



The Administration and our employees would like to thank all of our parents and family members who participated in our annual Christmas Party! The Christmas gifts given to replenish broken toys and equipment were very generous! The children are so excited every day to play with the new assortment of toys and games.



We would like to send a special, “Thank you” to the family who had their children’s “grandfather” play the roll of “Santa” this year! We appreciate him taking his time to bring smiles and excitement to many of the children’s faces! Without giving this person’s identity away, we hope you know how much this meant to the Center to have you volunteer your services.

We would also like to thank Lisa Burnham for the hours she volunteers her services in the Firefly room! The time you spent making the room look festive for the annual Christmas Preschool Program and party. We sincerely appreciate the time and materials you used!

We would also like to thank the many parents and families who continue to bring paper for our children and staff to use and recycle!

This really cuts down on certain expenses at the Center and we appreciate this immensely. We appreciate all of the goodies and personalized gifts given to the staff. We enjoyed all of them and thank you for thinking of us during the holiday season.

If we have failed to thank you or mention our gratitude it is not our intentions. We have an awesome group of parents, children and family members who attend the Center and would not like to leave anyone out or hurt anyone’s feelings. So, please accept our sincere gratitude for all of the things that contribute to making the daycare a success.

We sincerely thank you for your business during the past year and wish you every happiness for the New Year.





*A note from
Ms Vickie & Ms Cindy.*

We would like to take this opportunity to thank each of you for your encouragement and support. It has been a pleasure to have your children here at the Center and to watch them grow physically, mentally, and emotionally. We truly appreciate the support and confidence you place in us and we do take your child's growth, health, safety and security seriously.

We hope that the New Year brings new meaning to your role as a parent. We are happy to be a part of your family's memories of days gone by.

We continue to learn that children are the best teachers of creativity, persistence and unconditional love. That is truly what keeps us going.

*May God bless you
throughout 2009.*



Head Lice

The bane of many parents, the head louse is a tiny, wingless parasitic insect that lives among human hairs and feeds on extremely small amounts of blood drawn from the scalp. Although they may sound gross, lice (the plural of louse) are a very common problem, especially for kids ages 3 years to 12 years (girls more often than boys). Lice aren't dangerous and they don't spread disease, but they are contagious and can just be downright annoying. Their bites may cause a child's scalp to become itchy and inflamed, and persistent scratching may lead to skin irritation and even infection.

Signs of Head Lice Though very small, lice can be seen by the naked eye. What you or your doctor might see by thoroughly examining your child's head:

Lice eggs (called nits). These look like tiny yellow, tan, or brown dots before they hatch. After hatching, the remaining shell looks white or clear. Lice lay nits on hair shafts close to the skin's surface, where the temperature is perfect for keeping warm until they hatch. Nits look sort of like dandruff, only they can't be removed by brushing or shaking them off. Unless the infestation is heavy, it's more common to see nits in a child's hair than it is to see live lice crawling on the scalp. Lice eggs hatch within 1 to 2 weeks after they're laid.

Adult lice and nymphs (baby lice). The adult louse is no bigger than a sesame seed and is grayish-white or tan. Nymphs are smaller and become adult lice about 1 to 2 weeks after they hatch. Most lice feed on blood several times a day, but they can survive up to 2 days off the scalp.

Scratching. With lice bites come itching and scratching. However, the itching may not always start right away — that depends on how sensitive your child's skin is to the lice. It can sometimes take weeks for kids with lice to start scratching. They may complain, though, of things moving around on or tickling their heads.



Small, red bumps or sores from scratching. For some kids, the irritation is mild; for others, a more bothersome rash may develop. Excessive scratching can lead to a bacterial infection (the skin would become red and tender and may have crusting and oozing along with swollen lymph glands). If your doctor thinks this is the case, he or she may treat the infection with an oral antibiotic. You may be able to see the lice or nits by parting your child's hair into small sections and checking for lice and nits on the scalp, behind the ears, and around the nape of the neck (it's rare for them to be found on eyelashes or eyebrows). A magnifying glass and bright light may help. But it can be tough to find a nymph or adult louse — often, there aren't many of them and they're able to move fast. Call your doctor if your child is constantly scratching his or her head or complains of an itchy scalp that won't go away. The doctor should be able to tell you if your child is infested with lice and needs to be treated. Also be sure to check with your child's school nurse or childcare center director to see if other kids have recently been treated for lice. If you discover that your child does, indeed, have lice or nits, contact the staff at the school and childcare center to let them know.

Are Lice Contagious?

