



## Halloween Safety

Help your child pick out or make a costume that will be safe. Make it fire proof, the eye holes should be large enough for good peripheral vision.

If you set jack-o-lanterns on your porch with candles in them, make sure that they are far enough out of the way so that kid's costumes won't accidentally be set on fire.

Kids always want to help with the pumpkin carving. Small children shouldn't be allowed to use a sharp knife to cut the top or the face. There are many kits available that come with tiny saws that work better than knives and are safer, although you can be cut by them as well. It's best to let the kids clean out the pumpkin and draw a face on it, which you can carve for them.

Treating your kids to a spooky Halloween dinner will make them less likely to eat the candy they collect before you have a chance to check it for them.

Teaching your kids basic everyday safety such as not getting into cars or talking to strangers, watching both ways before crossing streets and crossing when the lights tell you to, will help make them safer when they are out Trick or Treating.

Trick or treating isn't what it used to be. It's not as safe to let kids walk the streets alone. Send a responsible adult or older teenager with them.

Make Halloween a fun, safe and happy time for your kids and they'll carry on the tradition that you taught them to their own families some day!

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### Kid Jokes

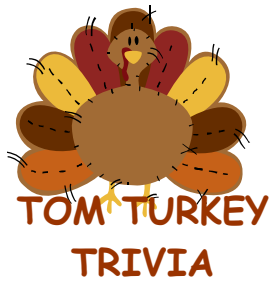
What do skeletons say before they begin dining?  
\*Bone appetit !

Where do baby ghosts go during the day?  
\*Daycare centers

Who did Frankenstein take to the prom?  
\*His ghou! friend

What kind of mistakes to spooks make?  
\*Boo Boos!





Here are some fun facts to share around the Thanksgiving table!!

Did you know...

- The first meal on the moon by astronauts Neil Armstrong and Buzz Aldrin, in foil packets, was a roast turkey dinner!
- Benjamin Franklin wanted our national bird to be the wild turkey instead of the eagle.
- Scientists have found turkey fossils that are 10 million years old.
- Male turkeys are called Toms. Female turkeys are called Hens. A baby turkey is called a Poult.
- A large group of turkeys is called a flock. A nest of turkey eggs is called a clutch.
- Only Tom turkeys gobble. Female turkeys make a clicking sound.



- Domesticated (farm) turkeys can't fly, but wild turkeys can fly for short distances, up to 55 miles per hour. Wild turkeys can also run, up to 25 miles per hour.
- Full-grown turkeys have about 3,500 feathers!
- Turkey gobbles can be heard from as far as a mile away.
- The Pilgrims most likely ate turkey on the first Thanksgiving.
- In Turkey, instead of "gobble, gobble", people say "glu glu."



### Thanksgiving Holiday

To help you better organize your holiday schedules we would like to remind you that the Center will be closed on Thursday November 23 and Friday November 24, 2006 to celebrate Thanksgiving.

### Children are thankful for ...

- "Lights for my house"  
Kennedy (3-yr old)
- "Thankful for gifts"  
Colby (4-yr old)
- "Mom and Dad"  
Karrigan (4-yr old)
- "Teachers and my friends"  
Peyton (4-yr old)
- "Good food"  
Cecilia (4-yr old)
- "My toys and my Rylie"  
Christian (4-yr old)
- "Candy"  
Hailey (4-yr old)
- "My brother"  
Alijah (3-yr old)
- "My grandparents and my mom and dad".  
Zach (4-yr old)
- "Playing outside"  
Drake (4-yr old)
- "Playdough"  
Lauren (3-yr old)





## Severe Weather

Just a note regarding the center closing due to adverse weather conditions. It is always a good rule of thumb to follow if the Southeast Polk schools are closed you should be calling the center (515)264-8288 to see if we are open. There are times that we can and do keep our doors open even if the school systems close. If you call the center please listen to the recording carefully. If the message does **NOT** say we are closed then we are open!



## FROM THE NURSERY

Please dress your baby in simple, comfy clothing. Nothing fancy with a lot of snaps or buttons. Their nanny needs to be able to change your child out of their soiled clothing quickly and easily. When babies have several layers of clothing and snaps this makes it very difficult (as baby is already upset and uncomfortable enough!) Some suggested items of clothing are: elastic waist pants and undergarments, one piece sleeper type clothing, Onesies, sweat pants ("baby work out pants!")

Overalls (denim bibs) and tight fitting jeans are hard to work with as are tight fitting clothing/necklines. Baby clothing is so cute but remember simple is better for both the caregiver and the child.

Please label everything with the babies name. All items such as blankets, bottles, diapers, wipes, food, jars, boxes and cans. There are eight babies in the Nursery and as most parents can appreciate having things organized is very helpful to the staff.

Please write down all information that is important for the Nannies to know such as the child being fussy, ill or any unusual eating habits prior to attending the center. Please take note that the Nannies write down important information about your child on the communication sheets regarding supplies needed, so please read your sheet daily so our supplies are replenished and we receive the items that meet the needs of your child.

We are more than happy to administer medication to your child. However, it is a requirement that we receive direction from you prior to giving the medication. The medication release forms are kept in the cubby in the front entry way. Please make sure you complete those forms in detail and give them to the teacher in the nursery. The medication release forms are only good for the specified time frame given by you.



