



Kid's Care America

Director's Chair

Hello to all of our families. We have had a great start to this school year! I want to thank all of you that could attend our Halloween Bash. We had a great time doing it and it really seemed like all of the kids and families were enjoying themselves. We are hoping to do it again next year. In reviewing how things went, there are a few things that we will be doing differently. If you have any suggestions, please let us know. I think that it was a success and with a little "tweaking" it will be even better next year!

We are starting the holiday season. I am really

looking forward to it already. I am going to make a big effort to just truly enjoy the season and the time with my family. At times, I get bogged down in the business of the season and miss the little things that happen. This year, I am going to really try to enjoy it and remember the true meaning of these holidays.

Speaking of holidays...we will be closed the day of Thanksgiving and the day after Thanksgiving. We will also be closed Christmas Eve and Christmas Day.

Each room will be having their own Christmas parties. They will have sign ups on the doors for supplies. If

any of you would like to help at the parties, you are always welcome. Parents are always welcome to come in and help any time of the year. If you have something special you would like to share with your child's class, please come in and share it! The kids love this!

With the holidays comes colder weather. We will continue to go outside as long as it is 32 degrees or warmer. Please dress your child appropriately.

As always, if you have any questions or concerns, please talk to me or Jessica.

Thank you—Jenny

Infant Room

Hello from the Infant Room. I am Ms. Penny and I have had lots of fun with your babies. They are a very special group.

I have had about 15 years of experience working with all ages of children, but I prefer the Infants and Toddler stages. I have my degree in Child Development and I'm also



raising 2 teenage boys. So this is a good change of

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GB Kruzick 11/1
Julyann Linc 11/5
Mia Quercia-grossa 11/16
Caleb Greico 11/17
Chloe Lane 11/24

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Reminders:

☺ Cash payments need to have a receipts written for them. Any staff member can help you with that.

☺ Payments are due on Monday mornings. 10% late fee is added the following Monday.

Aug/Sept/Oct/Nov Birthdays

Thomas Bashusen 8/9
Jayden Burle 8/17
Gracie Luna 8/23
Bradyn Anderson 8/25
Katie Templeton 9/3
McKenna Schuller 9/3
Colton Knop 9/4
Tyler Miller 9/13
Rowan Carpentier 9/17
Cole Rogers 9/20
Nolan Schumacher 9/21
Samantha Lane 9/21
Aiden Moore 9/22
Sam Barborinas 9/30
Morgan Sparks 10/1
Marissa Barnard 10/5
Andrew Ziller 10/9
Audrey Hudson 10/11
Chase Jenkins 10/12
Steven Searle 10/18

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pace for me.

I'd like to welcome to our group Madeline, Bailey and Tristan. They have all adjusted well and have lots of smiles for all of us.

Madeline is learning to get her rolling under control and she also enjoys saucer time as well as the floor play mat.

Bailey also loves the saucer and play mat too. She loves to lay in her crib and talk to herself in the mirror.

Tristan also loves looking at himself in the mirror. He also enjoys tummy time and watching the waddlers.

All 3 babies nap whenever they

are tired but are beginning to stay up longer.

We also have our other friends, Kobe and Isaiah here. Kobe is around the same age as the girls but he stays up a little longer than they do some days. He loves to watch the Waddlers either sitting in the swing or saucer. He's starting to be more vocal and tells us lots of stories.

Isaiah is older and he's got sitting up tackled but he can't wait to get as mobile as the Waddlers. He likes to stand in the exersaucer or sit with the toys all around him.

We also said goodbye to Zack as he moved up to the Waddler Room. I know he will have a lot of

fun exploring that room and playing with the bigger children.

That is our Infant Room.

We have a lot of fun in here and look forward to seeing the children progress and learn.

If you have any questions, please feel free to ask. Ms. Bridget, Ms. Jeanne and I are here for you and your children.



Waddler Room



I am excited to welcome Mckenna and Zackary to the Waddler room. They are adjusting to the environment well. Mckenna is walking and eating table food now and Zackary is standing up to just about everything. Both are enjoying playing with our other waddlers, Colton and Nolan. Most of the time the children have been going without their morning nap. This is great because they will already be adjusted to the toddler nap schedule.

We are working hard on

getting the children to use signs. I sent home copies of the signs awhile back, but if you need another copy just ask. Remember to encourage language development it is important to speak the word you are signing so that your child will learn how to say the words as well.

This month we have been focusing on using good manners and sharing. We have also been working on using our "nice hands." The children are doing quite well with this. We have also been doing some small projects with the children. This week we made Thanksgiving turkeys. The children loved playing with the feathers we used. They were all very proud to hang their turkeys in the hallway outside the Waddler room. Check them out if you're passing by!

Christmas is right around

the corner. We will soon be decorating the room and enjoying fun Christmas music! We will be sure to read lots of Christmas stories, and work on some Christmas projects. We will be sure to keep you posted about all of our activities as they arise.

We are very thankful to have such a great bunch of little ones. Enjoy the holidays!

Miss Bridget, Miss Penny, and Miss Jeane



Toddler Room

Hello Parents!

