



Nannies Unlimited Newsletter

May/June/July 2007

❖ Summer

Summer is rapidly approaching and will be here before you know it! The Nannies are planning a fun and exciting summer in the sun! We would like to ask our parents to help us out with these summer plans. We have many field trips scheduled along with different arts and crafts planned. It would be very helpful if you read all correspondence that we have posted either on your child's cubby/door or at the main entrance. We do not want any child to miss out on the fun. However, due to staffing needs and the need to make certain reservations in advance, it is imperative that you read all instructions, follow those guidelines and sign your child up as soon as possible. For children ages three years of age and older, we will be using the Center's vans. Each van has been equipped with the appropriate safety standards. If you have concerns about this and you would rather your child NOT attend the out of Center field trips, this is also your option. Parents of children under the age of three will NOT attend out of Center field trips.

❖ Vacation Reminders

When requesting vacation time, you will need to submit your request in writing one week in advance, otherwise we might not be able to honor your request. The policy of the Nannies Unlimited is as follows and can be reviewed in our parent manual located on our web site:

<http://www.nanniesunlimitedchildcare.com>

Full time children will be eligible for vacation after the child has been enrolled in the center for six months. (This excludes part time and school age children) (Part time is defined as anything less than 5 days a week Monday through Friday). One week of vacation per calendar year with one week written notice is requested. (Vacations are taken in a block of a week.)

❖ Keeping Summer Safe:

We want to have a fun and safe summer. Keep in mind when children are playing outdoors, there is a natural increase in injuries due to running and playing. We keep track of all accidents to ensure a quality control program. This helps us find potential problem areas that might be eliminated. If you should get an accident report in your child's cubby, please sign one copy and place it in the incident report cubby next to the coffee center in the front lobby, the other copy you may take home for your records.

When the children are playing outdoors in the summer, they all get "lubed" up with sunscreen/sunblock. If you have not brought your child's sunblock for the 2007 summer we encourage you to do so as soon as possible. Please give this to your child's teacher. Make sure you mark your child's name on the tube/bottle in large print so the teachers can be sure to use this on your child.

Swimming season is also upon us, we ask that you bring your child's swimming suit with your child's names marked clearly on them! It can be very frustrating for the staff when they cannot determine whose swimming suit belongs to whom. Remember, if you thought the swimming suit was cute or cool, so did someone else! You can only imagine over 100 swimming suits without names! This is also very frustrating for your child. Parents of children in diapers, we ask that you purchase a package of "swimming diapers". Please place your child's name on the package and he/she can use them during the season. If your child does not have the swimming diapers they cannot get into the water. This is for the health and safety of each child.

❖ Parking

We are increasing our parking area here at The Nannies, and hope that this will help alleviate some of the congestion and hopefully make it more convenient for our parents and families. The new parking area will be in the southeast corner of the Center's property.



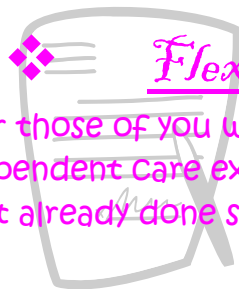


Policy & Procedure Reminders:

To keep withing the rules and regulations set forth by the department of human services, we cannot allow parents or children into the kitchen areas. The items that we place in the kitchen areas (memos) are for our employees, if we need to convey information to our parent's and families then we will post a memo in the common areas of the building. Thank you so much for your cooperation and support.

If you need to place medication in the refrigerator or talk to one of the nannies, please stop at the doorway. Again, this is for the health and safety of our parents and children.

- Toys from home are not allowed except on those designated "show and tell days" (Usually on Thursdays during preschool, check the focus of the week bulletin board for details).
- To those parents who have children in the Firefly room attending kindergarten in the Fall of 2007, rates will be adjusted the first week of school towards the end of August 2007. Tuition for children attending before and after school will be \$75.00/wk. Those children attending either before or after school, tuition will be \$55.00/wk. If your child is enrolled in our school program they will be eligible to attend, "no school days" due to any reason. The price for a child to attend an extra no school day will be \$30.00/day. However, their price will never exceed the weekly tuition rate for schoolers of \$110.00/wk. Further information will be sent to the parents for those who wish to participate in our school age program.
- We ask that parents notify the office of any changes in their child's enrollment or emergency information. (ie. Changes in address, telephone numbers, work place or emergency notification).



Flexible Spending Accounts:

For those of you who participate in "Flexible Spending Accounts" for dependent care expenses we are requesting that you submit (if you have not already done so) a written notice for the need of an "invoice". If you

have an email address, please include this with your request. This helps us get your invoice to you in a more efficient manner. If you do not have an email address we will continue to be happy to sign vouchers. Please leave the vouchers with the office and we will complete those and place them in your cubby for you to pick up later. Remember, the invoices are completed only on a bi-weekly basis. If you should need them other than this, there will be an additional charge of \$10.00/invoice.

