



SUNFLOWER'S



Important child health/safety information for winter



Israel

****As COVID is still prevalent in our community, please make sure not to bring your child if any family member tests positive for COVID. After 5 days, get your child tested and bring a negative report for the child to return to the Center. If your child shows signs of runny nose and cough, please keep the child home. During this time we can't accept any child with these symptoms unless a doctor's note is brought. Let's do our due diligence in keeping everyone around us safe and healthy***.

1. Maintain a sunny disposition. The season's frigid temps shouldn't fool you — snow on the mountains reflects more than 75% of the sun's damaging ultraviolet rays. Don't stow away the sunscreen during winter; use it to protect kids' faces before they go out to play.

2. Keep snug like a bug — but not too snug. Winter wear should fit kids properly, but gear shouldn't be so tight that it restricts movement. This is particularly true for footwear. Too-tight boots constrict blood flow, causing feet to become even colder. When sizing shoes, allow room for an extra pair of socks.

3. Be clever about clothing choices. When sending kids off to school or out to play, make sure they're dressed warmly in layers that are wind- and waterproof. If possible, opt for wool instead of cotton. This durable and flexible material is an excellent insulator that will help keep kids dryer and warmer than cotton, which is quick to absorb water.

Help your little ones stay warm with adequate head, face, hands, and neck protection. You can save time while getting your brood out the door by storing gloves and scarves inside hats.

4. Get around safe and sound. Driving in winter can be dangerous, so you should make sure you're ready for any situation. Prepare your car for such emergencies by keeping the following must-haves in your trunk: a first-aid kit, blankets, shovel, rock salt, ice scraper, water, and nonperishable snacks.

5. Practice safety when playing winter sports. Always supervise your child's winter activities. Ice skating should only be done on ice that has passed proper inspection.

6. Serve superior snacks. Good nutrition can help kids fight off cold and flu season, so strengthen their immune system with a balanced diet. Snack time is a great opportunity to sneak in some extra nutrients; try dried and fresh fruits, sliced raw vegetables, whole-wheat crackers with cheese, and yogurt.

7. Keep them hydrated. Although your kids may not be sweating as much as they do in warm-weather months, they still need to keep hydrated. Smart choices for winter are low-sugar juices that are high in vitamin C, which studies show can lessen the severity and duration of winter colds. Decaffeinated tea and hot cocoa are also wise picks — these comforting hot drinks are a great source of antioxidants, which are believed to strengthen the immune system.

8. Make your home a safe haven. Be prepared for unpredictable weather conditions by stocking up on essentials, such as extra batteries for flashlights, bottled water, first aid staples, and nonperishable food items. Safety kits can help protect your family in extreme situations.

9. Get your kids prepared. Make sure your kids have an extra pair of gloves and tissue packs tucked into their book bags. These necessities will help prevent the spread of germs, and come in handy if a glove goes missing.

10. Heat your home safely. Before temperatures fall below freezing, make sure your home's heating equipment and your smoke and carbon monoxide detectors function properly. If you own a space heater, keep it away from small children or, better yet, don't use one at all. And don't forget to discuss fire safety with your family each winter; the likelihood of indoor fires increases during the colder months, according to the National Fire Protection Association.

[Pediatric Child Health 2022]]



Alison



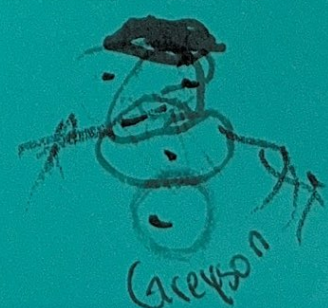
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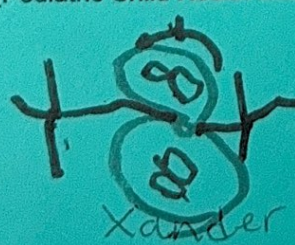
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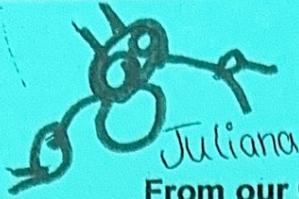
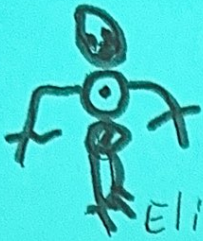


