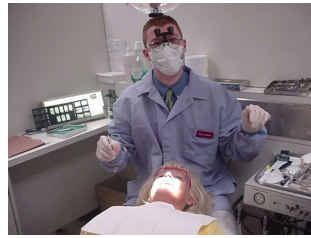


April/May/June 2005



Let's Talk Teeth

by Chad Johnson

While selecting a manual (i.e. non-electric) toothbrush, there are just two points to consider. This will help make it easy.

1) Get a soft-bristled brush. Mediums and Hards are great for cleaning teeth, but you have to brush next to the gumline, and they can rub your gums away over a few years.

2) Get one with a small head. The bristles are in little groups called tufts, and you want something like 30 tufts on the brush head.

Anything more is not able to reach the harder spots in your mouth. Children can use smaller heads on their brushes, for obvious reasons.

All else is marketing garbage.

So don't pay attention to the fanciness of the wavy bristles, or bent neck, or other gadgets: these are not proven to be any better than a soft, small, flat-bristled

brush. Any extra gizmos are not harmful, but they aren't worth the extra money. Along those lines, however, children do like fancy brushes, and if this helps them brush better, then go for it!

Having said that, you may wish to do the upgrade that would be completely worth your while. Electric toothbrushes are great because they are proven to do a better job at cleaning than a manual toothbrush, it improves the cleaning for people with less manual dexterity (i.e. children), and dentists see the difference at your checkup visit. The Sonicare product line is touted as the Wonderbrush-Of-All-Times but is most expensive (yet dentally worth every penny...prevention!), and the Oral-B Braun sonic toothbrushes are pretty good, as well. The cheaper models work well, but do not show an improvement over a manual toothbrush.

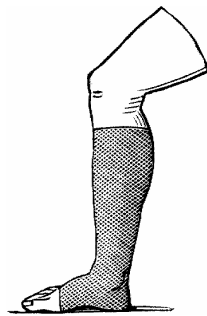
Concerning brushing with your children, try having the child brush, then you finish brushing them. This gets them familiar with the concept, but they certainly cannot do as thorough a job as a parent. This applies for

children even up to age 7. By age 7, begin to show them how to floss. If you're uncomfortable with specifics, have the dental professional demonstrate to them how to floss. Your dentist may also have some tablets that show where the child can brush better, as it reveals pink where the plaque has been left after the child's attempt to brush. These products are called disclosing solution or disclosing tablets.

Children and adults alike are encouraged to brush for two minutes, twice a day. Any teeth that are touching against each other should be flossed. Visits to the dentists are individually tailored, but average approximately every six months. Parents are encouraged to have their child visit the dentist by age one or by the eruption of the first tooth. This is for discussion with the parent of home care issues, and for prevention. There are rare cases of children with cavities unnoticed by parents, that end up being hospitalized O.R. cases, costing upwards of four- to ten-thousand dollars. This is not a good thing for the parent, dentist, or child.

Regarding your toothpaste selection, one key factor is to make sure the toothpaste has fluoride in it—few toothpastes are fluoride free, but these defeat the purpose of toothpaste. Adults can benefit from tartar control toothpaste, but children often feel a burning sensation using these, and should either have a more neutral regular flavor, or children's flavors (bubblegum, berry, orange, etc.), as these are not dentally unhealthy just because they taste good.

If you have any questions please email me at Chaddds2B@aol.com Check out my new web site at www.oralhealthclinic.com



Broken Bones

With warmer weather and summer approaching, The Nannies will be spending more time outdoors and therefore the incidence of children falling

increases. The harder kids play, the harder they fall. Broken bones, or fractures, are unfortunately common in childhood. Most fractures occur in the upper extremities because when children fall, it's a natural instinct for them to put their hands out in an attempt to stop the fall.

A broken bone can be scary for both parents and children. To help make things a little easier when your child's falls resulting in a fracture, we thought we would review what you could anticipate.

How Do I Know if It's Broken?

Falls are a common part of childhood, but not all falls result in a broken bone. The classic signs of a fracture are: pain, swelling, and deformity.

Some signs that your child's bone is broken are:

- You or your child heard a snap or a grinding noise during the injury.
- Swelling, bruising, or tenderness around the injured part.
- It might be painful for your child to bear weight on the injury, touch it, press on it, or move it.

- The injured part looks deformed. In severe breaks, the broken bone may even be poking through the skin. OUCH!

What Should You Do?

