



Dr. Chad Johnson & Mr. Doodles Visits the Ladybugs during "TEETH WEEK".

LADYBUGS

Dr. Chad Johnson from the **Oral Health Clinic** here in Pleasant Hill came to visit our 3 year old Ladybug class to further instruct the children the importance of good oral hygiene. During his presentation using, "Mr. Doodles" Gabe Johnson assisted Dr. Johnson to show others how flossing and your brushing your teeth is very important.

Parents, keep in mind while selecting a manual, (i.e. non electric) toothbrush, there are just two points to consider.

1. Get a soft-bristled brush. Mediums and Hards are great for cleaning teeth, but you have to brush next to the gum line, and they can rub your gums away over a few years.
2. Get one with a small head. The bristles are in little groups called, tufts, and you want something like



30 tufts on the brush head. Anything more is not able to reach the harder spots in your mouth. Children can use smaller heads on their brushes, for obvious reasons. All else is marketing garbage.

So don't pay attention to the fanciness of the wavy bristles, or ben neck, or other gadgets: these are not proven to be any better than a soft, small, flat bristled brush. Any extra gizmos are not harmful, but they aren't worth the extra money. Along those lines, however, children do like fancy brushes, and if this helps them brush better, then go for it!

Having said that, you may wish to do the upgrade that would be completely worth your while. Electric toothbrushes are great because they are proven to do a better job at cleaning than a manual toothbrush; it improves the cleaning for people with less manual dexterity (i.e., children) and dentist see the difference at your check up visit. The Sonicare product line is touted as the Wonderbrush Of All Times but is most expensive (yet dentally worth every penny... prevention!), and the Oral-B Braun sonic toothbrushes are pretty good, as well. The cheaper models work well, but do not show an improvement over a manual brush.

Concerning brushing with your children, try having the child brush, then you finish brushing them. This gets them familiar with the concept, but they certainly cannot do as thorough a job as a parent. This applies for children even up to age 7. By age 7, begin to show them how to floss.



CONTINUED:

If you're uncomfortable with specifics, have the dental professional demonstrate to them how to floss. Your dentist may also have some tablets that show where the child can brush better, as it reveals pink where the plaque has been left after the child's attempt to brush. These products are called disclosing solution or disclosing tables. Children and adults alike are encouraged to brush for two minutes, twice a day. Any teeth that are touching against each other should be flossed. Visits to the dentists are individually tailored, but average approximately every six months. Parents are encouraged to have their child visit the dentist by age or by the eruption of the first tooth. This is for discussion with the parent of home care issues, and for prevention. There are rare cases of children with cavities unnoticed by parents, that end up being hospitalized or cases, costing upwards of four – ten thousand dollars. This is not a good thing for the parent, dentist, or child. Regarding your toothpaste selection, one key factor is to make sure the toothpaste has fluoride in it – few toothpastes are fluoride free, but these defeat the purpose of toothpaste. Adults can benefit from tartar control toothpaste, but children often feel a burning sensation using these, and should either have a more neutral regular flavor or children's flavor, (bubblegum, berry, orange, etc.), as these are not dentally unhealthy just because they taste good. If you have any questions please email me at

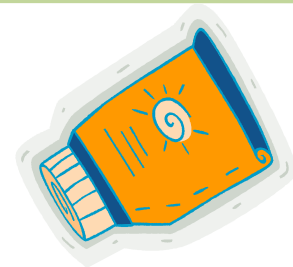
www.oralhealthclinic.com

Dr. Chad Johnson, DDS 1225 Coppercreek Drive, Suite K. Pleasant Hill Iowa 50327 515.266.3700



SWIMMING SEASON!

Swimming season is almost upon us. Now is the time to start gathering your child's swimming supplies! We ask that you bring your child's swimming suit to the Center with their names marked clearly for identification. Just think of having 25-50 swimming suits unmarked and how frustrated the teachers and children become when they cannot determine which suit belongs to whom. Just remember when purchasing a swimming suit, if you thought it was cute so did everyone else! Parents of children in diapers we ask that you bring a package of "Little Swimmers" again remember to place your child's name on the package of swimmers. If your child does not have the "Little Swimmers" they cannot get into the water. This is for the health and safety of each child.