Lice are highly contagious and can spread quickly from person to person, especially in group settings (schools, childcare centers, slumber parties, sports activities, and camps). Though they can't fly or jump, these tiny parasites have specially adapted claws that allow them to crawl and cling firmly to hair. They spread mainly through head-to-head contact, but sharing clothing, bed linens, combs, brushes, and hats can also help pass them along. Kids are most prone to catching lice because they tend to have close physical contact with each other and often share personal items. And you may wonder if Fido or Fluffy may be catching the pests and passing them on to your family. But rest assured that pets **can't** catch head lice and pass them on to people or the other way around.

Treatment

Your doctor can recommend a medicated shampoo, cream rinse, or lotion to kill the lice. These may be over-the-counter (OTC) or prescription medications, depending on what treatments have already been tried. Medicated lice treatments usually kill the lice and nits, but it may take a few days for the itching to stop. It's important to follow the directions exactly because these products are insecticides. Applying too much medication or too frequently can increase the risk of causing harm. Following the directions on the product label is also important to ensure that the treatment works properly. Treatment may be unsuccessful if the medication is not used correctly or if the lice are resistant to the medication. After treatment, your doctor may suggest combing out the nits with a fine-tooth comb and also may recommend repeating treatment in 7 to 10 days to kill any newly hatched nits. If your child is 2 years old or under, you should **not** use medicated lice treatments. You'll need to remove the nits and lice by hand. To remove lice and nits by hand, use a fine-tooth comb on your child's wet, conditioned hair every 3 to 4 days for 2 weeks after the last live louse was seen. Wetting the hair beforehand is recommended because it temporarily immobilizes the lice and the conditioner makes it easier to get a comb through the hair. Wet combing is also an alternative to pesticide treatments in older children. Though petroleum jelly, mayonnaise, or olive oil are sometimes used in an attempt to suffocate head lice, these treatments have not been proven to be effective. Keep in mind that head lice don't survive long once they fall off a person. So it's unnecessary to spend a great deal of time and money trying to rid the house of lice.

Here are some simple ways to get rid of the lice and their eggs, and help prevent a lice reinfestation:

- Wash all bed linens and clothing that's been recently worn by anyone in your home who's infested in very hot water (130° Fahrenheit, 54.4° Celsius), then put them in the hot cycle of the dryer for at least 20 minutes.
- Dry clean any clothing that isn't machine washable.
- Have bed linens, clothing, and stuffed animals and plush toys that can't be washed dry-cleaned. Or, put them in airtight bags for 2 weeks.
- Vacuum carpets and any upholstered furniture (in your home or car).
- Soak hair-care items like combs, barrettes, hair ties or bands, headbands, and brushes in rubbing alcohol or medicated shampoo for 1 hour. You can also wash them in hot water or just throw them away.
- Because lice are easily passed from person to person in the same house, bedmates and infested family members will also need treatment to prevent the lice from coming back.



In your efforts to get rid of the bugs, there are some things you *shouldn't* do. Some don'ts of head lice treatment include:

- **Don't** use a hair dryer on your child's hair after applying any of the currently available scalp treatments because some contain flammable ingredients.
- **Don't** use a cream rinse or shampoo/conditioner combination before applying lice medication.
- **Don't** wash your child's hair for 1 to 2 days after using a medicated treatment.
- **Don't** use sprays or hire a pest control company to try to get rid of the lice, as they can be harmful.
- **Don't** use the same medication more than three times on one person. If it doesn't seem to be working, your doctor may recommend another medication.
- **Don't** use more than one head lice medication at a time.

Preventing Lice

Having head lice is **not** a sign of uncleanliness or poor hygiene. The pesky little bugs can be a problem for kids of all ages and socioeconomic levels, no matter how often they do — or don't — clean their hair or bathe.

However, you *can* help to prevent kids from getting lice — or from becoming reinfested with lice — by taking the following precautions:

- Tell kids to try to avoid head-to-head contact at school (in gym, on the playground, or during sports) and while playing at home with other children.
- Tell kids not to share combs, brushes, hats, scarves, bandanas, ribbons, barrettes, hair ties or bands, towels, helmets, or other personal care items with anyone else, whether they may have lice or not.
- Tell kids not to lie on bedding, pillows, and carpets that have recently been used by someone with lice.
- Every 3 or 4 days, examine members of your household who have had close contact with a person who has lice. Then, treat those who are found to have lice or nits close to the scalp.

Will They Ever Be Gone?

As many parents know firsthand, lice infestation can be a persistent nuisance, especially in group settings. If you feel like you're following every recommendation and your child still has lice, it may be because:

- there are still some nits left behind
- your child is still being exposed to someone with lice
- the treatment you're using isn't effective

There's no doubt that they can be hard bugs to get rid of. If your child still has lice for 2 weeks after you started treatment or if your child's scalp looks infected, call your doctor.

