

N a n n i s s e s N e w s



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Mouthguard issues for children:

There are more than 200,000 mouth and jaw injuries annually in the US. If your child is playing a sport where there is potential contact to the face and head (e.g. basketball, soccer, wrestling, and martial arts), a mouthguard is a cost-effective injury prevention appliance for your child to wear. It not only protects the teeth, but also prevents teeth from cutting deep into the soft tissues during an injury.

Football leagues mandate mouthguards. This is good, though there is actually a low occurrence of football dental injuries (due to helmets). More importantly is basketball--it is only a matter of time before "the hit" will happen, and basketball leagues do not mandate wearing a mouthguard.

There are basically two kinds of mouthguards: custom-made and "boil-and-bite" store bought. The benefit of a custom-made mouthguard is a better adapted fit, and it even holds to the teeth better, thereby allowing better breathing and injury protection.

For all due purposes, however, a "boil-and-bite" has easy instructions on fitting, and I fit myself with a Wal-Mart mouthguard each year (teeth change, and you end up biting through them). Encourage your child not to bite through the mouthguard (this eliminates the "shock absorber"). Another tip is to "make a fish face" to form it into the cheeks and teeth better, not just to suck on the boiled mouthpiece.

The main point: Get your child a mouthguard.

product: Cost analysis:

boil-and-bite: \$5 (Wal-Mart sports section, this always worked well for me)

custom-fit: \$45 (for plaster tooth models, and a lab fee to adapt the custom-fit mouthguard)

buying nothing: \$500 root canal treatment

or \$1,000 bridge for one knocked out tooth

or \$3,000? for broken jaw surgery

For the parents:

Tooth whitening (also called bleaching) is done in two manners: surface stain removal, and intrinsic stain removal with chemicals that basically convert to hydrogen peroxide. Stains can be removed with professional cleaning when you visit your dentist, and with "whitening toothpastes," which seemingly every company now has (try and buy toothpaste without whitening!). But for the harder stains that have gone into the tooth, you need more than that.

Stains build up mainly from coffee, tea, wine, tobacco, and sometimes just naturally. It can possibly be an actual dental problem or injury, which is why the bleaching kits say "visit your dentist," just to make sure. These chemicals sink into your enamel (the outer coating of your whole tooth, that you see), and block light from bouncing back to the eyes, making it appear darker. These chemicals can be bleached, which in essence means that big chemicals get split into smaller chemicals via the oxygen from the hydrogen peroxide, thus allowing light to pass through. It does not eat at your enamel or remove tooth structure. It does not weaken your teeth.

So, how to get started? There are two types of intrinsic bleaching: at-home and professional whitening. The goals are the same for both: get the chemical to stay on the teeth so it can work, do not let saliva wash it off, and the higher the concentration the quicker it will work.

An at-home product that works well is Crest WhiteStrips. They cost around \$30 and will last around six months. The downfall is that if you have a broad smile, the strips only cover the first few front teeth. It has a lower strength than the dental office kind, it can cover the gums and some people get "burned" on their gums, and they do not form as well to the teeth as a custom-fit tray. A bad at-home product is the Colgate paint-on Simply White, because saliva washes off the product; the chemical needs contact time and this product just cannot deliver that. It is not worth the \$10 at all. It advertises that it, "Whitens better than ordinary whitening toothpaste in just 14 days." I will grant it that much, considering they are two different therapy modalities.

So, the Cadillac treatment is getting your dentist to make a bleaching tray. This will fit your teeth better, keep the chemical away from your gums to prevent tissue burn, whiten better and longer than anything else.

It can cost from \$200 to \$500. Do not pay more than that, unless you're feeling philanthropic towards your dentist.

The last option to discuss is in-office whitening. It is just as good as custom-made bleaching trays from your dentist, but the only benefit is that it is quick (such as, "I'm getting married tomorrow, help!"), due to the chemical activation under controlled scenario that the dentist can perform within the one-hour treatment. The cost is gigantic, around \$1,000 per session.

Lastly, remember that with all whitening (toothpastes or bleaching), you are not going to change the color of tooth-colored fillings, or crowns and bridges; this only works on natural teeth.

product: Cost analysis: grade:

Colgate Simply White: worthless; discouraging results D-
Crest White Strips: \$30 for six month results B

in-office bleaching: \$1,000, good results, lasts 1-3 years A-
custom-made trays: less than \$500, great results, lasts 1-3 years A+

This is the quick low-down, but let's talk more, if you'd like! Contact me:

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Iowa Child Restraint Law.



