

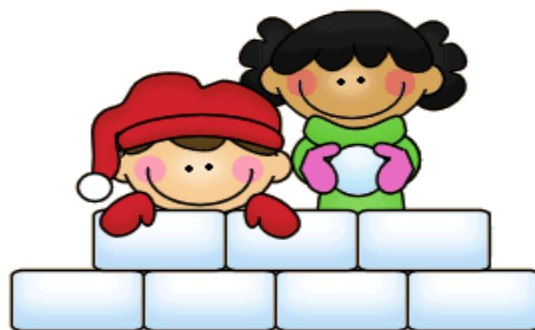


Winter

Winter Play Time!

Except in extreme temperatures or severe conditions, we try to play outside everyday. Please be sure your child is dressed for outdoor play. This includes hats, gloves, snow pants and boots. Also please make sure your child has a complete set of extra clothes in their lockers.

If your child is well enough to attend daycare they are well enough to participate in all activities including playing outside!



Wishing all of our families near and far a very happy and healthy

NEW YEAR!!

WASH WASH WASH YOUR HANDS!!

Wash your hands upon arrival at the center



Brrr...it's Cold! What to Wear

Tips to keep kids warm & safe in winter

Dress in several thin layers

Kids need 1 more layer of clothing than adults

In car seats, make sure layers are snug, not bulky

Remember warm boots, mittens & a hat

Change out of wet clothes right away

For more tips, visit HealthyChildren.org.

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The Flu

Flu is the short term for influenza. It is an illness caused by a respiratory virus. The infection can spread rapidly through communities as the virus is passed person to person. When someone with the flu coughs or sneezes, the influenza virus gets into the air, and people nearby, including children, can inhale it. The virus also can be spread when your child touches a contaminated hard surface, such as a door handle, and then places his hand or fingers in his nose/mouth or rubs his eye.

FLU SEASON

The flu season usually starts in the fall and ends in the spring. When there is an outbreak or epidemic, usually during the winter months, the illness tends to be most pronounced in preschool or school-aged children. Adult caregivers are easily exposed and can come down with the disease. The virus usually is transmitted in the first several days of the illness.

FLU SYMPTOMS

All flu viruses cause a respiratory illness that can last a week or more. Flu symptoms include:

- A sudden fever (usually above 101°F or 38.3°C)
- Chills and body shakes
- Headache, body aches, and being a lot more tired than usual
- Sore throat
- Dry, hacking cough
- Stuffy, runny nose
- Some children may throw up (vomit) and have loose stools (diarrhea).



After the first few days of these symptoms, a sore throat, stuffy nose, and continuing cough become most evident. The flu can last a week or even longer. A child with a common cold usually has only a low-grade fever, a runny nose, and only a small amount of coughing. Children with the flu—or adults, for that matter—usually feel much sicker, achier, and more miserable. Healthy people, especially children, get over the flu in about a week or two, without any lingering problems. However, you might suspect a complication if your child says that his ear hurts or that he feels pressure in his face and head or if his cough and fever will not go away, talk with your child's doctor.

Children with chronic health conditions

Children who appear to have the greatest risk of complications from the flu are those with an underlying chronic medical condition, such as heart, lung, or kidney disease, an immune system problem, diabetes mellitus, some blood diseases, or malignancy. As these children may have more severe disease or complications, they should, when possible, avoid other children with the flu or flu-like symptoms. Their pediatrician may suggest additional precautions that should be taken. If your child has flu-like symptoms along with any difficulty breathing, seek medical attention right away. There can be serious complications, even death, from the flu, but thanks to the flu vaccine these are less common.

FLU TREATMENT

For all children who don't feel well with the flu, lots of tender loving care is in order. Children may benefit from extra rest and drinking lots of fluids.

If your child is uncomfortable because of a fever, acetaminophen or ibuprofen in doses recommended by your pediatrician for his age and weight will help him feel better. Ibuprofen is approved for use in children six months of age and older; however, it should never be given to children who are dehydrated or who are vomiting continuously.

It is extremely important never to give aspirin to a child who has the flu or is suspected of having the flu. Aspirin during bouts of influenza is associated with an increased risk of developing Reye syndrome.

FLU PREVENTION

Everyone should get the flu vaccine each year to update their protection. It is the best way to prevent getting the flu. Safe vaccines are made each year and the best time to get the flu vaccine is the late summer/early fall or as soon as it is on hand in your community.

