



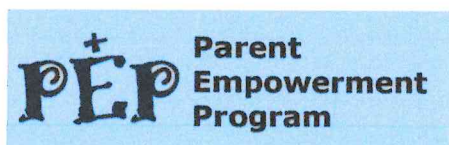
Infant, Toddler, Preschool & School Age Program
January 2025 "NEW YEAR EDITION" Newsletter

In This Newsletter. . .

- Happy New Year
- Parent Empowerment Program
- Winter Fun Night
- From the Director
- Friendly Reminders
- Healthy Heart Day
- Winter Weather Safety Tips



From our Center Family to Yours . . .
Best Wishes for a Happy & Healthy 2025!



SIGN UP for our **FREE** 12-week
Parent Empowerment Program. Our next English &
Spanish sessions start on or about
March 5th
Sign up with Gail, Pat, or Bea TODAY! *Spots fill up
quickly*



Winter Fun Night!
Thursday, January 16th
6:00 – 7:30 pm

Join us for a fun evening featuring:

- ✓ Creative Arts & Crafts with your child
- ✓ Visit from Frosty the Snowman
- ✓ Light refreshments, including cookies & hot chocolate.

From the Director. . .

What do you do when your child taxes your
patience?

Consider using the STAR technique; before
reacting to your child's behavior:

Stop

Think (about what your child needs from you)

Act (respond carefully)

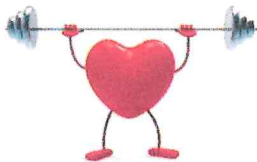
Revise (your response next time as needed)

For more information about this strategy, please
see Gail or consider signing up for the
Winter/Spring cycle of the Parent Empowerment
Program.

Friendly Reminders

1. PER YOUR CONTRACT, tuition is due IN FULL every Friday for the upcoming week.
2. Your tuition is based on enrollment, so please remember that you are still responsible for tuition even if your child is sick/absent for any reason.
3. Any schedule changes require a 3 week notice *in writing*.

Coming in February. . . .



Healthy Heart Day
Friday, February 7, 2025
All Day: 7am to 6pm

We'll have some great resources and ideas for healthy breakfasts and snacks for your child.



As you know, children typically love playing in the snow; it's one of nature's most beautiful wonders!

See the following page for
10 Cold Weather Safety Tips
to keep in mind to protect your child.





Here are 10 Cold Weather Safety Tips to Protect Children:



1. **Layer up!** Bitter cold and snow can cause frostbite. Dress your child in several layers, and make sure their head, neck and hands are covered. Dress babies and young children in one more layer than an adult would wear.
2. **Play it safe.** Even when roads are closed to traffic, it's not safe to play or sled in the street. Visibility may be limited due to snowbanks and ice on the roads making braking difficult.
3. **Beware of clothing hazards.** Scarves and hood strings can strangle smaller children so use other clothing to keep them warm.
4. **Check in on warmth.** Before kids head outside, tell them to come inside if they get wet or if they're Cold. Then keep watching them and checking in. They may want to continue playing outside even if they are wet or cold.
5. **Use sunscreen.** Children and adults can still get sunburned in the winter. Sun can reflect off the snow, so apply sunscreen to exposed areas.
6. **Use caution around fires.** Wood-burning stoves, fireplaces and outdoor fire-pits are cozy but can present danger – especially to small children. Use Caution and put protective gates when possible. If you've lost power or heat and are alternative heating methods like kerosene or electric heaters, be sure smoke detectors and carbon monoxide detectors are working.
7. **Get Trained and equipped.** Children should wear helmets when snowboarding, skiing, sledding or Playing ice hockey. To avoid injuries, teach children how to do the activity safely.
8. **Prevent nosebleeds.** If your child suffers from minor winter nosebleeds, use a cold-air humidifier In their room. Saline nose drops can help keep their nose moist.
9. **Keep them hydrated.** In drier winter air kids lose more water through their breath. Offer plenty of Water, and try giving them warm drinks and soup for extra appeal.
10. **Watch for danger signs.** Signs of frostbite are pale, grey or blistered skin on the fingers, ears, nose, And toes. If you think your child has frostbite, bring the child indoors and put the affected area in warm (not hot) water. Signs of hypothermia are shivering, slurred speech, and unusual clumsiness. If you think your child has hypothermia, call 911 immediately.