❖ Family Matters:

In her book, *The Feminine Mistake*, Leslie Bennetts issues a wake-up call to women who have chosen to leave the workforce to stay home and raise their children full-time. "Opting out," she argues, puts women at financial risk for the rest of their lives. Bennetts, a longtime wife and working mother of two, spoke about the dangerous trade-off she believes such moms are making.

What's so bad about taking time off from work if your husband is willing and able to support your and your child?

- Some still buy into the fantasy that we grow up, get married and can count on a man to take care of them until we die. But over the long haul, a majority of us will wind up on the wrong side of the odds. For starters, roughly half of us will get divorced. And even if we're in long term marriages, most of us will outlive our husbands. Beyond that, many husbands lose their jobs.

So women aren't thinking these choices through?

- Even today, a lot of women see work as a short term thing, something to do until they get serious about having a family. Many who opt out of the workforce don't like their jobs anyway. That's why it is so important that women be encouraged to find meaningful, fulfilling work that they enjoy and want to stick with for 50 years.

Isn't raising children meaningful and fulfilling?

- Of course it is, immensely. But as one legal scholar stated, being a mom is a temp job, called a 15 year paradigm. Let's say you have two children, two years apart, and you stay home for 15 years, until they're teenagers. Contrary to myth, you cannot just effortlessly re-

enter the workforce at this point. You'll encounter enormous obstacles, including ageism and sexism. Then there is the money factor. According to research, earnings take almost a 37 percent hit if a woman takes just three years off. What happens when she drops out for 10, 12 or 15 years? You'll read these cheery, self-help articles that say, "you have great organizational skills because you ran the school bake sale." It's baloney! Employers aren't interested in bake-sale experience or volunteer work. They want someone who can hit the ground running.

Do some women find that after paying for childcare, it's barely worth it to work?

- That's a faulty analysis. A career is a long term asset. If you stay in the workforce, your income will continue to grow and your childcare costs will go down.

What about all the stress of raising children and working full time?

- There's stress attached to everything we do. Women need to accept that it's fine to be a good enough parent, a good enough homemaker, a good enough wife. We have richer, more satisfying lives when we do a reasonably good job at multiple tasks than when we strive for this insane perfectionism in a single, limited role.

(Ladies Home Journal-April 2007)



Naps:

Nap. It's a small work, but for many parents it's one of the most important in their vocabulary. A good nap often means the difference between a pleasant afternoon and one to forget! It can also help a child make an easy transition to bedtime. What makes napping so important? Sleep is a major requirement for good health, and for young children to get enough of it, some amount of daytime sleep is usually necessary. With physical and mental development at an all-time high in early childhood, naps provide the body with much-needed downtime for growth and rejuvenation. Naps also help keeps kids from becoming overtired, a state that not only takes a toll on their moods but may also make it harder for them to fall asleep at night. And naptime gives parents/caregivers a brief oasis during the day.

The key to good napping can be as simple as setting up good nap routines early in your child's life and sticking to it! With infants, watch for cues like fussing and rubbing eyes, then, put your baby to bed while sleepy but not yet asleep. This teaches children how to fall asleep themselves, a skill that only becomes more important as they get older. Soft music, dim lights, or a quiet story or rhyme at bedtime may also help ease the transition to sleep and become a source of comfort for your child. For toddlers and preschoolers, sticking to a naptime schedule can be more challenging. Though many do still love their nap, others don't want to miss out on a minute of the action and will fight sleep even as their eyes are closing. With these children, let common sense prevail. Don't let naptime become a battle, you can't force your child to sleep, but you can insist on some quiet time. Let your child read books or play quietly in their room. Parents are often surprised by how quickly quiet time can lead to sleep time, but even if it doesn't at least your child is getting some much needed rest. If your child has given up daytime naps, consider adjusting to an earlier bedtime. Many parents worry that naptime will interfere with their child's bedtime (and if the child takes a late afternoon nap, this may well be the case). But before you banish the nap entirely in an effort to wear out your child by nightfall, consider this: Well-rested children are quicker to settle down at night than overtired ones. Overtired children are often "wired" and restless, unable to self soothe at bedtime, and more likely to wake through the night.

KidsHealth.org



New Addition:

We are approaching the end of our updates and changes to our Center. We would like to thank all of our parents for their patience and understanding during this time. We hope when all is completed you enjoy these changes and updates. For your convenience the following room changes will take effect **Monday May 14, 2007.**

~Nursery #1: Will remain unchanged.

~Nursery #2: Will be located in the prior toddler room.

~Toddlers: Will be located in the prior two year old room.

~Two/Threes: Will be located in the prior three year old room.

~Threes/Fours: Will be located in the lower level of the new addition.

~Four/Fives: Will be located in the upper level of the new addition.

~School age: Will be located in the prior Four/Five year old room.