Lots of exciting things are happening in the Toddler room this fall! During the month of October we enjoyed learning about Apples, Trees, Pumpkins, Space and Halloween. We also had a great time at the Fall Festival and would like to thank all the parents for their help and donations. During November we



will be learning about Corn, Families, Thanksgiving, and Dinosaurs! We hope that everyone enjoys their Thanksgiving Break.

Now that the winter weather is approaching please make sure your child is dressed appropriately (hats, gloves, etc.). We will continue to enjoy outside time as long as the temperature and wind chill is above 32 degrees. Also, please have extra clothing in your child's cubbie incase of accidents. To keep our room and cubbies nice please take home papers and notes daily.

As we all know with the cold weather comes flu season. We



teachers will be doing extra sanitizing and cleaning to try to keep the germs away. If your child does become ill please keep him or her home until they have been diarrhea,

fever, and vomiting free for at least 24hours. This is to insure not only that the illness is not spread to other children and teachers, but also to make sure your child has made a full recovery!

As always we look forward to a great month ahead. If you have any questions or concerns please contact one of us!

Miss Sam, Miss Donnelle, Miss Michelle, and Miss Kay

Beginner Room

It is November with Thanksgiving right around the corner and we want to let you know what is going on with our "little turkeys." Obviously, the cold weather is rolling in and we still will be going outside until it is 32 degrees. Please make sure you bring your children in appropriate clothing. Also, a lot of cubbies still have summer extra clothes or none at all. Please make sure to update this.



teacher in our room. We are very excited to welcome Ms. Mary. Please don't be shy and introduce yourself. Just to let you know our schedules, Ms. Kim is here Monday through Wednesday, Ms. Krista is here Tuesday through Friday, and Ms. Mary is here Monday, Thursday, and Friday. We also have new notes going home too. We added more about what we do during the day and tried to make them more personal. It also has the weekly themes on it.

We do have some reminders for you. We haven't been getting very many blankets from home and we are running out of extra ones to give



the children at nap. Please send blankets with your child for naptime. In the mornings, we are in the Pre-school room. As winter comes we tend to have problems with coats and bookbags being left down there. It is

very hard to get the children down to our room while carrying all of their stuff that has been left in the Preschool room. If you could drop everything off down our class, that would be a great help!

I think that covers everything so as always, if you have any questions or concerns please let us know.

Thanks—Ms. Krista, Ms. Kim and Ms. Mary

Pre-school Room

What a busy time of year we have approaching! We ended October with 2 big fun parties! The Halloween Party and Carnival were a BLAST! Thank you to Tiffany, Belva, and Vanessa for helping during the party. A big thank you to Bobbie for helping during the



Carnival!

We also said good-bye to Ms. Courtney for a few weeks! We will be counting down the days until she returns to the class.

November has started with a bang! It's almost Thanksgiving! Is that possible?? We have been focusing on our senses, book week and will end the month with Thanksgiving. Please remem-



ber that we are closed Thursday and Friday the 26th and 27th for the holiday!

When we return from Thanksgiving, we will be diving into

December!! Get ready for some Christmas studies, snowman and other holiday lessons.

Have a fun holiday season! Talk to me if you have any questions.

Ms. Angie

Pre K

We've had a busy few months in the Pre-K room. If we saw you at the Halloween Bash you would have enjoyed our face painting and bean bag toss game in our room. The Halloween Bash was a great success and great fun for the children.

We have recently finished our Pirate theme week. We made pirate maps and played

some pirate games. We also participated in Operation Christmas Child this past week. We were learning how to not be like pirates by putting together shoe boxes full of toys and other items to be sent overseas to children in need.



We look forward over the next few weeks to kick off our holiday season.

We will be learning about Thanksgiving and discussing what we are thankful for.

We have lots of fun learning based activities in store for the Pre-K room.

Thanks-
Ms. Kerry and
Ms. Tiffany

Cold...Flu...What to Do

With cold and flu season upon us, I decided it was probably a good time to review how these things are spread, how to prevent the spread, and what to do if you or your child comes down with a cold or flu.

We try very, very hard to keep things clean and sanitized here. Toys are sanitized daily, sometimes several times a day depending on the classroom. The big toys (such as the kitchens) are sprayed with a sanitizer every night when the classroom "closes." The children wash their hands before/after eating, upon coming inside, upon arrival, after going to the bathroom, and when they sneeze or cough. Basically, they wash their hands all of the time. We try to teach them to cough and sneeze into their arm and not their hands. We try to do as much as possible to stop the spread of germs. Even with all of these things, kids still get sick! Here is some information from www.kidshealth.org regarding flu season.

What Are the Symptoms of H1N1 Flu?

Symptoms of the H1N1 flu are similar to the seasonal flu. They include fever (100° F or 37.8° C or above) plus one or more of the following: cough, sore throat, body aches, headache, chills, fatigue, diarrhea, or vomiting. The flu also can cause pneumonia, which can make it hard to breathe. The H1N1 flu can last anywhere from 7 to 14 days.

