

Jan/Feb/March/April 2015

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Tax time, Ugh!

It's tax time again, wow that really comes around fast!

Those of you who have given Ms. Vickie your e-mail address have been sent your yearend invoices. However, those of you who did not submit an email address will have your statement available in the front lobby.

Those of you who just need our Employee Identification Number here it is! 39-1905508




TELEPHONE calls.

WE would ask all of our PARENTS and FAMILY MEMBERS to REFRAIN FROM calling to visit with THE STAFF BETWEEN THE HOURS OF 8:30 am and 12 noon. During THOSE HOURS is THE TIME THE STAFF ARE REALLY BUSY and PRESCHOOL is in SESSION. It is VERY HARD

FOR THE STAFF TO pull away FROM WHAT THEY ARE doing to talk on THE PHONE and KEEP ANY TYPE OF organization OR INTEREST and COOPERATION FROM THE CHILDREN. Unless it is an EMERGENCY, PLEASE call BETWEEN THE HOURS OF 12 noon and 5:30 PM.

Thank You SO MUCH FOR Your understanding and COOPERATION in this MATTER. Our STAFF will APPRECIATE this and will HAVE MORE TIME to visit IF WE FOLLOW THOSE HOURS.



Children will be having their Valentine's Party Friday February 13, 2015. Please have your child sign their name to the back of each valentine card. You may ask your teachers how many cards to complete. This works

out really well and reduces the confusion for the children. Please have their cards completed by Friday February 9, 2015 and give them to the teachers in your child's room. ❤️



Sick Children

WE KNOW THAT IT IS HARD WHEN YOUR CHILD IS SICK. However, to keep the co-mingling of "bugs" to a minimum we ask that you keep your child at home until they are fever free for 24 hours. If your child is going to stay home, **PLEASE** telephone the center and let us know they will not be attending. This helps not only with our lunch

counts and staffing but we worry about the child and why they are not at the center.

We ask that you notify the center using the telephone system and not the email system! We are not always online checking for those and at times do not see those e-mails until later in the day.

We appreciate all of your help in this matter.



Hand Washing!

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.



THANK YOU

A special thank you to our parents who have been supplying us with paper throughout the year! Any paper that will fit in our copy machine works great, even if one side is good! Our children and staff will use any and all that is brought to the Center.



From the Nursery

CLOTHING TO WEAR

IN NURSERY:

Please dress your baby in simple, comfy clothing. Nothing fancy with a lot of snaps or buttons. The Nannies would like to be able to change the children out of their soiled clothing easily and quickly. When babies have several layers of clothing and snaps it 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, onsies, sweat pants, baby work out pants.. Overalls 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.



CLOTHING

Please label everything with the babies name.. All items such as blankets, bottles, diapers, wipes, jars/boxes and cans of food. When there are group of children in one area with the same items this can become confusing and items can potentially become mixed up.



COMMUNICATION SHEETS:

Please write down all information for your Nanny that you would like them to be aware of. Such as the child overnight disposition, or any unusual eating or sleeping habits prior to attending the Center.

Please take note that the child's nanny documents important information about your child's day on the communication sheets and if supplies are needed. So please read your sheet daily so our supplies are replenished and we receive the items that meet the needs of your child.



MEDICATION RELEASE

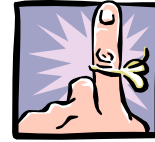
FORMS:

We are more than happy to administer medication to your child. However, it is a State directive that we receive direction from you **PRIOR** to giving the medication. The medication release forms are kept in the front lobby in the small cubbies labeled "Medication Forms" Please make sure you complete these forms in detail and give it to their Nanny along with the medication. Thank you!



W Weekly Blanket Washing!

We need your help! With the flu season starting earlier and earlier we ask that you continue to take your child's blanket home every week, wash it and return it. This helps cut down on cross contamination.



Policy & Procedure Reminders:

~State Laws requires that each child at the Center have a yearly certificate of good health and a current immunization record on file. It is always helpful when you receive a packet telling you that your physical & immunization updates are due to ensure that these forms are completed and returned to the office as soon as possible.

~ All children are to be signed in and out by the PARENT when arriving and leaving the Center. We ask that children NOT sign this form. These documents are audited and need the parents/guardian's signature on them. This is not the area to have your child practice their name writing skills.

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

~Please notify the Center in writing when you have a change of emergency information. (phone, address, work, etc...) so

we may keep our records current. This is for the safety of all children at the Center.



TOILET TRAINING

First, some perspective for frazzled parents: Every healthy child is successfully potty trained. In the long run, the age at which she masters these particular skills doesn't matter. It's not a reflection of your skills as a parent or your love for her. Doing it earlier doesn't mean she's smarter or more coordinated or will get into an Ivy League school.

But if you start potty training before your child is biologically and emotionally ready, you're both going to become frustrated and upset. It will also drag out the process because it's likely to turn into a battle of wills, a battle that parents never win. That's why it's a good idea to know the signs that she's probably going to be successful before you start.

Most children become potty trained between

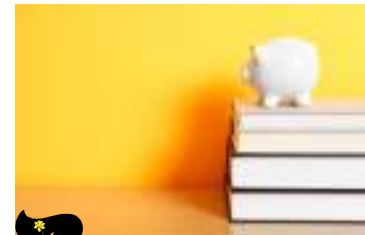
18 and 30 months. However, some children still struggle with the skills when they're 4 years old. But if you look closely, your child will tell you with her behavior that she's probably ready to begin. For example:

- Does she have bowel movements at a fairly predictable time? Does she let you know through words or behaviors that she's aware that she's having one?
- Can she pull down and pull up her pants?
- Does she show an interest in the bathroom and what other people do in it?
- Can she walk over to and sit down on the potty by herself?
- Has she started saying "No!" to you? Does she like to have at least some of her toys in certain special places? This shows that she's interested in controlling things in her environment.
- Does she know what "wet" and "dry" mean?
- Does she respond to praise and want to please you?

