup @ Eastgate 10-11:30 AM |
| 30  |     |     |     |     |     |     |

**Weekly Programs**

**Creative Canton**  
330-333-9030  
(registration & fee)  
Music class  
Every other Wednesday  
10:30AM-11:15AM

**North Canton YMCA Gymnastics**  
330-498-4822  
Just Beginning  
Must be registered (fee)  
Monday & Thursday

**Gym Buddies**  
Must be registered (fee)  
Tuesday & Thursday

**Massillon YMCA SWIMMING**  
330-837-5116  
Adaptive Swim Lessons  
Must be registered (fee) 10:15AM  
Wednesday

**LIBRARY PROGRAMS**  
These are FREE programs.  

**Perry Branch Library**  
Baby Storytime  
10-10:30AM  
Monday & Wednesday

**Toddler Storytime**  
11-11:30AM  
Monday & Wednesday

**Louisville Public Library**  
Tiny Tots  
10:30-11 AM  
Tuesday

**Mini Movers/Open Play**  
10:30AM-12:30PM  
Wednesday

**Mini Movers**  
10:30-11 AM  
Thursday

**Lake Library**  
Baby Storytime  
11AM-12PM  
Tuesday

**Toddler Storytime**  
10:10:30AM  
Wednesday

*Always call to be sure programs will be taking place that day before arrival.*
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<td>Silver Park, Alliance 10-AM-12PM (from playground)</td>
<td>10AM-12PM FREE RSVP by 4/8 Playing with Abstraction - Blind Spot: A Matter of Perception There are tactile models to explore.</td>
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<td>Schneider Park North Canton  10-AM-12PM</td>
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<td>Richville Park Navarre 10-AM-12PM</td>
<td>9:30AM-12:30PM  COST $8 MUST RSVP WITH PAYMENT for child and FORMS for adult and child by 5/16</td>
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**Weekly Programs**

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330-353-9039 (registration & fees)
Music class
Every other Wednesday 10:30 AM-11:15AM

**North Canton YMCA Gymnastics**
330-498-4082
Just Beginning Must be registered (FEE) Monday & Thursday

**Massillon YMCA SWIMMING**
330-837-5116
Adaptive Swim Lessons Must be registered (FEE) 10:15AM Wednesdays

**LIBRARY PROGRAMS**
These are FREE programs

**Perry Branch Library**
Baby Storytime 10-10:30AM Monday & Wednesday

**Toddler Storytime**
11-11:30AM Monday & Wednesday

**Louisville Public Library**
Tiny Tots 10:30-11 AM Tuesday

**Mini Movers/Open Play**
10:30AM-12:30PM Wednesday

**Lake Library**
Baby Storytime 11AM-12PM Tuesday

**Toddler Storytime**
10-10:30AM Wednesday

Always call to be sure programs will be taking place that day before going.
PEGASUS FARM
INSURANCE/LIABILITY RELEASE FORM

UNDER OHIO LAW, EQUINE ACTIVITY OWNERS OPERATORS ARE NOT LIABLE FOR AN INJURY TO OR DEATH OF A PARTICIPANT IN EQUINE ACTIVITIES RESULTING FROM THE INHERENT RISK OF EQUINE ACTIVITIES PURSUANT TO OHIO REVISED CODE 2305.321. I AGREE TO RIDE AND/OR PARTICIPATE IN HORSE-RELATED ACTIVITIES AT MY OWN RISK.

__________________________ (Participant’s Name) would like to participate in the Pegasus Farm therapeutic equine assisted activities. I acknowledge and understand “INHERENT RISK OF AN EQUINE ACTIVITY” pursuant to Ohio Revised Code 2305.321, means a danger or condition that is an integral part of an equine activity, including, but not limited to, any of the following:

A. The propensity of an equine to behave in ways that may result in injury, death, or loss to persons on or around the equine.
B. The unpredictability of an equine’s reaction to sounds, sudden movement, unfamiliar objects, persons, or other animals.
C. Hazards, including, but not limited to, surface or subsurface conditions.
D. A collision with another equine, another animal, a person, or an object.
E. The potential of an activity participant to act in a negligent manner that may contribute to injury, death, or loss to the person of the participant or to other persons, including, but not limited to, failing to maintain control over an equine or failing to act within the ability of the participant.