## CHRISTMAS

Christmas is just around the corner and some of our families have been asking about our procedures we follow for the Christmas season.

The Center requests that families not feel obligated to purchase individual gifts for the staff. Instead we feel the teachers/staff benefit throughout the year when the children replenish the toys and supplies that have been used and/or broken.

So with this in mind, we ask that each child bring one gift wrapped to the Center, age appropriate for the room they are in, we will have one large party. Each child will open one gift and place the item on their shelves to enjoy throughout the year.

Ideas for toys, you ask? Any type of toy(s) you think your child would like to play with is just perfect for the Center. We do ask that you refrain from purchasing toys that create an aggressive or hostile environment, such as guns or swords etc...

If you have any questions please let us know!





## Policy and Procedure Updates~Reminders

### Holiday/Payments

The Center will be closed on the following holidays.

Thanksgiving/Day after, Christmas, New Year's Day, Independence Day, Labor, and Memorial Day. If the holiday falls on a Sunday, the Center will be closed on Monday to recognize the holiday. If the holiday falls on a Saturday then the Center will be closed on the Friday, the day before. Please remember, you pay for your child's weekly tuition by the week, not by the day. So if the holiday falls on the weekday you will continue to pay for the entire week. You cannot deduct or prorate your payment for not attending on the holiday.

### Food Brought from Home:

Food brought from home is not allowed unless it is for a special occasion such as a birthday. If food is brought in from an outside source, it will need to be prepackaged and unopened. This is for the safety of all parties involved.



### Absence

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 us with our staffing needs and keeps your daycare costs down. Also remember that once your child leaves the daycare for the day for any reason they are considered gone and will not return.

Also, please keep in mind if your are coming to the Center but are

going to be later in the morning, it would be nice to let us know in order to prepare the proper amounts for lunch We take our lunch count around 9:00 am. Thank you so much, this also helps us keep the daycare costs down.

### Emergency Information Updates

Please notify the Center in writing when you have a change in address or phone numbers, whether it is work or home so we may keep our records updated! This is for the safety and security of all children at the Center.

### Clothing Change

Please refrain from asking the staff to change your child's clothing into different clothing prior to you coming to the Center. Unless it is a diaper change, we will not be changing children into dance clothes or picture clothing etc...



## Sign up sheets:

Parents, when you see sign up sheets for either School age children attending extra days or for field trips etc..., please sign your name beside your child's name. This allows us to know you have either given your permission for your child to attend the center for that day or to go on that particular field trip. We have parents signing their child's name instead of theirs.



### EMAIL ADDRESS

Beginning Tuesday January 2, 2007 we will be using the email system to send all invoices to those families that receive them. You can either send us that address via [NanniesUnlimited@AOL.com](mailto:NanniesUnlimited@AOL.com), use our website [www.nanniesunlimitedchildcare.com](http://www.nanniesunlimitedchildcare.com) or submit this in writing to the administration office.



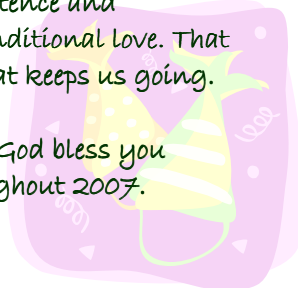
A note from Ms. Vickie and Ms. Cyndie.

We would like to take this opportunity to thank each of you for your encouragement and support. It has been a great pleasure to watch your children grow and mature this year. We appreciate your confidence you have in us and we take your child's growth, health, safety and security seriously.

We hope that the New Year brings new meaning to your role as a parent. We are happy to be a part of your family's memories of days gone by.

We have learned this past year that children are the best teachers of creativity, persistence and unconditional love. That is what keeps us going.

May God bless you throughout 2007.



## New Years Resolution

"Be a more patient parent" Ever notice how the more you shout, the less your children seem to hear you? The solution might be a quieter tone.

Most parents yell at their children, but few of us like to admit it. That's because in our hearts we know that while shouting may scare children into behaving in the short term, in the long run it usually backfires. The more you yell, the more your children tune you out. Then you might have to scream louder to get their attention.

Keeping your cool is difficult thing to accomplish. And trying to resist the urge to yell is something else. Here are some things you might want to try when you feel like exploding.

Give yourself a "timeout" before responding to your child. Give yourself a few minutes to gather your thoughts, calm down and think about what really is bothering you and how should you respond. Take some deep breaths before returning to your child. When you do confront your child, try not to be overly emotional, express disappointment rather than anger. If you can manage it, try to mix in a little humor, like, "I know you want help mommy, but the next time wait and we can do it together: A laugh can dissipate the tension and it's hard to yell when you are smiling. When talking to your child instead of yelling, go to the child, get down their level, eye to eye and talk to them in a soft calm voice. This really works well.

This is the policy and procedure here at The Nannies Unlimited Child Center and Preschool Inc. and the children really do seem to respond to this. This helps the

### Family Fact:

Below is the percentage of teens who wish they could honestly discuss these topics at family dinner!

Religious matters:	51%
Curfews:	51%
Peer Pressure:	44%
Dating:	42%
Substance Abuse:	38%

The National Center on Addiction & Substance Abuse at Columbia University.