Preschool Classroom Newsletter
October 2013

Announcements

-Tuition is DUE Monday October 7th!

-Back to School Night will be on October 11th from 6:00-7:00pm in your child’s classroom!

-Our annual Fall Dress up Celebration will be on October 31st from 3:30–5:00pm on the preschool yard! See note sent home for more info.

Looking ahead:

- Parent teacher conferences will be held in November. (Dates will be posted later in the month with a sign up sheet)

- The center will be closed November 11th, November 27th we close early at 12pm & closed November 28th-29th

7 Ways to Boost Your Child's Immunity

Colds and flu are a fact of life for kids, but there are smart steps you can take to help reduce their number of sick days. By Sandra Gordon from Parents Magazine

What can you do to protect your child from the endless array of germs and viruses he’s exposed to every day? Unfortunately, in some ways, getting sick when you’re a kid is simply part of the job description. But there are healthy habits you can adopt that will give your child’s immune system a boost.

Serve more fruits and vegetables: Try to get your child to eat five servings of fruits and veggies a day.

Boost sleep time: A newborn may need up to 18 hours of cribtime a day, toddlers require 12 to 13 hours, and preschoolers need about 10 hours. "If your child can't or won't take naps during the day, try to put her to bed earlier," says Dr. Kemper.

Breast-feed your baby: Nursing guards against ear infections, allergies, diarrhea, pneumonia, meningitis, urinary-tract infections, and sudden infant death syndrome.

Exercise as a family: Fun family activities include bike riding, hiking, in-line skating, basketball, and tennis.

Guard against germ spread: Fighting germs doesn't technically boost immunity, but it's a great way to reduce stress on your child's immune system. Make sure your kids wash their hands often -- and with soap.

Banish secondhand smoke: Kids are more susceptible than adults to the harmful effects of secondhand smoke because they breathe at a faster rate.

Don’t pressure your pediatrician: Antibiotics treat only illnesses caused by bacteria, "but the majority of childhood illnesses are caused by viruses," says Howard Bauchner, M.D., a professor of pediatrics and public health at the Boston University School of Medicine.

Link to full article: http://www.parents.com/health/cold-flu/cold/boost-childs-immunity/

Bath Tub Paint

1 tablespoon cornstarch,
4-6 pumps of baby shampoo
2-3 drops food coloring,
1-2 teaspoons water

Place mixture in a plastic cup and provide paintbrushes during bathtime. You can also create several colors and place in an ice cube tray!