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From our Center to your home

"How good and how pleasant it is for families to dwell together in unity"

Elizabeth

Dear Families, It is time I say hello to you. Hope you all had a great time with your family and friends during Christmas and the New Year. It's unfortunate a lot of the families in our community started the New Year dealing with this never ending COVID and other viral infections. Praying for a quick recovery and wellbeing for everyone concerned during this time.

Here at CDC we are very vigilant about this situation and making sure all children that attend our program are kept safe and healthy by strictly following the health and hygiene practices. I know sometimes as families we get frustrated when our kids get sick and question the Care Centers health and hygiene practices as your child has to go home or stay home which in turn makes you stay home from work. As these infections are airborne, it's beyond our control to stop them. We are doing our due diligence to keep everyone both children and staff safe. Please inform the center if and when your child shows symptoms of illness. Please do not wait too long to check with your pediatrician and do not bring your child to the center with temporary remedies. This can actually expose one child's infection to multiple children.

Currently **COVID, RSV, Flu and Pinkeye** are spreading so fast in our community. Please get medical help right away if you see any symptoms associated to these infections in your child or any family member. Please do not bring the child to the center if sick. Thank you for your understanding and co-operation in following our Center health protocols.

At CDC we usually observe the months from **Feb-April as Family months**. During these months our program focuses on the family and we will be doing a lot of curriculum activities that help the children understand the importance of family. Research studies indicate children whose parents participate in their child's early learning showed greater progress in their learning - progress in vocabulary, language comprehension, understanding of books and print and number concepts. In addition, these children also exhibited higher self-esteem. Therefore, it's important to be a part of child's early education. You will receive from your child's classroom teacher, a list of activities that they plan on doing with your children during these next 3 months. Please make it possible to spend at least ½ hour [at your convenience] in your child's classroom, 1 time during these 3 months. As it's scheduled for 3 months, we will have for each month specific activities that parents can participate. Only 1 parent a day is allowed in each classroom. You can choose any month of your choice when you sign up.

A few activities that you can do with the children at the Center - baking cookies, spring gardening, play a musical instrument, share your pet animal, share about your profession, sing and read stories, do a craft, teach them a game in the playground or classroom. Those that can't find time, you can donate classroom supplies to the teachers for their classrooms.

As Valentine's day is fast approaching, we are kicking off our family involvement events with a Valentine's card. You will be receiving a card to decorate with pictures of your family and write 1 sentence on "why your child is your valentine"

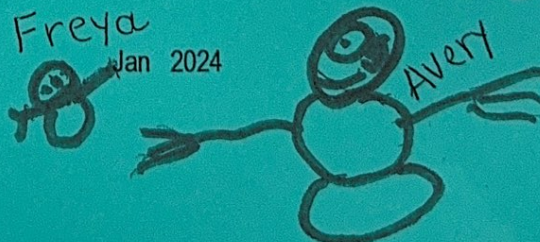
Center Closures for the next 4 months: January 15th/February 19th - Presidents day/ March 29th -Good Friday // May - 27th - Memorial Day

My prayer for all our center families, during this New Year is that we all walk in the ways of the Lord and see His goodness in our health, wealth and happiness.

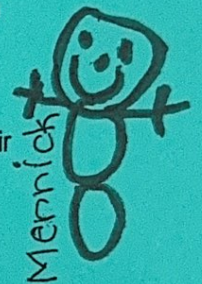
Hadassah Ratna Raj, Director ICCDC

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Jan 2024



Avery



Merrick



Grayson