SUNSCREEN

To protect your child's skin from the sun and outdoor exposures we ask that each child bring a bottle/tube of sunscreen labeled for identification. We will apply the sunscreen as needed and indicated. You may give this to your assigned room's teacher. Thank you!



Reminders!

- To those parents who have children in the Firefly room and attending kindergarten in the Fall of 2012, rates will be adjusted the first week of school, towards the end of August 2012.

Tuition for children before AND after school will be \$75.00/week. Those children's tuition attending before OR after school 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 not school day will be \$35.00/day.

However, their tuition would never exceed \$110.00/week which is their weekly rate.

- ✓ Children who leave the Center during the day, for any reason are considered gone and **WILL NOT** return. So remember when making doctor appointments etc... that it might be best to make them toward the beginning or end of the day.
- ✓ If your child, for any reason is not attending the Center for the day, please notify the Center prior to 8:00 am so we may adjust our snacks and lunch count. This helps our staffing needs and also keeps your daycare costs down as much as possible.
- ✓ All parents please keep us notified of any changes in your child's enrollment status or emergency information. (For example: address change, phone number changes, whether at home or work... Doctors/Dentist changes, pick up permission and/or immunizations.

- ✓ Please **DO NOT** allow your child to sign their own name in the sign in record in our front lobby. These are official documents that need to be kept for review and audited by others.
- ✓ To keep within the rules and regulations set forth by the Department of Human Services we cannot allow parents or children into the kitchen areas for health and safety reasons.
- ✓ Please remove all unnecessary items from your child's cubby daily, they really get filled up fast, plus summer is coming.
- ✓ Diapers and wipes are due the first Monday of every month! This has always been a good way for us to keep a supply of diapers for your child here at the Center. Keep in mind if we do not have a supply of your child's diapers we will use the daycare supplies, however you will be charge 41.00 per diaper. We appreciate everyone bringing their supplies when needed. Thank You.
- ✓ When children and parents are entering or leaving the building **PLEASE** reinforce our **WALKING** in the building policy. If your child runs inside the building please redirect your child to walk. This helps reinforce our teachers when they instruct the children we do not run inside the "school". This is a safety rule! We appreciate all your help in this matter.
- ✓ Please refrain from throwing your cigarette butts onto the Center's property. Children will pick them up and mimic what they have seen others do with them! **YUCK!!!**



SEVERE WEATHER

The Nannies Unlimited Child Center & Preschool's policy and procedure during a tornado warning: Children located in the Nursery, Toddler, Two, and four year olds will go to the Three Year Old room located in the lower level of the south building. The children will crouch down on the floor, placing their heads between their knees while covering their heads with their hands. The Nannies have monthly tornado drills to familiarize the children with these procedures. The Center also has weather radios that receive their information from the National Weather Service. The weather radios automatically alert the staff when a watch or warning is issued. The Nannies Unlimited realizes that your child's safety is of your up most concern. However, the Center requests that parents refrain from telephoning the Center during a tornado warning. This will enable the staff to focus on the children's safety and security without distractions. If there is a concern you need to be notified of, the staff will contact you immediately.



THANK YOU!

We sincerely would like to thank you all for your continued business during the past year. We also would like to thank everyone who has donated items to the Center. The plastic bags come in very handy and the paper parents have brought in for children to use is so helpful, we never can have enough.

Thank you all!!!



PRESCHOOL

Fireflies

GRADUATION!

It has been another exciting year! Just to be a part of your child's growth & development in preparation for kindergarten has been very rewarding. We appreciate the support and trust each parent has given The Nannies Unlimited, and allowing the teachers the opportunity to work with your child.

Preschool graduation is set for **Thursday May 17, 2012 at 4:00 pm.** Space is limited in the Firefly room where the ceremony is held, so we ask that you limit your guests to allow parents the first opportunity to see this special event.

Thank You!



NO RUNNING IN THE BUILDING!

PARENTS: PLEASE REMIND YOUR CHILDREN NOT TO RUN INSIDE THE BUILDING! THROUGHOUT THE DAY OUR TEACHERS REMIND THE CHILDREN THEY ARE TO RUN OUTDOORS NOT INSIDE. WALK! WALK! WALK! OTHERWISE CHILDREN AND OTHERS ARE GOING TO GET HURT! THANK YOU!

Watch for our next

Newsletter July 2012!

