



# NANNIES UNLIMITED

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To fall in love is easy, even to remain in it is not difficult; our human loneliness is cause enough.

But it is a hard quest worth making to find a comrade through whose steady presence one becomes steadily the person one desires to be.

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SPECIAL EDITION 2006



## What children say about Valentines Day~

- ~ Love is my toys, my mom, dad and my dog.
- ~ Love is a kiss on the cheek.
- ~ Love is hugging and kissing.
- ~ Love is sharing.
- ~ Love is my grandma and grandpa.
- ~ Love is my cat.
- ~ Love is when mom and dad kiss!
- ~ Love is "everywhere"
- ~ Love is mom's cookies.
- ~ Love is Santa!





# Valentine Jokes

*Q: What did the valentine card say to the stamp?*

*A: Stick with me and we'll go places!*

*Q: Why is lettuce the most lovable vegetable?*

*A: Because it's all heart!*

*Q: What do squirrels give for Valentines Day?*

*A: Forget me -nuts!*

*Q: What did the stamp say to the envelope?*

*A: I'm stuck on you.*

*Q: What is a vampires sweetheart called?*

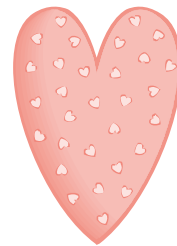
*A: His ghoul-friend!*

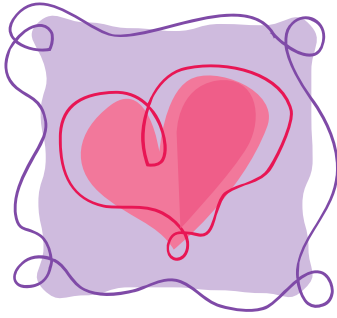
*Q: What is a ram's favorite song?*

*A: I only have eyes for ewe, Dear.*

*Q: What travels around the world but stays in one corner?*

*A: A stamp.*





# Valentines Party

The Nannies Unlimited Child Center & Preschool Inc. will again have our Valentines Day Party Tuesday, February 14, 2006. With this in mind we ask that you have your child "sign" the back of their cards they plan to exchange. This really works out well and decreases the amount of confusion for the children and teachers. Many parents ask us if they can bring treats during the party and the answer to this is "yes" as long as it is "prepackaged".

As we get closer to Valentines Day, ask your teacher for the number of playmates your child has in their room.

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## Let's Talk Teeth

### Why Sealants Are Good For Many Children

Sealants are a type of filling, but the teeth do not need to be drilled. The sealant is placed directly on top of the biting surface of the tooth. Normally, a filling restores a tooth that has a cavity, but a sealant prevents cavities. It does so by plugging up the deep grooves on the biting surfaces of teeth that a toothbrush normally cannot clean.

Sealants are often covered for children by insurance. They do not last forever, because they wear off, but often can remain on the teeth for upwards of 30 years, for example. This is important especially because children usually are not as good at oral hygiene as adults. Normally sealants can cost around \$30 per tooth, but it prevents the need for fillings, which normally can cost over \$100 per tooth.



# ~REMINDERS~

~ If your school age child has a day that there is no school we will have a sign up sheet for you to sign for your child to attend the Center that day/week. Please keep in mind if you sign your child up you will be responsible to make payment for those days you indicated your child would attend. The Center tries to plan ahead of time so we may obtain enough staffing to meet your child's needs and to plan for fun activities for their time here. So, please be aware of this when signing your child up. We will no longer accept parents canceling their children at the last minute. Thank you for your understanding!

~ Tuitions are due every Monday morning unless other arrangements have been made in advance with administration.

~ You must pay for the full week even if your child misses a day whether it is due to illness, or they are just not attending that week. The Center charges by the week, if your child attends one day or five days you will be charged for the entire week. This includes holidays that the Center is closed.

~When requesting vacation time, you need to submit your request in writing one week in advance, otherwise your request will not be honored.

~ Children must be signed in and out by their parent/guardian and escorted to their room when arriving and leaving the Center.

~ State Law requires that each child at the Center have a yearly certificate of good health. The Director usually sends those reminders out at least quarterly to help you with getting your doctor's appointments in a timely manner. If you see those reminders in your cubby please pay attention to the dates when your child needs an update.



## Tax Time Again!

It's that time of the year again! Wow, this year has really gone by rapidly! Ms.Vickie has the year end statements available for your tax purposes. They are located at the front desk area by the coffee and are alphabetized for your convenience. For those of you that just need our EIN (Employee Identification Number) here it is! 39-1905508. If you have any questions please let us know.

## SCHEDULED HOLIDAYS

The Nannies is closed on the following holidays. Please keep in mind if the holiday falls on a Sunday the Center is closed on the following Monday. If the holiday falls on a Saturday the Center will be closed on the Friday the day before. Here are the Holidays the Center observes.