Kids who develop any of these symptoms need **immediate** medical attention:

- fast breathing or trouble breathing
 - bluish skin color
 - not drinking enough fluids
 - very sleepy or lethargic
 - in babies, being so irritable they don't want to be held
 - fever with a rash
- flu-like symptoms that improve, then return with fever and a worse cough

What if My Child Has Flu-like Symptoms?

If your child begins to have flu-like symptoms, **do not send your child to school or childcare**. This will help limit the spread of the virus. Keep your child home, and call the doctor to see whether an office visit is recommended. Only have your child leave the house for medical care.

Kids without chronic health conditions usually tolerate infection with the H1N1 virus fairly well and get better on their own without medical treatment. Others with severe symptoms of flu who need to be hospitalized or who are at risk for complications from the flu might be given antiviral medicines to ease symptoms, shorten the duration of the illness, and prevent complications.

At home, make sure your child:

- drinks lots of fluids to prevent dehydration
- gets plenty of sleep and takes it easy

- takes acetaminophen or ibuprofen to relieve fever and aches (but do **not** give aspirin due to the risk of [Reye syndrome](#))
- wears layers, since the flu often makes kids cold one minute and hot the next
- does not return to school or childcare until fever (of 100° F or 37.8° C or above) is reduced for at least 24 hours without the use of fever-reducing medicines

Call your doctor if your child seems to get better but then feels worse, develops a high fever, has any trouble breathing, or seems confused.

If your child has a chronic condition, like asthma, make sure to check with your doctor to help ensure the condition is under control. Likewise, if you're pregnant or breastfeeding and come down with flu symptoms or have been exposed to someone who has the flu, contact your doctor right away. You may need to take antiviral medications as a precaution for yourself and your baby.

How Do I Keep My Child From Infecting Others?

Since the H1N1 flu spreads in the same way that other viruses do — through the air when a person who has the virus sneezes, coughs, or speaks, or when someone touches a contaminated surface and touches the nose, mouth, or eyes — it's important to have kids follow the precau-

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tions mentioned earlier.

A person infected with H1N1 can spread the virus to others the day before symptoms start and up to 5 to 7 days after they begin. Some people may be contagious for longer, especially if they have chronic health conditions that weaken their immune systems.

Once flu-like symptoms start, **do not** send your child to school or childcare. Your child should only leave the house for medical care or other necessities. Call your doctor before bringing your child in. At the doctor's office, make sure your child coughs or sneezes into a tissue or, if available and tolerable, have him or her wear a facemask to protect against other germs and viruses and to protect others.

At home, keep visitors from coming over, and make sure your child limits contact with family members. If possible, have only one adult care for the sick child. Siblings, pregnant women, and others who are at risk for flu complications should avoid getting closer than 6 feet to an infected person and should **never** get face-to-face, share cups or utensils, or handle dirty tissues (or other objects that may have been sneezed or coughed on). Make sure that hand sanitizer or soap and water is readily available for frequent hand washing and keep surfaces clean with disinfectant.

Kids can go back to school or childcare once their fever is gone without the use of fever-reducing medicines. Some might need to stay home longer, depending on how they feel. If you have questions or concerns, check with your doctor.

I also found some information on the difference between colds and the flu.

Your child is sent home from school with a sore throat, cough, and high fever — could it be the flu that's been going around? Or is it just a [common cold](#)?

Typically, the flu (also known as [influenza](#)) has symptoms that make a child feel worse than symptoms associated with a common cold, but it's not always that easy to tell the difference between the two.

Symptoms Guide

To help determine whether your child's fighting the flu or combating a cold, review these questions:

Flu vs. Colds: A Guide to Symptoms

Questions	Flu	Cold
Was your child's onset of illness ...	sudden?	slow?
Does your child have a ...	high fever?	no (or mild) fever?
Is your child's exhaustion level ...	severe?	mild?
Is your child's head ...	achy?	headache-free?
Is your child's appetite ...	decreased?	normal?
Are your child's muscles ...	achy?	fine?
Does your child have ...	chills?	no chills?

If most of your answers fell into the first category, chances are that your child has the flu. If your answers usually belonged in the second category, it's most likely a cold.

But don't be too quick to brush off your child's illness as just another cold. The important thing to remember is that flu symptoms can vary from child to child (and they can change as the illness progresses), so if you suspect the flu, call the doctor. Even doctors often need a test to tell them for sure if your child has the flu or not since the symptoms can be so similar! Some bacterial diseases, like strep throat or pneumonia, can also look like the flu or a cold. It's important to get medical attention immediately if your child seems to be getting worse, is having any trouble breathing, has a high fever, has a bad headache, has a sore throat, or seems confused.

While even healthy kids can have complications of the flu, kids with certain medical conditions are at more of a risk. If you think your child might have the flu, get in touch with the doctor.

Treatment

Some kids with chronic medical conditions may become sicker with the flu and need to be hospitalized, and flu in an infant also can be dangerous. For a severely ill child or one with other special circumstances, a doctor may prescribe an antiviral medicine that can ease flu symptoms, but only if it's given within 48 hours of the onset of the flu.

Most of the time, you can [take care of your child](#) by offering plenty of fluids, rest, and extra comfort.