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October/Nov/Dec/Jan 22-23



Halloween is so much fun because it's not like other nights of the year. Have fun and stay safe by following these tips:

See and Be Seen!

After dark, kids aren't usually swarming the neighborhood. But on Halloween night, they are. That's why kids need to watch out for cars and other traffic. Be sure that your mask or costume doesn't cover your eyes or make it tough for you to see where you're going. You might think about wearing makeup instead of a mask. If you do wear a mask, make sure the eye holes are big enough that you can see. Kids also need to be seen on Halloween, so it's a good idea to wear or carry something that glows in the dark. You might choose a glowing necklace, a glow-in-the-dark treat bag, or a flashlight. Your parents also can apply reflective tape to your costume.

Don't Trip!

You want your costume to look cool, but there's nothing cool about tripping and stumbling all Halloween night. Make your costume trip-proof by: making sure it's



not too long wearing shoes that fit
avoiding swords, canes, and other props that can get in your way

Don't Go It Alone

It's best to trick-or-treat with family members or friends. And it's also a good idea to have a grownup with you. A cell phone can be another handy item to have along. That way, you can check in with a parent or call for help, if needed.

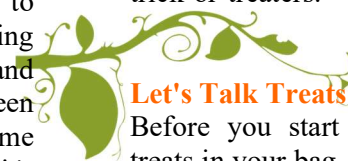
Talk it over with your mom or dad when you're deciding where to trick-or-treat. Sticking close to home is great because then you'll know many of the people and you won't get lost in unfamiliar neighborhoods. And people who already know you just might throw an extra treat in your bag!

When trick-or-treating, avoid going inside a stranger's home. Sometimes a person might invite you in for a treat, but you can just say that your mom or dad asked you not to go inside anyone's house. (Likewise, never go up to or into a stranger's car even if the person offers you a Halloween treat.)

And if you're wondering about whether to go to a certain house, check if the porch light is on. If not, that's usually a sign that they aren't home or they don't want any trick-or-treaters.

Let's Talk Treats

Before you start eating the treats in your bag, you'll want to get a good look at them. When you get home, dump



everything out and let your mom or dad see what you have. They can help you get rid of stuff you shouldn't eat. For instance, you don't want to eat anything that's loose or not in a wrapper. Anything unwrapped, including fresh fruit, should be thrown away. Without a wrapper, it's hard to tell if food is clean and safe to eat.

Once you've looked over your treats, you'll probably wonder just how much you can eat. Well, it's best not to overdo it. If you don't eat too much on Halloween, you'll have leftovers to enjoy in the days and weeks to come. In other words, you can make Halloween a little sweeter by making it last a little longer!



HALLOWEEN PARTY

We have scheduled our annual **"Halloween Party" Monday October 30, 2023.**

If you would like your child to dress up for our party, please have your child dressed in their costume when they

arrive at school. Also, please bring a change of clothing for the staff to change your child into around 10:30 am. Please remember that the Center DOES NOT promote violence so please keep your child's costumes neutral.

Your child may bring candy if they wish to share with others.



Holiday Schedule:

*Thanksgiving/Day
After. Thursday
and Friday
November 23 & 24,
2023 Closed*

*Monday December
25, 2023 Closed*

*Monday January 1,
2023 New Year's
Day Closed*



Christmas Parties!

Another date to
remember!

Wednesday December
20, 2023.

Each class room will
have their own
individual Christmas
party this year!
Children may bring
treats if they wish to
share with their
friends! (6wks-
Fireflies).



**Mark your calendars!
The preschoolers
(Ladybugs & Fireflies)
will be performing**

**their annual
Christmas Program
Thursday December
21, 2023 at 4:00 p.m.**



Policy and Procedure Updates & Reminders

Holiday/Payments

The Center will be closed on the following holidays. Thanksgiving/Day after, Christmas, New Year's Day, Independence Day, Labor, and Memorial Day. If the holiday falls on a Sunday, the Center will be closed on Monday to recognize the holiday. If the holiday falls on a Saturday then the Center will be closed on the Friday, the day before. Please remember, you pay for your child's weekly tuition by the week, not by the day. So if the holiday falls on the weekday you will continue to pay for the entire week. You cannot deduct or prorate your payment for not attending on the holiday.

