

November/December/January  
2007



So, How can you  
help keep your  
child from getting  
the Flu?

Although there is no guaranteed way, including the vaccine, to prevent anyone from getting the flu, the simplest way is to avoid large crowds. As we all know this is almost impossible to do, so the next best thing is hand washing which helps prevent the spread of infections like the flu.

Although the flu season is typically from November to April, most cases occur between late December and early March with the vaccine offered between September and mid November (however the shot can be given at other times of the year). Getting the shot before the flu season is in full force gives the body a chance to build up immunity to, or protection from, the virus. You can get a flu shot well into the flu season, it is best to get it earlier rather than later. Be sure to check with your physician to make sure this vaccine is necessary.



"Did you wash  
your hands?"

How many times did you hear that today? Probably a lot. But why are adults so hung up on hand washing? Why are they so in love with lather?

Washing your hands is the best way to stop germs from spreading. Think about all of the things that you touched today - from the telephone to the toilet. Maybe you blew your nose in a tissue and then went outside to dig around the dirt. Whatever you did today, you came into contact with germs. It's easy for a germ on your hand to end up in your mouth. Think about how many foods you eat with your hands.

You can't wear rubber gloves all day long, but you can wash your hands so

those germs don't get a chance to make you or someone else sick. When germs go down the drain, they can't make anyone sick.

So when are the best times to wash your hands?

- before eating or touching food (like if you're helping cook or bake, for example)
- after using the bathroom
- after blowing your nose or coughing
- after touching pets or other animals
- after playing outside
- after visiting a sick relative or friend

Now you have the when and the why of hand washing. But did you know that a lot of people don't know **how** to get their paws perfectly clean? The next time you're told to step up to the sink and scrub up, remember these handy hints:

1. Use warm water (not cold or hot)

when you wash your hands.

2. Use whatever soap you like. Some soaps come in cool shapes and colors or smell nice, but whatever kind that gets you scrubbing is the kind you should use.

Antibacterial soaps are OK to use, but regular soap works fine.

3. Work up some lather on both sides of your hands, your wrists, and between your fingers. Don't forget to wash around your nails.

This is one place germs like to hide. Wash for about 10 to 15 seconds - about how long it takes to sing "Happy Birthday." (Sing it quickly two times or just once if you go nice and slow.)

4. Rinse and dry well with a clean towel.



**Construction is completed!**

After months and months of dishevel and mess The Nannies have completed the new addition and remodeling of the existing building/Grounds. We appreciate everyone's patience during this process, but hope you enjoy the changes. With the new parking area, we just want to remind everyone that you should enter the east driveway and exit the west driveway.

This will help potential accidents from occurring. Also, please remember to go slowly through the parking lot there are children walking to their cars, busses or vans during various times of the day. We do not want to have anyone hurt!





**Halloween is so much fun because it's not like other nights of the year. Have fun and stay safe by following these tips:**

### **See and Be Seen**

After dark, kids aren't usually swarming the neighborhood. But on Halloween night, they are. That's why kids need to watch out for cars and other traffic. Be sure that your mask or costume doesn't cover your eyes or make it tough for you to see where you're going. You might think about wearing makeup instead of a mask. If you do wear a mask, make sure the eye holes are big enough that you can see.

Kids also need to be seen on Halloween, so it's a good idea to wear or carry something that glows in the dark. You might choose a glowing necklace, a glow-in-the-dark treat bag, or a flashlight. Your parents also can apply reflective tape to your costume.

### **Don't Trip!**

You want your costume to look cool, but there's nothing cool about tripping and stumbling all Halloween night. Make your costume trip-proof

by: making sure it's not too long wearing shoes that fit avoiding swords, canes, and other props that can get in your way

### **Don't Go It Alone**

It's best to trick-or-treat with family members or friends. And it's also a good idea to have a grownup with you. A cell phone can be another handy item to have along. That way, you can check in with a parent or call for help, if needed.

Talk it over with your mom or dad when you're deciding where to trick-or-treat. Sticking close to home is great because then you'll know many of the people and you won't get lost in unfamiliar neighborhoods. And people who already know you just might throw an extra treat in your bag! When trick-or-treating, avoid going inside a stranger's home.