I take full responsibility for and am willing to have the listed rider/participant engage in horseback riding/equine activities. In consideration of the acceptance by Pegasus Farm of this application to participate in an equine assisted activity at the Farm, which includes the use of Pegasus Farm property, I hereby release discharge and hold harmless Pegasus Farm, its agents, employees, officers, instructors, therapists, aids, and volunteers from any and all claims, demands, actions, damages, losses, judgments, and executions which I ever had, now have, or may have or claim to have in the future against the Farm, its agents, employees, officers, instructors, therapists, aids, and volunteers for all personal injuries, known or unknown and injuries to property, real or personal, caused by or arising out of the use of such property or participation in said program, whether such injury or damage may have been caused or is alleged to have been caused, directly or indirectly, by an act of omission, or commission, negligent or otherwise, of Pegasus Farm and its agents, employees, officers, instructors, therapists, aids and volunteers.

By signing this Agreement I hereby agree to:

1. Indemnify Pegasus Farm, its agents, employees, officers, instructors, therapists, aids and volunteers for all damages, liabilities, losses, judgments and executions which may be sustained as a result of any injury to myself, child, ward, horse, or any injury to another caused directly or indirectly by the above.
2. Make known to Pegasus Farm all physical or mental conditions/disabilities that I have. (If you are pregnant, or think you may be, we advise you not to ride horses.)
3. Carry my own health, life and liability insurance to cover any accident I may have.
4. Wear protective, approved headgear while engaged in horseback riding/equine activities.
5. Participate in horseback riding/equine activities at my own risk.

_________________________________________ Signature of Participant or Parent/Guardian

_________________________________________ Date

_________________________________________ Signature of Parent/Guardian or Witness

_________________________________________ Date

FRONT AND BACK OF FORM MUST BE COMPLETED

7490 Edison St. NE • Hartville, Ohio 44632 • (330)935-2300
Fax: (330)935-0620 • Email: info@pegassusfarm.org
www.pegassusfarm.org
Pegasus Farm Registration and Release and Emergency Medical Treatment Form for Day At The Farm Participants

Participant Name: ___________________________ Date of Birth: ________________

Address: __________________________________ City: _______________________

State: _____ Zip: _______ County: _______________ Home Phone: ______________

MEDICAL ALERT:
Medical conditions (ie: asthma, heart condition, etc.) ________________________________

____________________________________________________________________________

Allergies: _____________________________________________________________________

Does participant carry an epi-pen for any allergy? ______yes ______no

Physician Name: ___________________________ Phone: _________________________

In the event of an emergency, please contact:

Name: ___________________________ Phone: ___________________________ Relationship: __________________

Name: ___________________________ Phone: ___________________________ Relationship: __________________

If the above cannot be reached, I, the undersigned, authorize the transfer of the above named person to a reasonably accessible hospital or medical facility, and authorize a licensed physician to administer emergency care. *In extreme emergency you will be transported to the nearest hospital.

Signature: ___________________________ Date: _____________________________

Non-consent Plan
I do not give my consent for emergency treatment/aid in the case of illness or injury during the process of volunteering or while being on the property of Pegasus Farm. In the event emergency treatment/aid is required, I wish the following procedure to take place:

____________________________________________________________________________

____________________________________________________________________________

Signature: ___________________________ Date: _____________________________

PHOTO RELEASE
I DO □ DO NOT □ consent to and authorize the use and reproduction by Pegasus Farm of any and all photographs and any other audio/visual materials taken of myself, my son/daughter/ward for promotional material, educational activities, exhibitions, or for any other use for the benefit of the program.

