



3580 Mt. Acadia Blvd
San Diego, CA 92111
(858) 560-0985 fax (858) 560-1014

73 North Second Avenue
Chula Vista, CA 91910
(619) 425-9933 fax 619-425-3556

17025 Via Del Campo
San Diego, CA 92127
(858) 592-2335

www.weecarepreschools.com

January 2017



<u>Themes:</u>	Winter, Eskimos, Winter Animals, Chinese New Year
<u>Letters:</u>	Aa, Rr, Ww
<u>Numbers:</u>	8, 9,
<u>Shapes:</u>	Snowflakes, Pentagon
<u>Colors:</u>	White, Light Blue, Gray
<u>Social Studies:</u>	Chinese New Year, MLK Jr
<u>Science:</u>	Friendship Salad



We will be CLOSED on Monday, 1/2/17 in observance of New Year's. We would like to wish you a safe and Happy New Year!

Congratulations to all of the winners of our raffle baskets. We want to thank you for purchasing tickets and for the donations that you made towards the contents of the baskets. Thank you, we couldn't do any of this without your generous support! We were able to buy a new Bluetooth speaker, a projector for our video shows, MP3 players and had a pizza party for the whole school!



Please remember to:

- Update your emergency information whenever there are any changes
- Make sure your child has a complete change of clothes in his/her cubby
- Take home your child's sheet and blanket to wash every week

Income Tax

Please check your email for your 2016 statement for child care. **Please make sure to print it out and give to your tax preparer.**

Dates to remember:

- | | | | |
|---------|---|---------|--|
| 1/2/17 | SCHOOL CLOSED in observance of New Year's | 1/16/17 | MLK Jr Day- SCHOOL OPEN |
| 1/12/17 | Scholastic Book Orders Due | 1/28/17 | Chinese New Year's (Year of the Rooster) |
| 1/14/17 | Wee Care's 20 th Anniversary | | |



20th Anniversary



3580 Mt. Acadia Blvd
San Diego, CA 92111
(858) 560-0985 fax (858) 560-1014

73 North Second Avenue
Chula Vista, CA 91910
(619) 425-9933 fax 619-425-3556

17025 Via Del Campo
San Diego, CA 92127
(858) 592-2335

www.weecarepreschools.com

The 10 Most Common Childhood Illnesses



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.

By Heather Gowen Walsh from [Parents Magazine](#)

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. If your child seems uncomfortable, children's ibuprofen or acetaminophen can help reduce the fever but steer clear of cough and cold medicines.

RSV

Respiratory syncytial virus affects the lungs. 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

Symptoms can 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 a patchy rash that starts on the chest and spreads.

Gastroenteritis

It's a lot worse than a tummy ache. This illness, better known as a stomach bug, causes vomiting, diarrhea, and abdominal pain. Most stomach viruses clear up within a few days and require nothing more than rest and TLC.

Hand-Foot-Mouth Disease

The telltale sign: painful sores in the mouth and throat 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.

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. Fifth disease often spreads like wildfire through child-care centers and preschools.



© Can Stock Photo



3580 Mt. Acadia Blvd
San Diego, CA 92111
(858) 560-0985 fax (858) 560-1014

73 North Second Avenue
Chula Vista, CA 91910
(619) 425-9933 fax 619-425-3556

17025 Via Del Campo
San Diego, CA 92127
(858) 592-2335

www.weecarepreschools.com

Strep Throat

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.

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°F, body aches and chills, a 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 complications, including pneumonia. You can greatly reduce your child's risk by scheduling an annual flu vaccine, which can be given as a shot or as a nasal spray.

Pinkeye

Beware: It can spread through your household quickly.

This inflammation of the tissue lining the eyelids (also called conjunctivitis) 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.

Pinworms

See your doctor if you notice your kid scratching her bottom.

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 (yuck!). Your doctor will give you special tape to affix at night and will analyze it for pinworms and eggs. Only one or 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.

When to Call the Doctor

Most childhood illnesses run their course without any big worries. But for some symptoms they may warrant a consultation with your pediatrician. Watch for:

Dehydration. Your child may have sunken eyes (or, if he's a baby, a sunken fontanel, or soft spot on his head) or seem extremely lethargic, or his mouth might be sticky or tacky to the touch. Also beware if he's urinating fewer than three or four times a day.

High fever. The threshold is 103°F.

Breathing difficulty. Phone right away if your child is wheezing, his breathing is fast or labored, or you notice long pauses between each breath.

Not eating. It's normal for a sick child to have little interest in food. But if your kid is eating or drinking less than half of what she normally would for two days or longer, check in with your doctor.