If your child shows most of these behaviors, she may be ready to begin. We can help you with some ways to start. Remember; never try to potty train a child during a time of stress,

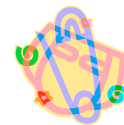
such as when your family is moving or going on vacation, or when the child is sick. If it doesn't seem to be working, take a break and try again in a few weeks or months. It will happen; just give it time.

By Lawrence Kutner Ph.D.



Tuition Adjustment

Beginning January 5th, 2015 our rates for 2015 will increase. We have notified each of you separately, in your child's cubby of those specific changes. If you have any questions please direct them to either Ms. Vickie or Ms. Cindy.



DIAPERS & WIPES

Tust a reminder of our policy regarding your child's diaper and baby wipe supply. The first Monday of every month you need to bring in a large container of diapers and a container of wipes. This has always worked out well to maintain a good supply

here at the Center. If for some reason your child runs low we will notify you immediately. If you have a question on whether or not you have brought your supply for the month, check with your child's teacher, they keep documentation monthly on those supplies



Tummy Time

Medical professionals call it a national epidemic: normal children who are delayed in accomplishing basic skills like holding a pencil or catching a ball. At least one expert calls them “bucket babies” They’re kids who spend too much time in containers like car seats and not enough time on their tummies. It causes problems in children from infancy through adulthood.



Twenty years ago, 5-month-old like Lexi Cizek would have spent almost all her time on her tummy. But, today, Lexi cries after just a minute on her belly.

“It was just torture for her to do it and eventually you’d

just pick her up,” said Lexi’s mom, Karyssa.

Lexi is one of millions of American babies facing the possibility of developmental delays simply because she doesn’t spend enough time on her stomach. Occupational therapist Charlene Young is traveling the nation, lecturing to health care professionals about what she calls, bucket babies.”

“The number of children with developmental delays has increased dramatically, so it is imperative we stop that from happening,” she said

The Back to Sleep campaign encouraging parents to place babies to sleep on their backs and the growing popularity of convenient devices like infant car seats, swings, saucers and bouncy seats have led to children not getting enough tummy time.

“Extensive time in containers limits movement, which causes problems with development,” said Young.

There is growing clinical evidence that it’s causing delays in otherwise normal children.

“It’s affecting motor skills, both fine and gross, and sensory development overall. The developmental milestones have changed dramatically in 20 years.”

It’s all because spending time on your stomach establishes the upper body strength that



babies will use for the rest of their lives to do things like read and write, hold a scissors properly, and even climb a jungle gym.



“It’s absolutely vital for development. It supports neck development, which supports the eyes being able to focus together and scan,” said Amy Vaughn, an occupational therapist with Burrell Behavioral Health.

Because they don’t have the upper body strength to support them, more and more children are completely skipping over the crawling stage. Once seen by medical professionals as unnecessary for the normal development of children, more and more of them now believe crawling is crucial.

“Crawling will help strengthen muscles to support handwriting and endurance. It’s going to support

It’s going to support the midline to swing a bat and hit a ball and have hand-eye coordination to do it well,” said Vaughn.



“If a child doesn’t develop according to milestones, than it has a snow ball effect. Cognitive development could be delayed, visual motor skills are delayed. We’re seeing 1 in 5 children with a visual processing disorder,” said

Young.

It can affect kids throughout their life.

"By the time you get to a college level class it matters how long you can sustain writing and typing," said Vaughan.



CRAWLING IS KEY

Without intense therapy since age 3, Mason Malarkey might never have been able to take Taekwondo. His entire life, he has battled developmental delays. "When he wrote with a crayon, he would bear down so hard that they would break. He's done that with pencils. He's always had trouble with scissors. He's always had problems with buttons and zippers too," said his mom, Michele.

His occupational therapist says it was most likely caused by not enough tummy time and completely skipping over the crawling stage. "He was a kid who you would put him on his tummy and he would scream bloody murder. The minute he'd scream, what would I do? I'd scoop him up and hold him," said Malarkey.

Thanks to an early diagnosis,

Mason is catching up, but still has some difficulties.

"He turned 8 years old last month and just learned to tie his shoes last month."

Malarkey said every parent needs to know the importance of tummy time, crawling and getting babies out of their buckets.

"If I had to do it all over again, I would not have picked him up as soon as he cried on his tummy. It's very important that he was on his tummy and crawled. At the time, I didn't see any problem with it."

SENSORY PROCESSING DISORDER



Occupational therapists also believe a lack of tummy time causes sensory processing problems. This means children may not respond properly to taste, touch, movement, smell, vision and hearing, a condition known as Sensory Processing Disorder. Some children may even show signs of behavioral problems.

Cara Restelli



Spring Break for Southeast Polk school age children begins Friday March 13,



2015 through Friday March 20, 2015.

Spring Break for Pleasant Hill school age children begins March 13, 2015 through Friday March 20, 2015

Please watch the "Hornets" communication board for details regarding activities during the Spring Break!

"Sign-up sheets" will be posted for you to sign your child up to attend.

Remember, if you sign your child up, we adjust our staffing and supplies accordingly. Therefore, payment will be expected if you sign your child up to attend!



We Need Paper!

If you have any type of paper in your office or home that needs recycled we would love to have it! The children really enjoy using this for their creative time. Thank you to all of our families who take the time and energy to bring paper to the Center. It has really helped!

Look for our next newsletter May 2015.