Sometimes a person might invite you in for a treat, but you can just say that your mom or dad asked you not to go inside anyone's house. (Likewise, never go up to or into a stranger's car even if the person offers you a Halloween treat.)

And if you're wondering about whether to go to a certain house, check if the porch light is on. If not, that's usually a sign that they aren't home or they don't want any trick-or-treaters.

### **Let's Talk Treats**

Before you start eating the treats in your bag, you'll want to get a good look at them. When you get home, dump everything out and let your mom or dad see what you have. They can help you get rid of stuff you shouldn't eat. For instance, you don't want to eat anything that's loose or not in a wrapper. Anything unwrapped, including fresh fruit, should be thrown away. Without a wrapper, it's hard to tell if food is clean and safe to eat. Once you've looked over your treats, you'll probably wonder just how much you can eat. Well, it's best not to overdo it. If you don't eat too much on Halloween, you'll have leftovers to enjoy in the days and weeks to come. In other words, you can make Halloween a little sweeter by making it last a little longer!

## **Halloween Jokes For Kids**

Why don't angry witches ride their brooms? **They're afraid of flying off the handle**

Who won the skeleton beauty contest? **No body**

What do skeletons say before they begin dining? **Bone**

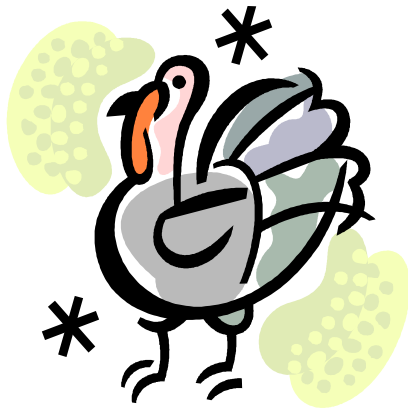
**appetit!**

Where do baby ghosts go during the day? **Dayscare centers**

Who did Frankenstein take to the prom? **His ghoul friend**

What's a monster's favorite play? **Romeo and Ghouliet**

What do witches put on their hair? **Scare spray**



## Here turkey, turkey, turkey

Turkeys are able to adapt to a wide variety of habitats. However, most turkeys are found in hardwood forests with grassy areas.

The best time to see a turkey is on a warm clear day or in a light rain.

## They what?

Turkeys have heart attacks. When the Air Force was conducting test runs and breaking the sound barrier, fields of turkeys would drop dead.

Turkeys can drown if they look up when it is raining.

## Eat, sleep, gobble

Turkeys spend the night in trees. They fly to their roosts around sunset.

Turkeys fly to the ground at first light and feed until mid-morning. Feeding resumes in mid-afternoon.

Gobbling starts before sunrise and can continue through most of the morning.

## Eyes in the backs of their heads?

A wild turkey has excellent vision and hearing. Their field of vision is about 270 degrees. This is the main reason they continue to elude some hunters. And they're fast, too!

A spooked turkey can run at speeds up to 20 miles per hour. They can also burst into flight approaching speeds between 50-55 mph in a matter of seconds.



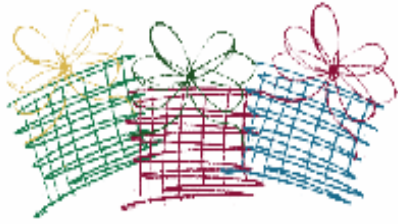
## Oreo Turkey Snack

### Ingredients:

- Oreo cookie
- Candy Corn
- Hershey Kiss
- OPTIONAL: Green icing (or white with green food coloring)
- Red icing or small piece of red licorice

### Directions:

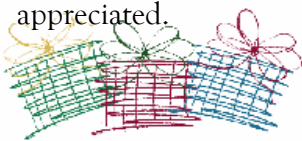
1. Divide the Oreo into two pieces. (An adult can do this easily without breaking the cookies by using a sharp knife.)
2. Place four or five pieces of candy corn around the top of the Oreo cookie that has the icing.
3. Place the flat part of the Kiss in the icing at the bottom of the Oreo.
4. OPTIONAL: Add green icing to the other half of the Oreo so the Turkey will 'stand up'.
5. OPTIONAL: Add a touch of red icing or a small string of red licorice to make the waddle.
6. OPTIONAL: Eyes can be added using small pieces of icing or by 'stealing' a little bit of frosting with a toothpick.