If you think your child has a fracture, you should seek medical care immediately. Do not move the child - and call for emergency care - if:

- the child may have seriously injured the head, neck, or back
- the broken bone comes through the skin (Apply constant pressure with a clean gauze pad or thick cloth, and keep the child lying down until help arrives. Don't wash the wound or push in any part of the bone that's sticking out.)



For less serious injuries, it's a good idea to stabilize the injury as soon as it happens by following these quick steps:

1. Remove clothing from the injured part. Don't force a limb out of your child's clothing, though. You may need to cut clothing off with

scissors to prevent causing your child any unnecessary additional pain.

2. Apply a cold compress or ice pack wrapped in cloth.

3. Place a makeshift splint on the injured part by:

- keeping the injured limb in the position you find it
- placing soft padding around the injured part
- placing something firm (a board or rolled-up newspapers) next to the injured part, making sure it's long enough to go past the joints above and below the injury
- keeping the splint in place with first-aid tape

4. Seek medical care, and don't allow the child to eat, just in case surgery is needed.

What else to expect.

By simply looking at the injured area, a doctor may be able to tell whether your child's bone is broken. But he or she will order an X-ray to confirm that your child does, indeed, have a fracture.

Reassure your child that, getting an X-ray to look at the broken bone won't take long. Then, he or she might get a colorful - cast

that every friend can sign!

When Will My Child's Broken Bone Heal?

Fractures heal at different rates, depending upon the age of the child and the type of fracture. For example, young children may heal in as little as 3 weeks, although it may take 6 weeks for the same kind of fracture to heal in teens.

It's important for your child to wait to play games or sports that might use the injured part until your child's doctor says it's OK.



Reasons not to mess with children.

A teacher was giving a lesson on the circulation of the blood. Trying to make the matter clearer, she said, "Now, class, if I stood on my head, the blood, as you know, would run into it, and I

Ha Ha Ha!

would turn red in the face."

"Yes," the class said.

"Then why is it that while I am standing upright in the ordinary position the blood doesn't run into my feet?"

A little fellow shouted, "Cause your feet ain't empty."


Ha Ha Ha!

A Sunday school teacher: was discussing the Ten Commandments with her five and six year olds.

After explaining the commandment to "honor" thy Father and thy Mother, she asked, "Is there a commandment that teaches us how to treat our brothers and sisters?"

Without missing a beat on little boy: (the oldest of the family) answered, "Thou shall not kill."

The children were lined up in the cafeteria of a elementary school for lunch. At the head of the table was a large pile of apples. The teacher had made a note, and posted on the apple tray:

"Take only ONE. God is watching!"

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. A child had written a note, "Take all you want, God is watching the apples!"


Ha Ha Ha!

A Kindergarten teacher: was observing her classroom of children while they were drawing. She would occasionally walk around to see each child's work.

As she got to one little girl who was working diligently, she asked what the drawing was.

The girl: replied, "I'm drawing God."

The teacher: paused and said, "But no one knows what God looks like."

Without missing a beat, or looking up from her drawing, the girl: replied, "They will in a minute."


Ha Ha Ha!



Preschool Corner
Fireflies/Ladybugs

This school year has been an exciting year so far. We have continued to practice the sign language alphabet as well as a week dedicated to learning either about mammals, safety, transportation, Animals and where they live, Safety, Over, Under, Up, Down, Things in the water, Presidents Day, George Washington's Birthday, Health, St Patrick's Day, Easter, April Fools Day, Spring Time, Community Workers, Dental Health, Healthy Hearts, Valentines Day, Friendships/sharing, Homes, Where people and the different animals live, and Transportation. The letters, Pp, Qq, Rr, Ss, Tt, Uu, Vv, Ww. Xx, and the colors in the rainbow.

We feel especially blessed to be a part of these children lives! We walk into a room full of hugs and stories every day. There is no better greeting and no warmer feeling than the love of a child.

Ms Jenny & Ms Shirley, Preschool Teachers.



Policy and Procedure Reminders!

* Payment is due every Monday morning unless other arrangements have been made in advance with the administration. Outstanding balances shall never exceed one week of daycare fees. You must pay a full week even if your child misses a day whether it is due to illness, or they are just not attending for the week. The Nannies Unlimited Child Center & Preschool Inc. charges by the week. If your child attends one day or five days you will be charged for the entire week.