Iowa Code 321.446, Data Code 198a as of July 1, 2004

Key Points:

- A child under 1 year old and weighing less than 20 lbs. must be secured

in a rear-facing child restraint system.

- A child under 6 years old must be secured in a child restraint system (a safety seat or booster seat- NOT a seat belt)
- A child from the age of 6 up to the age of 11 must be secured in a child restraint system or by a safety belt.

Until January 1, 2006, only warnings may be issued for the new aspects of the law; however, citations may be issued if the driver is not at least complying with these prior provisions of the law.

A citation may be issued to the driver if a child passenger is:

- Under the age of 3 and not in a child restraint system.
- Between 3 and 6 years of age and not in a child restraint system or wearing a seat belt.
- Age 6 or older and not wearing a seat belt while sitting in the front seat.

• A **“child restraint system”** is a specially designed seating system, including a belt positioning seat or a booster seat that meets federal motor vehicle safety standards.

- The driver is responsible for the fine.
- The misdemeanor fine is \$25.00, plus costs (non-moving violation)
- The law applies to both residents and non-resident of Iowa.

- The child restraint system must be used in accordance with the manufacturer's instructions.

- The child must be secured in the child restraint and the child restraint must be properly secured to the vehicle.

- Non-use of a child restraint is probable cause to stop a vehicle.

- An officer may investigate a suspected violation.

- First-offense citations will not result in convictions if the driver “produces in court” proof of acquisition of a child restraint.



Exceptions:

- Children certified by a physician as having a medical, physical or mental disability making restraint use inadvisable.
- Children on a bus, including a school bus.
- Children riding on motorcycles.
- Children riding vehicles manufactured before 1966.
- Children being transported in authorized emergency vehicles.
- Children transported by peace officers on official duty.
- Children riding in motor homes except if riding in the front passenger seat (where they must be restrained).

This is only a guide. If you need further clarification

please refer to the Code Section for full details.



CAR SEATS PURCHASED
BY THE NANNIES!

We have recently purchased 24 booster car seats! The Center's passenger vans are now equipped and are in compliance with the new Iowa Child Restraint Law that took affect July 1, 2004. However, if there are families that have booster seats with high backs to them and equipped with a five-point harness, we are still in need of approximately 10 of those.

We appreciate all parents and families who brought booster seats during the interim.

If you should have any questions please feel free to talk with Cyndie or Vickie.



Fireflies:

(Four –Five year olds)

“The four and five year olds are having another fun-filled year! We are concentrating on our alphabet: visually identifying letters and

writing them from memory! We will be paying particular attention to the lower-case letters and it would be terrific if families could work on the alphabet at home, as well! We are also learning another language,,sign language! Please feel free to quiz your children on their sign-language alphabet, they love the opportunity to show off !! This year is especially interesting because our focus each week contains a letter, an animal, and a theme to hopefully produce a fundamental understanding of sounds and the words they produce.

We are all really excited about our year and we are working really hard to incorporate a variety of songs, nursery rhymes, and games to further fulfill our curriculum. It starting off to be a wonderful school- year complete with lessons in dexterity such as lacing, tying, buttoning, puzzles, and control of writing utensils. Feel free to practice family names, writing names, phone number, and addresses because the sooner your child learns their personal information the easier it will be to retain in the future. We are all working towards a common goal and we fully welcome as much parent collaboration as we can get our hands on, so feel free to participate! Our door is always open and your suggestions are always welcome, so let's continue to work together this year,,it's going to be a great one!”

“The Firefly Teacher”

The Ladybugs (Three –Four Year Olds)

We are concentrating our curriculum on shapes, colors, counting and numbers . We are also getting familiar with the alphabet. We are doing one shape, one color and a special theme each week. Please refer to the “focus of the week bulletin board for reference. We would like to encourage all of our parents to incorporate the weekly theme at home. Also, if you have any ideas or special ways to encourage learning for your child please let us know.

We continue to be really excited for our preschool and the ladybugs are enjoying their first few months! We are off to a terrific start!



Department of Human
Services Licensing Visit

On August 23, 2004 an unannounced licensing visit was conducted by Ms. JoEllen Spriggs-Dixon at The Nannies Unlimited Child Center & Preschool Inc. The following was the observations the consultant noted while she was here.

Health and safety documentation and practices appeared to be consistent; Fire and tornado drills are practiced monthly.

