

Announcements

JANUARY/FEBRUARY/MARCH 2014



Christmas has come and gone and once again we had a great time celebrating the Holiday Season together. We would like to thank every family for the gifts given to replenish the toys and supplies we use throughout the year. The food, lunches and the goodies families provided during the Holiday Season was so good and very much appreciated.

Thank You All So Much For Your Patronage in 2013!

The Nannies



VALENTINES PARTY

We will be having our Valentine's Party Friday February 14, 2014. 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 if they can bring treats during the party and the answer is "yes" as long as it is "prepackaged." As we get closer to Valentine's Day, ask your teacher for the number of playmates your child has in their room.





A Faltering First Step

The exersaucer baby play gym seems ideal for busy parents. With suspended seats and trays full of toys at tots' fingertips, the Exersaucer and similar "stationary activity centers" keep kids amused and out of trouble. New mothers swear by them, saying they couldn't go to the bathroom without it. More than a million children use them happily! But some doctors and physical therapists are starting to warn that these devices, if overused, can foster bad posture and weaken back and stomach muscles. Even delay walking. So far the evidence is largely anecdotal, and manufacturers defend the saucers as safe, especially if they're not used for long stretches. Kids can "develop some coordination as they're turning and bouncing and rocking," Amy Glosch, product manager for

Evenflo, who says the company did not consult with doctors when it developed the Exersaucer. However, she recommends that children be placed in them for no more than 20 minutes per day.

Saucers are essentially walkers without wheels. In 1992, the AMA unsuccessfully sought to ban walkers, primarily because kids could tumble down stairs in them. With saucers, "you've gone from the most dangerous thing that people used to buy children" to a safer device, says Portland, Ore., pediatrician Robert A. Mendelson, who uses saucers in his waiting room. But walkers turned out to have other problems, too: studies showed that they hinder some children's walking skills and hurt their muscular and spinal development. Now some experts worry that the stationary play center, which hasn't yet been studied as thoroughly as walkers, may have the same drawbacks. "It sets up incorrect postural alignment," says Chicago's Mary Week of Children's Memorial Hospital, which recently worked on a pilot study of saucers. Because

saucers put very small kids upright before their muscles are ready, she says, "babies hyperextend their backs and they drop their stomach out forward, and they end up with sway-back." When she treats teenagers suffering from back pain, Week says, she always asks what gear they had when they were very small. One response is almost unanimous: walkers.

The critics argue that children learn more when they're unfettered, because then they can test both their environment and their motor skills. Walkers and saucers, while freeing parents, limit kids. "It's a selfish prop," says Peter Gorski, director of developmental research at Massachusetts General Hospital in Boston. "Children learn very actively, so inhibiting their activity to some extent inhibits their learning abilities." Small kids need supervised "tummy time" to develop back, neck, abdominal and buttock muscles. For this, a good, clean floor works just fine. It's cheap, it's safe and you can get down there with them.

(Newsweek: by Karen Springen-June 1997)



Tummy Time:

The above article illustrates why infants need lots of tummy time every day to develop strong muscles and learn to move independently. Early childhood physical therapists have recently been talking about babies achieving large motor skill at a later date than typical developmental tests due to the amount of time they spend sleeping and sitting in positions that totally support the child's head and trunk. Specifically they have observed: Infants are not learning to roll, sit or stand as young as they used to. Some children may even be as much as six months behind in achieving these development milestones. Infants also seem fussier and do not learn to comfort themselves using independent movement unless they have a wake time on their tummies.

To help infants reach their developmental milestones it is important for every infant

in your care to have tummy time throughout the day. Make sure each child has the following opportunities and document these times in the child's baby book.

Keep in mind when having tummy time, a minimum of two three-minute sessions every morning and afternoon would be good. An infant should not be in an exersaucer more than twenty minutes in a day. This includes time the child is at home. Therefore, time in the exersaucers while at a Center or in home center should not be more than two sessions of five minutes maximum. Swings and bouncy seats should not be used for more than five minutes a session, and it is important to never let a child sleep in a swing or bouncy seat.

(Newsweek: by Karen Springen-June 1997)



Wow, it's that time of year again! Ms. Vickie will have the year-end statements available for your tax purposes no later than January 31, 2014. For those of you who supplied us

your e-mail address is receiving those now. Hard copies will be available for pick up at the front desk area. Those forms are alphabetized for your convenience. For those of you who only need our EIN number (Employer Identification Number) here it is:

39-1905508.

If you have any questions please let us know.



Spring Break for Southeast Polk school age children begins Friday March 17, 2014 through Friday March 21, 2014.

Spring Break for Pleasant Hill school age children begins Friday March 14 - Friday March 21, 2014.