Food Brought from Home:

Food brought from home is not allowed unless it is for a special occasion such as a birthday. If food is brought in from an outside source, it will need to be prepackaged and unopened. This is for the safety of all parties involved.

Absence

If your child, for any reason is not attending the Center for the day, please notify the facility as soon as possible, preferably during the morning hours (before 8:30 ish). This helps us with our staffing needs and keeps your daycare costs down. Also remember that once your child leaves the daycare for the day for any reason they are considered gone and will not return. Also, please keep in mind if you are coming to the Center but are going to be later in the morning, it would be nice to let us know in order to prepare the proper amounts for lunch. We take our lunch count around 9:00 am. Thank you so much, this also helps us keep the daycare costs down.

Emergency Information Updates

Please notify the Center in writing when you have

a change in address or phone numbers, whether it is work or home so we may keep our records updated! This is for the safety and security of all children at the Center.

Sign-up sheets:

Parents, when you see sign-up sheets for either School age children attending extra days or for field trips etc...., please sign your name beside your child's name. This allows us to know you have either given your permission for your child to attend the center for that day or to go on that particular field trip. We have parents signing their child's name instead of theirs.

State Funding:

Just a reminder for those individuals who receive state assistance for childcare; you are only allowed 4 (four) absences monthly the State will pay for, if you go over the 4 days in one month time you will be responsible

EMAIL ADDRESS

We will be using the email system to send all invoices to those families that receive them. You can either send us that address via

NanniesUnlimited@AOL.com, use our website

www.nanniesunlimitedchildcare.com or submit this **in writing** to the administration office.



Medications from Home:

We are more than happy to administer medication to your child. However, it is a requirement that we receive direction from you prior to giving the medication. The medication release forms are kept in the cubby in the front entry way. Please make sure you complete those forms in detail and give them to the teacher in the nursery. The medication release forms are only good for the specified time frame given by you.



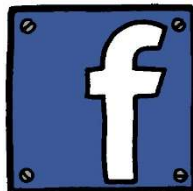
Ms. Vickie and I would like to express our appreciation to all our parents and family members for your encouragement and

support this past year. We truly have enjoyed having your child here at our Center and feel honored to be your chosen Daycare /Preschool.

Your business is very much appreciated, and we will do our very best to continue to meet your childcare needs.

Your continued patronage and suggestions are a vital part of our growth. And for that, we are most grateful.

Thank you again! We look forward to serving your family for years to come.



Facebook

You may also find us on Facebook under the name of, Nannies Unlimited. Where every Monday morning I post what the week's **"Focus of the Week"** will be for each individual

class. I also will periodically post items (children's clothing, toys, furniture etc....) that have been pulled from the shelves or has been recalled by our government.



New Year's Resolution

"Be a more patient parent"

Ever notice how the more you shout, the less your children seem to hear you? The solution might be a quieter tone. Most parents yell at their children, but few of us like to admit it. That's because in our hearts we know that while shouting may scare children into behaving in the short term, in the long run it usually backfires. The more you yell, the more your children tune you out. Then you might have to scream louder to get their attention. Keeping your cool is difficult thing to accomplish. And trying to resist the urge to yell is something else. Here are some things you might want to try when you feel like exploding. Give yourself a "timeout" before responding to your child. Give yourself a few

minutes to gather your thoughts, calm down and think about what really is bothering you and how should you respond. Take some deep breaths before returning to your child. When you do confront your child, try not to be overly emotional, express disappointment rather than anger. If you can manage it, try to mix in a little humor, like, "I know you want help mommy, but the next time wait and we can do it together: A laugh can dissipate the tension and it's hard to yell when you are smiling. When talking to your child instead of yelling, go to the child, get down their level, eye to eye and talk to them in a soft calm voice. This really works well. This is the policy and procedure here at The Nannies Unlimited Child Center and Preschool Inc. and the children really do seem to respond to this.



