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# JANUARY

## CURRICULUM

THEMES:	Winter, Penguins, Polar Bears	
LETTERS:	Ww, Bb, Xx	
COLORS:	Light Blue, White, Gray	
NUMBERS:	9 & 10	
SHAPES:	Crescent, Snowflake	
SCIENCE:	Properties of Water, Temperature, Freezing/Melting	
SOCIAL STUDIES:	Martin Luther King Jr	



## CLOSED

Remember we will be closing at **NOON** on Wednesday, December 31, 2014 and we will be **CLOSED** on Thursday, January 1, 2015 in observance of New Years. We want to wish you and your family a safe and happy holiday!



## **PARENT'S NIGHT OUT**

**ON FRIDAY, JANUARY 16<sup>TH</sup> WE WILL BE HOSTING PARENT'S NIGHT OUT FROM 6:30PM TO 9:30PM. IN ORDER TO RESERVE YOUR SPOT, PLEASE SIGN UP BEFORE 1/14/15. SPACE IS LIMITED!**

### BASKET RAFFLE FUNDRAISER

### Dates to remember:

Congratulations to all of the winners of our Christmas Baskets. We want to thank all of	1/1/15	New Year's Day-School Closed
You for purchasing tickets and the donations	1/8/15	Scholastic Orders due
that you made towards the contents of the	1/16/15	Parent's Night Out
baskets. We couldn't have done it without you!	1/19/15	MLK Jr Day-School Open
	1/26-27	Picture Day



Happy Anniversary to Ms. Suzan who has been with Wee Care for 4 years! Thank you!





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## **Germ Patrol**

*Your kid is bound to catch something this winter, so make sure you're ready. Get the lowdown on **10 common childhood illnesses**-and tips for helping her recover faster.*

*It doesn't help that toddlers and preschoolers tend to touch everything, put their hands in their mouth, and play close to each other. So basically you're fighting a losing battle. Still, the more knowledgeable you are, the better prepared you'll be to identify what's ailing your child and to help him feel better ASAP. **Check out our guide to some of the most prevalent illnesses among young children and how to handle them.***

**Common Cold**-Expect up to five bouts this year.

*You probably know the drill: treat a mild fever, congestion, coughing and a sore throat with lots of fluids and rest. Most kids bounce back from a cold within five to seven days.*

**RSV**-Kids under 2 are most susceptible.

*Respiratory syncytial virus affects the lungs. In most cases, the symptoms are relatively minor and mirror those of a cold. Call your pediatrician immediately if your child is wheezing, breathing very fast or struggling to breathe, refuses to drink anything, appears to be extremely lethargic, or starts to develop a bluish tinge on her lips and in her mouth.*

**Roseola**-Good news: it's usually over by age 2, and always by kindergarten.

*Chances are your child's roseola symptoms will be so minor that you won't even realize he's under the weather. However, some kids come down with a high fever, congestion, coughing and later a patchy rash that starts on the chest and spreads. Although roseola usually turns its course within a week, contact your pediatrician if your child's fever spikes or last longer than three days. In the meantime, relieve his discomfort with children's ibuprofen and keep him home until the rash disappears.*

**Gastroenteritis**-It's a lot worse than a tummy ache.

*This illness, better known as a stomach bug, causes vomiting, diarrhea and abdominal pain. A variety of viruses, including norovirus-can cause gastroenteritis. Most stomach viruses clear up within a few days to a week and require nothing more than rest and TLC.*

**Hand-Foot-Mouth Disease**-The telltale sign: painful sores in the mouth and throat.

*The Coxsackievirus pops up mainly during the summer and fall and is **highly contagious**, passing from kid to kid through touch, coughs, sneezes and fecal matter. The sores are often accompanied by red blisters on the hands and soles of the feet that last seven to ten days. If your child also feels achy, give him children's ibuprofen or acetaminophen. Ease his sore throat with ice pops and cold fluids, but avoid acidic juice which can sting. You should also watch for dehydration, since some kids' sore are so uncomfortable that they resist drinking at all.*

**Fifth Disease**-You might know it better as “slapped cheek syndrome.”

Kids ages 3 and under are the most vulnerable to fifth disease, which causes a bright-red rash on the cheeks. Your child may not have any other illness symptoms, though she could also have a mild fever, a runny nose and a secondary, lacy-looking rash on her torso. Once the rash comes out, your child is no longer contagious, and it will subside on its own.

**Strep Throat**-Babies and toddlers rarely get it.

Young kids are most likely to become infected by streptococcus bacteria, if an older sibling has the illness. Although strep spreads mainly through coughs and sneezes, your child can also get it by touching a toy that an infected kid has played with. The classic symptom is throat pain which can be so severe that he may have trouble swallowing or even talking. He may develop a fever, swollen lymph nodes and abdominal pain. See your doctor if you suspect your child has strep. He will be given a rapid test and if the test is positive, antibiotics will likely help your child feel better quickly but **keep him home for at least another 24 hours** after his first dose to reduce the risk of passing the bacteria to someone else.



**Influenza**- Get the vaccine early-it takes two weeks to kick in fully.

The flu comes on hard and fast: a fever of up to 103 degrees, body aches and chills, headache, sore throat, cough and sometimes also vomiting and diarrhea. It's a miserable wintertime illness that often lasts for more than a week and can lead to dangerous complication including pneumonia. If you suspect your child has the flu, make an appointment with your pediatrician right away. He may recommend putting her on an antiviral medications, which can help speed her recovery.

**Pinkeye-Beware: It can spread through you household quickly.**

This inflammation of the tissue lining the eyelids causes redness, yellowish discharge, blurry vision, and crusty eyes. Pinkeye in younger kids is most often caused by a bacterial infection which must be treated with antibiotic drops. **Your child shouldn't return to class until he's been treated for at least 24 hours.** Have him wash his hands regularly and avoid touching his eyes and sharing hand towels, blankets or pillow so he doesn't infect anyone else in your home.

**Pinworms**-See your doctor if you notice your child scratching her bottom.

Blame kids' poor hygiene for the prevalence of these tiny parasites. When an infected child scratches her bottom and doesn't clean her hands, she can easily pass them on to other kids. The eggs move down the digestive system, hatch and lay their eggs around the anus. Your doctor will give you special tape to affix at night and will analyze it for pinworms and eggs. Only one of two doses of prescription medication are needed to get rid of them, but you'll have to wash her towels and bedding in hot water.

-Heather Gowen Walsh