Playground checks are conducted monthly. There is a comprehensive checklist for center chores that includes checking the first-aid kits for supplies. The first aid kits are kept on the playgrounds, they are well stocked for first aid injuries. All of the children's cots had sufficient bedding. Cots are sanitized weekly. Emergency plans are posted. I observed that both staff and children's hands were washed after each diaper change. Menus met nutrition guidelines, and the noon meal that I observed, (applesauce, peas, macaroni and cheese, peanut butter sandwich, and milk), had generous portions. Lesson plans were posted in every program room including the toddler area. All of the plans addressed a wide range of developmental activities. The playground is in good condition. Cindy stated that she and Vicky have already purchased 24 booster seats for transporting children. The center appears to be very clean and hazard free.

I (Ms. JoEllen Spriggs-Dixon) noted that each room has a nice variety of play materials and interest areas for child initiated exploration. I did not have an opportunity to observe much of the curriculum as the children were appropriately being allowed to spend a generous amount of their time outdoors. I observed that TV viewing was used in two areas during the transition from play to lunch. In the two-year old room, one of the long-term staff decided to present a more participatory activity for the children during the transition time.

This activity was much more engaging for the children.

We appreciate the Iowa Department of Human Services input and would like to thank our staff and families for helping us maintain our high standards we have developed here at the Center.



Policy Reminders

We believe the purpose of The Nannies Unlimited Child Center & Preschool Inc. to be creative, courageous innovators in the delivery and promotion of quality educational services in the moral intellectual and physical development of children providing activities that render care supervision and guidance and thereby benefit the child, parent and the community.

The enrollment policy states that regular enrollment shall be open to any child provided the Center can meet the needs of that child.

The Center also reserves the right to terminate our contract agreement at any time.

It is very important and a requirement that all family members sign their child in and out each day and

report to the staff your child has arrived.

Please notify the Center of absences and family or school situations that may affect your child's care.

Notify in writing any changes in your child's enrollment papers or emergency information. (such as phone numbers, persons permitted to pick up your child, etc)

Please remember to read all notes, the focus boards, newsletters to help keep you informed of what is happening in your child's daily schedule.

Please respond to written notes when necessary and check your child's cubby daily!

With the change of seasons it always helps when families keep their cubby clean. If your child has bowel or bladder incontinence please check in and under your cubby for soiled clothing and take them home. When left here they begin to smell! And we do want to keep the environment healthy and clean.

Remember to pick your child up on time daily. This will help you avoid paying any late penalties. The Center closes at 5:30pm. That means the doors are closed and locked.

When entering the facility it would really help out if the parents would help reinforce the NO RUNNING inside the building policy. It would

help maintain our continuity of care. This will not only keep the children safe but also the adults who are walking through the building. We encourage the children to walk quietly and orderly within the Center.

We would like to think that we are preparing your child for their world to come and adulthood. And in doing so, we would like to ask for your help to encourage the children to be polite, no put downs or foul language, listening to the teachers and staff, and showing respect for the Center.

All medication brought to the Center should be brought in containers appropriately labeled by a physician or pharmacist. Medication in plastic bags or sippy cups, or in oral syringes will not be accepted.

Weekly tuition are due every Monday morning unless other arrangements have been made in advance.

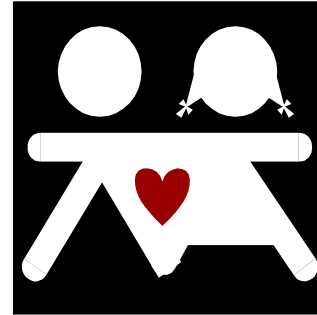
The Center will be closed continue to be closed on the following holidays.

- New Years Day
- Thanksgiving/Day After
- Labor Day
- July 4
- Memorial Day
- 3:30p. Christmas Eve/Christmas Day.

If those holidays fall on a Sunday then the following Monday the Center will be closed. If the holiday falls on Saturday then the

Center will be closed on Friday the day before.

When a child has a fever, (101 degrees orally) the child cannot return to the Center until the child has been free of a temperature for 24 hours. With the winter season coming upon us, please adhere to this policy so we may cut down on the amount of cross contamination and multiple children getting sick. Everyone has to help with this, otherwise all the children are sick!



*Look for our next
newsletter April 2005.*

*If there is something you
would like included in
our newsletter please let
me know! Thank you
Ms. Cynthia*