There are penalties for late payments (defined as being after 5:30 p.m. Monday evening) and late pick-ups. For the first late payment there is an automatic \$10.00 penalty payable immediately.

Pick up time for programs will be by 5:30 p.m. (excluding preschool students only, that time will be 11:00 a.m.) If you are late you will be charged \$15.00 per child for each additional fifteen minutes. (Payment is

expected with your next weeks payment).

* To those parents who have children in the Firefly room attending Kindergarten in the Fall of 2005, rates will be adjusted the first week of school at the end of August of 2005. Tuition for children attending before **and** after school will be \$75.00/week. Those children's tuition attending before **or** after school will be \$50.00/week. If your child is enrolled in our school they will be eligible to attend, "no school days" due to any reason, provided the parent signs their child up on all notices. The price for a child to attend an extra not school day will be \$25.00/day. However, their price would never exceed \$100.00 per week. Further information will be sent to the parents for those who wish to participate.

* Children who leave the Center during the day, for any reason are considered gone and **WILL NOT** return. So, remember when making doctors appointments etc... that it might be best to make them toward the end of the day!

* If your child, for any reason is not attending the Center for the day, please notify the

facility as soon as possible, preferably during the morning hours. This helps our staffing needs and keeps your daycare costs down as much as possible.

* Parents need to notify the Center of any and all changes in their child's enrollment or emergency information (ie. Changes in address, phone numbers, whether home or at work).

* Children with a fever, (temperature of 101 degrees orally) need to stay home. The child cannot return to the Center until they are free of a fever for 24 hours. We have this policy to ensure your child's health and safety. There are many types of viruses and bacteria popping up all over the place. To reduce the potential for chronic exposure, we ask that you follow those guidelines.

*** All children are to be signed in and out by the parent/guardian when arriving and leaving the Center.**

We ask that the children **NOT** sign themselves in and out. These are documents that we have audited.



* To keep within the rules and regulations set forth by the Department of Human Services, we cannot allow parents and children into the kitchen area for health and safety reasons. If you need something stored in the refrigerator, please give this to the staff and they will be happy to store it for you!

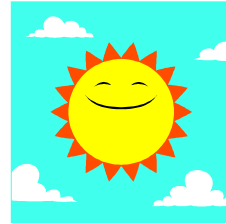
* Just a reminder, **toys from home are not allowed** except on those designated "show and tell" days. This is for the safety of the toy and we do try and provide a variety of toys for your children to play with. If there is a certain toy your child loves to play with let administration know and we will see what we can do about this. Thank you for cooperating in this matter.



The Nannies Unlimited Child Center & Preschool's policy and procedure during a tornado warning: Children located in the Nursery, Toddler and

Two-Year-Old room will proceed to the basement. Children in the preschool and schooler's room will go into the interior portion of the building (preschool restrooms). The children will crouch down on the floor, placing their heads between their knees while covering their heads with their hands. The Nannies have monthly tornado drills to familiarize the children with these procedures. The Center also has weather radios that receive their information from the National Weather Service. The weather radios automatically alert the staff when a watch or warning is issued.

The Nannies Unlimited Child Center & Preschool Inc. realize that your child's safety is of your utmost concern. However, the Center requests that parents refrain from calling the Center during a tornado warning. This will enable the staff to focus on the children's safety and security without distractions. If there is a concern you need to be notified of, the staff will contact you immediately.



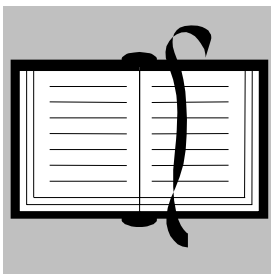
Summer is rapidly approaching and will be here before you know it! The Nannies have a lot of fun in store for "our" children. Parents, we would like to ask you to help us with our summertime plans. We have many field trips planned along with different arts and crafts scheduled. It would help us if you would read all correspondence that we have posted either on your child's door or at the main entrance. We don't want any child to miss out on the fun. However, due to staffing needs and the need to make reservations in advance, it is imperative that you read all instructions, follow those guidelines and sign your child up.

For children ages three years and older, we will be using the Center's vans. Each van has been equipped with the appropriate safety standards. If you have a concern

about this and you would rather your child **NOT** attend the out of Center field trip this is also your option.

Parents of children under the age of three will **NOT** attend out of Center field trips.

Child Care Commandments!



THOU SHALT, plan ahead, for sickness and for health.

THOU SHALT, spare the excuses and pay on time.