Signature: ___________________________ Date: _____________________________
Pegasus Farm Emergency Medical Treatment Form
For Teachers, Staff, etc. accompanying participants

Name: __________________________ Date of Birth: ____________
Address: ________________________ City: __________________
State: ______ Zip: __________ County: ______ Home Phone: _______
Height: _______ Weight: __________ Last tetanus shot: __________

MEDICAL ALERT:
Medical conditions (ie asthma, heart condition, etc.) __________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Allergies: __________________________
Do you carry an epi-pen for the above allergies? ______ yes ______
Medications currently taking: _____________________________________________
________________________________________________________________________
________________________________________________________________________

Physician Name: ______________________ Phone: __________________

In case of emergency please contact persons listed below:
Name: __________________________ Phone: __________________
Name: __________________________ Phone: __________________
If the above cannot be reached, I, the undersigned, authorize the transfer of the above named person to a reasonably accessible hospital or medical facility, and authorize a licensed physician to administer emergency care. *In extreme emergency you will be transported to the nearest hospital.

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________________________________________________________________________
________________________________________________________________________

Signature: ______________________ Date: ____________

Photo Release
I Do ☐    I Do Not ☐
Consent to and authorize the use and reproduction by Pegasus Farm of any and all photographs and any other audio/visual materials taken of me for promotional material, educational activities, exhibitions, or for any other use for the benefit of the program.

Signature: ______________________ Date: ____________

* * * Front and Back Must Be Completed * * *
PEGASUS FARM
INSURANCE/LIABILITY RELEASE FORM

UNDER OHIO LAW, EQUINE ACTIVITY OWNER/OPERATORS ARE NOT LIABLE FOR AN INJURY TO OR DEATH OF A PARTICIPANT IN EQUINE ACTIVITIES RESULTING FROM THE INHERENT RISK OF EQUINE ACTIVITIES PURSUANT TO OHIO REVISED CODE 2305.321. I AGREE TO RIDE AND/OR PARTICIPATE IN HORSE-RELATED ACTIVITIES AT MY OWN RISK.

(Participant’s Name) would like to participate in the Pegasus Farm therapeutic equine assisted activities. I acknowledge and understand “INHERENT RISK OF AN EQUINE ACTIVITY” pursuant to Ohio Revised Code 2305.321, means a danger or condition that is an integral part of an equine activity, including, but not limited to, any of the following:

A. The propensity of an equine to behave in ways that may result in injury, death, or loss to persons on or around the equine.
B. The unpredictability of an equine’s reaction to sounds, sudden movement, unfamiliar objects, persons, or other animals.
C. Hazards, including, but not limited to, surface or subsurface conditions.
D. A collision with another equine, another animal, a person, or an object.
E. The potential of an equine activity participant to act in a negligent manner that may contribute to injury, death, or loss to the person of the participant or to other persons, including, but not limited to, failing to maintain control over an equine or failing to act within the ability of the participant.

I take full responsibility for and am willing to have the listed rider/participant engage in horseback riding/equine activities. In consideration of the acceptance by Pegasus Farm of this application to participate in an equine assisted activity at the Farm, which includes the use of Pegasus Farm property, I hereby release discharge and hold harmless Pegasus Farm, its agents, employees, officers, instructors, therapists, aids, and volunteers from any and all claims, demands, actions, damages, losses, judgments, and executions which I ever had, now have, or may have or claim to have in the future against the Farm, its agents, employees, officers, instructors, therapists, aids, and volunteers for all personal injuries, known or unknown and injuries to property, real or personal, caused by or arising out of the use of such property or participation in said program, whether such injury or damage may have been caused or is alleged to have been caused, directly or indirectly, by an act of omission, or commission, negligent or otherwise, of Pegasus Farm and its agents, employees, officers, instructors, therapists, aids and volunteers.