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!



Just a Reminder that Daylight Savings time Begins Sunday March 9, 2014!



March 20, 2014 is the first day of spring! With the winter we have had, I think all of us will look forward to the warmer weather.

Groundhog's Day



When: February 2nd each year

Groundhog Day is celebrated in the U.S. each year on February 2nd. On this day in mid-winter, the groundhog awakens from a long winter's nap, and goes outside of his den to see if he sees his shadow. This tradition is big on an otherwise cold and dreary mid-winter's day.

According to legend, if the groundhog sees his shadow (a sunny morning), there will be six more weeks of winter. He then returns to his den and goes back to sleep. If however, he does not see his shadow (cloudy days); he plays around outside of his hole for a while. If he does not see his shadow, spring is just around the corner.



THOSE DARN RULES!

Our Center not only has standards in which we provide in regards to the health and safety requirements for your child. The Department of Human Services also has standards in which the Center is mandated to follow. EVERY ONCE and awhile we feel we need to review some of those rules so you understand why we do the things we do! WE APPRECIATE all of our families who continue to support and help follow those standards. IF FOR ANY REASON you do not understand what we are doing here at the center, please stop by the office and we will be happy to visit with you!

* NEW state and national criminal record checks are now being conducted on all of our staff. WE HAVE always completed the required criminal history checks but now the State Department is conducting across the border (national) criminal history checks. With this in mind, we have new standards to follow regarding field trips and having any of our parents spending additional time within the center with children. IF ANY PARENT OR



FAMILY MEMBER SPENDS TIME WITH THE CHILDREN IN ANY ONE SETTING, THEY WILL BE REQUIRED TO GO THROUGH THE SAME PROCESS OUR STAFF HAS BEEN THROUGH. IF YOU DESIRE TO ATTEND FIELD TRIPS PLEASE STOP BY THE OFFICE AND I WILL TAKE YOU THROUGH THE PROCESS. THERE ARE FEES ASSOCIATED WITH THIS AND UNFORTUNATELY PARENTS WILL BE RESPONSIBLE FOR THOSE PAYMENTS. THE CRIMINAL AND CHILD ABUSE RECORD CHECKS ARE COMPLETED EVERY TWO YEARS OR WHEN THERE IS REASON TO BELIEVE A TRANSGRESSION HAS OCCURRED

* CHILDREN'S FILES ARE updated annually, OR WHEN A PARENT NOTIFIES THE CENTER OF A CHANGE OR THE CENTER BECOMES AWARE OF THE CHANGE.

* PHYSICALS ARE updated annually!

* IMMUNIZATION CERTIFICATES ARE TO BE updated EACH AND EVERY TIME A CHILD RECEIVES immunizations. THE Certificate of Immunization FORM (PROVIDED BY THE DEPARTMENT OF PUBLIC HEALTH) CAN BE FOUND ON OUR WEBSITE OR YOU MAY STOP BY THE OFFICE TO OBTAIN ONE. ALL CERTIFICATES ARE TO BE signed and dated.

www.nanniesunlimitedchildcare.com

THE CENTER WILL ADMINISTER MEDICATION TO YOUR CHILD HOWEVER; ALL MEDICATIONS SHOULD BE STORED IN THEIR ORIGINAL CONTAINERS, WITH ACCOMPANYING PHYSICIAN'S DIRECTIONS AND THE LABEL INTACT. NON PRESCRIPTION DRUGS SHALL BE LABELED WITH THE CHILD'S NAME. PLEASE USE ONE (1) MEDICATION SHEET FOR EACH MEDICATION THAT SHOULD BE ADMINISTERED. WE CANNOT ADMINISTER MEDICATION THAT IS BROUGHT TO THE CENTER IN A SYRINGE. ALL WRITTEN MEDICATION REQUEST FORMS WILL BE updated EVERY 30 days.

WE TRY AND ACCOMMODATE OUR PARENTS AS MUCH AS WE CAN. IN DOING SO OUR STAFF CONTINUES TO WORK FOUR, 10 HOUR DAYS. THIS ALLOWS THE STAFF MEMBER THE OPPORTUNITY TO BE AVAILABLE AT THE BEGINNING OF THE CHILD'S DAY AND ALSO AT THE END. PARENTS SHOULD TAKE ADVANTAGE OF TALKING WITH THE STAFF MEMBER ABOUT THEIR CHILD'S DAY DURING THIS TIME.

WE APPRECIATE OUR PARENTS AND ALL THEIR SUPPORT AND COOPERATION HELPING OUR CENTER FOLLOW THESE RULES AND REGULATIONS! THANK YOU SO MUCH!



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.

Watch for the next newsletter 2014