THOU SHALT, keep your caregiver in the loop.

THOU SHALT, support your caregiver's authority, particularly in your child's presence.

THOU SHALT, acknowledge that your caregiver has a life outside of work.

THOU SHALT, offer an occasional appreciative gesture.

THOU SHALT, criticize, and accept criticism, constructively.

THOU SHALT, acknowledge the profound impact your caregiver has on your child's life.



Final Thoughts:

Vickie and I feel we have been truly blessed here at the Center. We have had the opportunity to watch children grow physically, mentally, and socially. To help ensure that your child receives the kind of stimulation and nurturing that supports and promotes their healthy development and school readiness, the Nannies respond to your child's cues and feelings. The Nannies are warm, caring, and responsive with your child. We include talking, reading, and singing to your child's day. We have established routines and rituals, which gives the children a sense of reassurance. These routines help a child learn what to expect from their environment and helps them understand the world around them.

The Nannies also encourage your baby's safe exploration and play. Interaction between babies and caregivers form the basis of much of their future learning. As

infants grow and are able to crawl and walk, they begin to explore the world beyond their caregivers. They will leave a caregivers side to play and explore, then come back for a reassuring touch or word. This is encouraged at the daycare, as play is the way children learn.

The Nannies also discipline your child with love and understanding. Discipline means, "to teach" and the way the children are taught are crucial to their later development. Children's feelings of frustration and anger often are stronger than their ability to manage their feelings, and they may hit, yell, or fall apart. The Nannies respond in a supportive, consistent way, to help the child feel safe in the world. The Nannies recognize that your child is unique. Children have different temperaments and grow at different rates. They feel good about themselves when they master the challenges of everyday life.

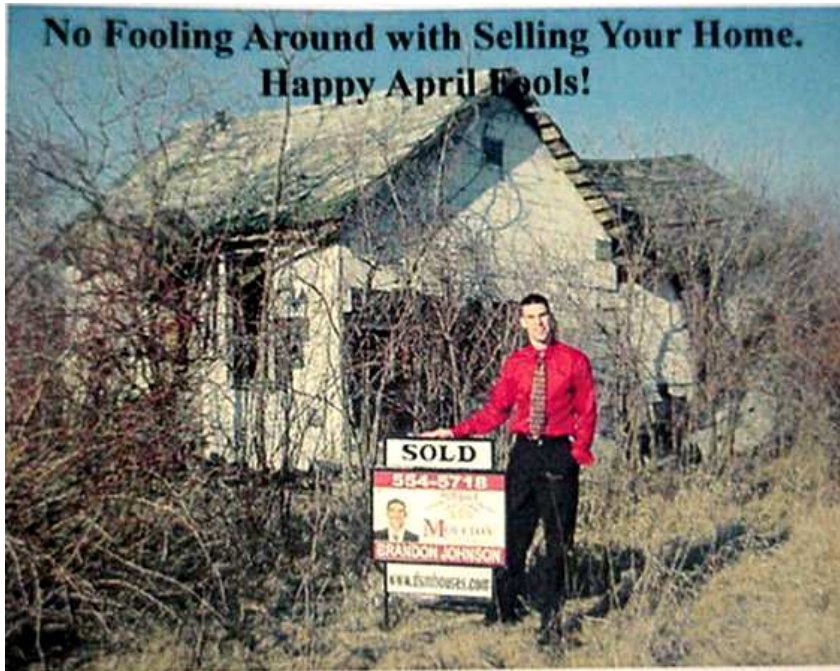
The Nannies Unlimited Child Center & Preschool Inc. believes that the first years last forever.

Thank you for the opportunity to enrich your child's lives and help them realize their full potential.

Look for our next newsletter July 2005 Happy Spring!



The Nannies Network Advertisement



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Selling Homes 37% Faster!*



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*Based on the average MLS days on the market.



Welcome friends and family,
I am graduating from the
University of Iowa
Dentistry this spring. In July,
I cordially invite
you to you celebrate the grand
opening of my
new dental practice, the Oral
Health Clinic,
which is located at the Copper
Creek Plaza in
Pleasant Hill. For your
convenience , I am
currently scheduling
appointments either online
or by phone. Appointments
are available
beginning July 5, 2005. Please
visit my web site at
www.oralhealthclinic.com

Chad Johnson

If you would like to place an advertisement with us please contact Ms. Cynthia Baker at (515) 264-8288.