School Age News

Just a word regarding the children who attend elementary school. Parents

are encouraged to keep an eye on the schooler's bulletin board where we post many important memos. One being the sign-up sheets for a no school day. We usually post a sign-up sheet for those children planning on attending a full day at the center. Remember, if you sign your children up to attend the center, you will be responsible for payment on those no school days. We plan in advance for extra food and staffing to ensure your child's needs are met.

Please remember to sign your child in and back out on the sign in sheet daily. We ask that parents sign their children in and not allow their children to sign these documents. The documents can and have been reviewed by various state and local offices. We feel so fortunate to have such awesome parents, we thank you in advance for your support and cooperation.



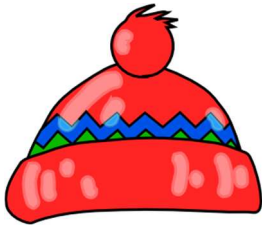
FROM THE NURSERY

Please dress your baby in simple, comfy clothing. Nothing fancy with a lot of

snap or buttons. Their nanny needs to be able to change your child out of their soiled clothing quickly and easily. When babies have several layers of clothing and snaps this makes it very difficult (as baby is already upset and uncomfortable enough!) Some suggested items of clothing is: elastic waist pants and undergarments, one-piece sleeper type clothing, Onesies, sweat pants ("baby work out pants!")

Overalls (denim bibs) 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. Please label everything with the baby's name. All items such as blankets, bottles, diapers, wipes, food, jars, boxes and cans. There are eight babies in the Nursery and as most parents can appreciate having things organized is very helpful to the staff. Please write down all information that is important for the Nannies to know such as the child being fussy, ill or any unusual eating habits prior to attending the center. Please take note that the Nannies write down important information about your child on the communication sheets

regarding supplies needed, so please read your sheet daily so our supplies are replenished and we receive the items that meet the needs of your child.



Autumn/Winter Clothing

Cooler weather is rapidly approaching! Ugh! With this in mind we want to encourage our parents to dress their children accordingly. Just a reminder, if the child is well enough to be at the Center, the child is assumed well enough to go outdoors. We have policies and procedures in place to determine if the weather conditions are acceptable for outdoor play.



"Did you wash your hands?"

How many times did you hear that today? Probably a lot. But why are adults so hung up on hand washing? Why are they so in love with lather?

Washing your hands is the best way to stop germs from spreading. Think about all of the things that you touched today - from the telephone to the toilet. Maybe you blew your nose in a tissue and then went outside to dig around the dirt. Whatever you did today, you came into contact with germs. It's easy for a germ on your hand to end up in your mouth. Think about how many foods you eat with your hands.

You can't wear rubber gloves all day long, but you can wash your hands so those germs don't get a chance to make you or someone else sick. When germs go down the drain, they can't make anyone sick.

So, when are the best times to wash your hands? before eating or touching food (like if you're helping cook or bake, for example) after using the bathroom after blowing your nose or coughing

after touching pets or other animals
after playing outside
after visiting a sick relative or friend

Now you have the when and the why of hand washing.

But did you know that a lot of people don't know how to get their paws perfectly clean? The next time you're told to step up to the sink and scrub up, remember these handy hints:

Use warm water (not cold or hot) when you wash your hands.

Use whatever soap you like.

Some soaps come in cool shapes and colors or smell nice, but whatever kind that gets you scrubbing is the kind you should use. Antibacterial soaps are OK to use, but regular soap works fine.

Work up some lather on both sides of your hands, your wrists, and between your fingers. Don't forget to wash around your nails. This is one place germs like to hide. Wash for about 10 to 15 seconds - about how long it takes to sing "Happy Birthday." (Sing it quickly two times or just once if you go nice and slow.)

Rinse and dry well with a clean towel.

Kids Health Updated and reviewed by:
Mary L. Gavin, MD



Look for our next newsletter
in February 2024!