- ~ New Years Day
- ~ Memorial Day
- ~ July 4th
- ~ Labor Day
- ~ Thanksgiving & the Day After.
- ~ Christmas Eve closes early at 3:30 pm
- ~ Christmas Day.

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# LEPRECHAUNS:

As legends states, every leprechaun has a pot of gold hidden in a secret place. If captured, he must give up his golden treasure. Of course, it's quite difficult to catch a leprechaun. They are especially tricky and can often turn themselves into rabbits or squirrels to fool you into thinking they are something they are not. When they are caught, however, they often trick their captor into looking away, for a split second, so that they can make their escape into the woods.

One tale is told of an Irish gentleman who after much searching and effort, captured one of the wee folk. After much coaxing, the Irishman finally persuaded the leprechaun to take him to the very bush where his treasure of gold was buried. It is said that the man quickly tied a red bandana to a branch on the bush and hurried home to fetch a shovel. When he returned a short time later to dig up his treasure, a red bandana had been fastened to every bush in the forest.

Leprechauns love to play tricks on people, causing them to drop or spill things. They often hide keys and other belongings just to frustrate us. So, next time you lose a possession that you swear should be right where you left it don't be surprised if it's only some silly leprechaun having fun and playing tricks to pass the time.

Happy St. Patrick's Day!  
March 17, 2006





# A Wide-Eyed Guide to Naps.

Get (and keep) your child on a solid snooze schedule.

*There's nothing like a good sleep routine to make a mother, and her baby, happy. Here are some helpful hints to use to help you both become well rested.*

## 1. Start with realistic expectations:

Newborns need a huge amount of unscheduled sleep (15-16 hours). By 4 months, a pattern of a few daytime naps and a longer stretch at night will emerge. By 15 months, your child will favor one afternoon snooze. Every child, however, has individual sleep needs. Some babies are flexible, others more persnickety. If you keep these babies awake too long, they get fussy. Adjust your expectations to your child's temperament and you'll lower your frustration level.

## 2. Keep it routine:

Every mom has been guilty of it, your baby seem peppy so you sneak in just one more errand, then another, and another. Instead of happily turning in, your would be napper is a cranky nap resistant mess. By following your child's lead instead of the clock, you missed the "nap window". If she's rubbing her eyes, yawning, and/or whining, she's already overtired, and that makes it harder to wind down. Don't wait for signs of sleepiness: stick to your schedule instead. If naps come at regular time each day, your child will learn to expect them. One easy and adaptable trick; Link the afternoon nap to lunch (midday meals cause sleepiness). If you've had a hectic morning and your child unravels by 10:30 am just shift lunch and naptime earlier.

## 3. Provide healthy sleep cues:

Bedtime in the daytime should happen a lot like it does at night. Ideally, naps should take place in your child's regular crib or bed. Use the same blankets, books or whatever sleep cues you employ at night. By 4 months, avoid relying on a swing, stroller, or a car ride to get your baby snoozing. He'll start associating those spots with sleep. Simply darkening the room and giving him his binky can have the desired effect, as can a three minute message. "Parents always ask, "Isn't that teaching him to be dependent on those things?" Says Dr. Harvey Karp, a pediatrician at the UCLA School of Medicine who swears by white-noise machines to help babies tune out. "But these things are just a cue to relax, like grownups rely on certain pillows.

#### 4. Catnaps on the go:

When errand time overlaps naptime, and your child dozes off in the stroller it's best to let her catch a good nap where they are. If you don't mind sitting there for awhile. (solid sleepers may let you transfer them to their crib.) but if this happens at non-naptime, all you can do is try to introduce your baby's familiar sleep cues at her regular naptime, and hope they drift off.

#### 5. Skipped Naps:

Sometimes a surprise morning visit from Grandma results in a missed nap and a longer afternoon snooze. Be sure to wake your baby up by late afternoon so they'll still be tired come bedtime (a nap longer than three hours is too much). Or, if they are down to one nap and it's missed, simply move up bedtime. Don't worry about skipping dinner, most toddlers need sleep more than food.

#### 6. A broken routine:

Whether your toddler's once smooth sleep routine has been derailed by a bad bout of teething or a week spent sharing Mom and Dad's hotel bed, don't fret. In the same way sleep patterns are easily learned, they're also easily relearned. Go back to what you did when the sleep routine was going well. You'll hear protest at first, but soon you'll be back on track.

#### 7. Outright rebellion:

If your child waltzes out of their room come naptime, try using a playpen or baby gate so they can't easily escape. You'll find that most days, they'll soon fall asleep. Even if they don't, make a rule that they must stay in their room for the duration of naptime. Sometimes you'll have to let your determined toddler cry. And sometimes they just won't nap, period. Let it go and realize that there will be days like this.

[www.kidshealth.org](http://www.kidshealth.org)



Hope is that which makes us live today as if  
tomorrow were yesterday