## *Christmas Party / Gifts*

Wow, how this year has flown by! Christmas is rapidly approaching, with this in mind we will continue with our tradition here at The Nannies to replenish toys and supplies the teachers and children use throughout the year. If each child would bring one gift wrapped to the Center prior to Friday December 21, 2007 we will have one large party! Each child will open one gift and place it on the shelves of their "school" room to play with throughout the year. Santa comes for a visit during this time and the children have a great time!

The Nannies have put together a list of items that you may choose from, otherwise any item that you feel your child would enjoy playing with would be very much appreciated.



## *Christmas Program*

*Mark your calendars! The preschoolers (Ladybugs & Fireflies) will be performing their annual Christmas Program*

*Thursday December 13, 2007 at 4:00 p.m.*

### *Holiday Schedule:*

*Thanksgiving/Day After. Thursday and Friday November 22 & 23, 2007*

*Monday December 24, 2007 Christmas Eve Closes early at 3:30 pm and Tuesday December 25, 2007 Closed.*

*Tuesday January 1, 2008 New Years Day Closed.*

### **POLICY REMINDERS**

~When you see a "note" taped to your child's cubby please make sure you read and respond to those correspondence.

~We would also like to remind parents that you pay for your child by the week, not by the day. So if a holiday falls on the weekday you will pay for the entire week.

~If inclement weather necessitates closing of the Center, announcements will be made on the Center's answering service. We try and keep our doors open the best we can, however, if Southeast Polk Schools are closed it is a good indicator to call the Center. We are not necessarily closed when they are but it is a guideline for you to follow.

~ Medications are given at the Center, however, proper labels will be required (by the physician or pharmacist if the medication is a prescription) or clearly marked on the bottle/container for non prescription medications, You cannot bring medication in syringes. Parents need to complete a medication form prior to the staff dispensing the medication. Thanks!

# Rain Washed

Author Unknown

A little girl had been shopping with her Mom in Target. She must have been 6 years old, this beautiful red haired, freckle faced image of innocence. It was pouring outside. The kind of rain that gushes over the top of rain gutters, so much in a hurry to hit the earth it has no time to flow down the spout. We all stood there under the awning and just inside the door of the Target.

We waited, some patiently, others irritated because nature messed up their hurried day. I am always mesmerized by rainfall. I got lost in the sound and sight of the heavens washing away the dirt and dust of the world.

Memories of running, splashing so carefree as a child came pouring in as a welcome reprieve from the worries of my day.

The little voice was so sweet as it broke the hypnotic trance we were all caught in, "Mom, let's run through the rain," she said. "What?" Mom asked.

"Let's run through the rain!" She repeated.

"No, honey. We'll wait until it slows down a bit," Mom replied.

This young child waited about another minute and repeated, "Mom, let's run through the rain."

"We'll get soaked if we do," Mom said.

"No, we won't, Mom. That's not what you said this morning," the young girl said as she tugged at her Mom's arm.

"This morning? When did I say we could run through the rain and not get wet?"

"Don't you remember? When you were talking to Daddy about his cancer, you said, 'If God can get us through this, he can get us through anything!'"

The entire crowd stopped dead silent. I swear you couldn't hear anything but the rain. We all stood silently. No one came or left in the next few minutes. Mom paused and thought for a moment about what she would say. Now some would laugh it off and scold her for being silly. Some might even ignore what was said. But this was a moment of affirmation in a young child's life. A time when innocent trust can be nurtured so that it will bloom into faith.

"Honey, you are absolutely right. Let's run through the rain. If God let's us get wet, well maybe we just needed washing," Mom said.

Then off they ran. We all stood watching, smiling and laughing as they darted past the cars and yes, through the puddles. They held their shopping bags over their heads just in case. They got soaked. But they were followed by a few who screamed and laughed like children all the way to their cars.

And yes, I did. I ran. I got wet. I needed washing.

**Circumstances or people can take away your material possessions, they can take away your money, and they can take away your health. But no one can ever take away your precious memories... So, don't forget to make time and take opportunities to make memories everyday. To everything there is a season and a time to every purpose under heaven.**

**I hope you still take the time to run through the rain.**

