

# JANUARY



## Parent Newsletter

### Teaching your child healthy habits

Preschoolers are developmentally ready to learn about self-care and its importance. Teaching children about healthy living habits will help them make better choices in the future.

- **Healthy lifestyle** – Set the example. If your kids see you enjoying healthy meals, they'll usually follow. Try to enjoy family mealtimes together. Give children opportunities to make their own healthy food choices and try to avoid using unhealthy snacks as incentive to eat healthy foods. Be sure to also demonstrate to them the importance of movement and exercise. Bring them along on a walk or take the whole family outside to play ball or a fun game of tag.
- **Personal hygiene** – Talk about hygiene with your child. Allow her to watch your morning hygiene routine and explain to her why each step is important. Develop a daily hygiene schedule to help establish a good routine for your child.
- **Germ awareness** – Especially over the next few months, teaching your child about germs and how to fight them and keep them from spreading is critical. Show your child how to cover their cough by coughing into the inside of his elbow. Remind him to use tissue for runny noses and to always wash hands after restroom trips, before meals, and after handling unsanitary items. Teaching them to sing the ABC's while washing their hands will help ensure that they get a thorough washing.

### Flu Facts



As we enter the peak of flu season, here are a few facts to help your family to be informed:

- **Symptoms** – The flu usually comes on suddenly. A few or all of the following usually accompany the flu: fever (in most cases), cough, sore throat, stuffy/runny nose, body aches, headaches, fatigue, and sometimes vomiting and diarrhea.
- **Diagnosis** – Because it is difficult to distinguish the flu from other viral or bacterial illnesses, it is important to visit your physician as soon as it is suspected in order to be tested. A simple swab test of the nose is the common method of diagnosis.
- **Transmission** – People with flu can spread it to others about 6 feet away via droplets from coughing or sneezing. A person might also get the flu by touching an infected surface and then touching their own mouth or nose.
- **Contagious** – A person can be contagious 1 day before symptoms present and up to 5 to 7 days after becoming sick. Children may pass the virus for longer than 7 days.
- **Prevention** – Consistent hand washing is the easiest line of defense. Also, it isn't too late to get a flu shot if you haven't already.

For more information visit [www.cdc.gov/flu](http://www.cdc.gov/flu).

Reminder: Please keep in mind how contagious the flu is. If your child begins experiencing flu-like symptoms, or is running a fever, please keep him or her home. Please refer to our Parent Handbook for more about our policy on illness.

### Homemade Snow

Homemade Snow is a great sensory project that's easy to make and fun to play with! The result will feel just like snow, except it won't be cold.

Kids can draw or practice writing letters in the snow and it's a fun substitute for play dough. It can be used to build a little snowman, snow castles, and snowballs – a perfect substitute for the real stuff during our cold winter months!

#### Recipe:

**2 boxes of Cornstarch**

**1 can of shaving cream**

Let your kids mix the two ingredients with their hands (that part alone will be fun for them!) and then let the fun begin!



*A Note from Mrs. Sharon*



*Happy New Year to all of our families! I would like to take the opportunity to share a message from Proverbs 31 Ministries entitled "New Dreams for a New Year". I hope that it encourages you to keep your New Years resolution made such a short while ago and possibly already forgotten. You can find the link right below the Newsletter link in the sidebar.*

*With Christ we can do all things!*

*In Christ,  
Mrs. Sharon*



### Good Reads

Here are a few children's books about personal care to read with your child. The last is appropriate for school-agers.

[Do Pirates Take Baths?](#) - Kathy Tucker

[Germs Are Not for Sharing](#) – Elizabeth Verdick

[Eat Healthy, Feel Great](#) – William Sears

[The Care & Keeping of You](#) – American Girl