By signing this Agreement I hereby agree to:

1. Indemnify Pegasus Farm, its agents, employees, officers, instructors, therapists, aids and volunteers for all damages, liabilities, losses, judgments and executions which may be sustained as a result of any injury to myself, child, ward, horse, or any injury to another caused directly or indirectly by the above.
2. Make known to Pegasus Farm all physical or mental conditions/disabilities that I have. (If you are pregnant, or think you may be, we advise you not to ride horses.)
3. Carry my own health, life and liability insurance to cover any accident I may have.
4. Wear protective, approved headgear while engaged in horseback riding/equine activities.
5. Participate in horseback riding/equine activities at my own risk.

________________________________________  __________________________
Signature of Participant or Parent/Guardian                  Date

________________________________________  __________________________
Signature of Parent/Guardian or Witness                     Date

Pegasus Farm
Therapeutic Equestrian Center

7490 Edison St. NE  •  Hartville, Ohio 44632  •  (330)935-2300
Fax: (330)935-0620  •  Email: info@pegasusfarm.org
www.pegasusfarm.org
April Box Tops Recipe

Baked Potato Casserole

A perfect side dish to accompany any family gathering meal or even a BBQ.

Ingredients:
8-10 Green Giant potatoes (Red or Brown), peeled and cubed
1 lb. block Velveeta, cut into small cubes
1-1½ cups of mayo (I usually use 1 cup, but it depends on the number/size of potatoes)
3-4 green onions, chopped
1 package Real bacon pieces (found with salad dressings/toppers)

Instructions:
Boil cubed potatoes until tender and drain.
In a large bowl, mix potatoes with mayo and cheese. Mix in green onions, reserving a few for the top.
Pour into a casserole dish sprayed with cooking spray.
Top with bacon pieces and green onions.

Bake at 350, covered for 30 minutes. Uncover and bake for 5-10 more minutes.

Source Credit: www.diaryofarecipecollector.com/box-tops-recipe-ideas

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Hot Topic: * Brain Development

When you think of brain development, do your eyes glaze over or does confusion set in as you puzzle over unfamiliar terms? The sheer numbers (trillions of brain cells) sending signals at speeds of over 200 miles per hour is almost impossible to comprehend, but the mysteries of the brain are being unraveled. Thanks to PET scans (positron-emission tomography) scientists can see and measure brain activity.

Read on for some demystifying explanations.

Brain Facts

The brain is the body's most complex and vital organ. It looks like an unshelled walnut and weighs about 3 pounds. We're born with over 100 billion brain cells (neurons). The connections between the neurons are like pathways—the technical term is synapses. The more these synapses are used, the stronger and more permanent they become. So when you read a bedroom story over and over, and when your child repeats the same climbing activities on the jungle gym, synapses are being strengthened. This is how the brain grows and how lifelong foundations are built. By age 3, the brain has grown dramatically by producing billions of cells and hundreds of trillions of connections, or synapses, between these cells.

Connecting the Wiring

Electrical activity in every circuit (sensory, motor, emotional, cognitive) is being put together as children participate in the world around them. Just think of it—every experience, from reading a book to petting a puppy to sharing a joke, reinforces the neural circuits in the brain. Brain development is "activity-dependent," meaning that the electrical activity in every circuit shapes the way that circuit gets put together. Those that are consistently turned on over time will be strengthened, while those that are rarely excited may drop away. Or, as neuroscientists sometimes say, "Cells that fire together, wire together."

You can help your child's brain reach its full capacity:

• Keep children secure. When children are experiencing trauma, their bodies release chemicals that literally block parts of the brain and make it very difficult to learn.

• Bring on the experiences. Children learn from everything they do—from music and reading to outside play, vacations to quiet time!

• Enrich their environment. Visit the firehouse or library, provide pictures and plants, add a pet to the family. Every time a child experiences something new, their brain begins to form new pathways.

• Get physical. Physical movement...crawling, running, climbing, and dancing, are critical to building connections in the brain.

• Repeat experiences. When children hear the same family stories, and re-stack cones on a tower, or pour water into the bathtub again and again, they are strengthening pathways in their brains.

Pathways and connections that aren't used over and over don't grow strong enough to survive.

Cool Brain Facts

• The brain needs vitamins and nutrients found in a variety of food.

• Exercise increases the flow of blood to the brain.

• Children who learn two languages before the age of five actually build bigger brains.
 HAVE A BUBBLE BLAST

What child can resist bubbles? They’re like magic appearing and then disappearing. They are very easy to make and provide lots of physical activity as well as literacy, science, art, math, social, and creative experiences. Make up a batch and have fun!

**No Sting Bubbles**
There are many bubble recipes but try this one if you have a baby around the house.
1/3 cup baby shampoo
1 cup water
2 tsp. sugar

Mix the ingredients together and let them stand for a few minutes before using. The shampoo makes them no-sting, and the sugar makes them last longer.

**Bubble Wands**
Bubble wands can be made from all sorts of things you probably have around the house. **Try these ideas:** a funnel, a hollow cookie cutter, a straw, a fly swatter.

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**Sparkling Clean Toothbrushes**

Did you know that bacteria and viruses actually remain on your toothbrush? Here’s what you can do about it.
The American Dental Association recommends:
1. Labeling each person’s toothbrush
2. Changing toothbrushes every three months
3. Storing toothbrushes in a ventilated environment—not sealed-up in a closed container
4. Disinfecting toothbrushes by placing them in the dishwasher with eating utensils

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**Yummy Fruit Wraps**
Tired of the same old sandwiches? Try this for something new, delicious, and nutritious: Spread cream cheese on a tortilla. Place thinly sliced pears, apples, strawberries, or peaches on top and roll into a wrap.

Fun to make, fun to eat!

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**Color Mixing**
It’s a fun discovery to understand how to create different shades by mixing colors together.

**Talk about the primary colors:** yellow, blue, red

**Talk about the secondary colors:** green, purple, orange * These colors are created by mixing two primary colors in equal parts. Yellow and blue create green, blue and red create purple, and yellow and red create orange.

Now provide paper and brushes, and let kids experiment with watercolors or tempera paints.

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**Teaching Science**
Every parent knows that kids love to play and splash in puddles. By asking the following questions, you can turn a simple puddle of water into an intriguing science experience for little learners.

**Ask some puddle questions:**
- What happens when you throw a rock in the puddle?
- How did the puddle get here?
- Can you change the shape of the puddle?
- Will the puddle always be here?
NAP AND QUIET TIME TIPS

"But I don’t want to take a nap!" "I’m not tired." What parent hasn’t heard similar pleas or negotiated with their children to help them get the rest they need? The amount of sleep required varies from child to child and decreases with age, but even children who have outgrown naps can benefit from quiet time during the day. It’s time to recharge. And it helps parents, too!

Look at naptime from a child’s point of view. Children are busy and hate to be interrupted. If they could verbalize their feelings (and they sometimes do), they’d probably say something like, “You want me to take a nap when I’m in the middle of this castle I’ve been building all morning.” Some children feel fatigue; others don’t. At the point of meltdown, some kids will insist they are not at all tired—yet they may fall asleep soundly the moment their head hits the pillow.

Choose a routine time. Children have an easier time with naps or quiet times if they occur at about the same place and the same time every day.

Ease into it. Always let children know that change is coming. Saying “It’s five minutes until naptime” allows them time to wrap up their activity. It’s also helpful to tell children they may resume their play as soon as they wake up, if that’s possible. Be as flexible as you can in leaving the blocks or paints out so an activity can be completed.

Create a restful environment. Some children rest better when the lights are dim and the shades are pulled. Others settle down quickly if a story is read or their backs are rubbed. Some kids enjoy quiet music playing in the background, while others are distracted by any sound at all.

Be creative. Make this time more fun by sprinkling imaginary slumber dust on your child’s head. Or say, “Imagine sleeping on the softest cloud in the sky.”

Use clocks or timers. Some parents find (especially with older children) that a clock or timer is effective. As soon as quiet time is up, the timer will ding.

Select special toys for quiet time. Let children who are too old to nap choose some books and puzzles to play with quietly in their room.

Provide a warm welcome back: Welcome your child warmly after naptime. A snack or a few minutes with you are ideal.