No matter how long the problem lasts, be sure to emphasize to your child that although having lice can certainly be very embarrassing, anyone can get them. It's important for kids to understand that they haven't done anything wrong and that having lice doesn't make them dirty. And reassure them that as aggravating as getting rid of the annoying insects can be, there *is* light at the end of the tunnel.

Be patient and follow the treatments and preventative tips as directed by your doctor for keeping the bugs at bay, and you'll be well on your way to keeping your family lice-free.

<http://kidshealth.org/parent/infections/common/lice.html>

Reviewed by: Mary L. Gavin, MD
Date reviewed: September 2008





TAX TIME!

Wow, it's that time of year again! Those of you who have given Ms. Vickie your e-mail address have been sent your year end invoices. However, those of you who did not submit an email address will have your statement available in the front lobby. For those of you who need our Employee Identification Number here it is!
39-1905508.



DIAPERS + WIPES

Just a reminder of our policy regarding your child's diaper and baby wipe supply. The first Monday of every month you need to bring in a large container of diapers and a container of wipes. This

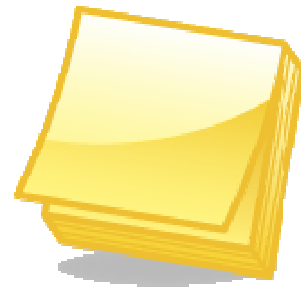
has always worked out well to maintain a good supply here at the Center. If for some reason your child runs low we will notify you immediately. If you have a question on whether or not you have brought your supply for the month, check with your child's teacher, they keep documentation monthly on those supplies.



valentines Party!

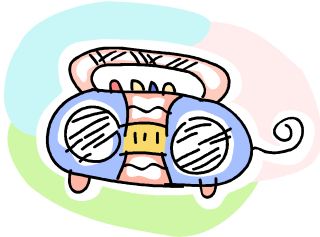
The children will be having their Valentine's Party Thursday February 12, 2009. Please have your child sign their name to the back of each valentine card. You may ask your teachers how many

cards to complete. This works out really well and reduces the confusion for the children. Please have their cards completed and at the Center by Wednesday February 11, 2009.



We Need Paper!

If you have any type of paper in your office or home that needs recycled we would love to have it! The children really enjoy using this for their creative time. Thank you to all of our families who take the time and energy to bring paper to the Center. It has really helped!



Dance with your Baby?

Why not? A baby learns from the movement she/he experiences as they are being lifted, held, carried and cared for as well as from the movements of their own body.

An infant's nervous system is not yet completely developed and they startle easily. A loud noise, a sudden movement or loss of support can be frightening to them. However, gently rhythmic motion is soothing. This is why babies respond to being rocked or walked when they are uncomfortable or wakeful.

But dancing? YES, dancing! Remember when babies learn from being moved as well as from moving. A very young baby cannot yet learn from rapid or jerky movements, but they can learn from smooth, rhythmic changes of position.

So if you enjoy moving to the music, your baby will enjoy it too. Find some music that is soft and rhythmic. Hold your baby gently but firmly so that they feel secured. Then sway from side to side, move forward and backward turn and twist in time to the music.

Your movements will stimulate the sense organs deep within the baby's ears. The sensations they experiences will help them develop the position sense and balance they will need when they try to sit, stand, and walk later on. If you hum along with the music, your baby will get additional stimulation from the vibration of your chest.

If you enjoy moving to music, your pleasure will communicate itself to your baby as you hold them. Sweet music and gentle movements while holding your baby securely are the ingredience for some happy moments for you and your baby.

Where do you think they got the term, "Swing Baby Swing!"

(Some of the information contained in this article was taken from "growing together" heartland area education agency II volume 15 no.5)



TELEPHONE CALLS

We would ask all of our parents and family members to refrain from calling to talk to the staff between the hours

of 8:30 am and 12 noon. During those hours is the time the staff are really busy and having their preschool, focus of the week, arts and crafts, circle time and one on ones with the children. It is very hard for the staff to pull away to talk on the phone and keep any type of organization, interest and cooperation from the children. Unless it is an emergency, please call between the hours of 12 noon and 5:30 pm.

Thank you so much for your understanding and cooperation in this manner.




HORNETS School Age Children

Just a reminder to all parents of children in elementary to watch for the sign up sheets for Spring Break (March 16-19, 2008) If you sign them up to attend you will be responsible

for payment. We adjust staffing, groceries, arts and crafts etc... during this time. Accurate numbers is a must! Thank you for all your time and attention.

Again, partial attendance does NOT mean partial payment. You pay by the week here at the Center. If there is a scheduled school "break" (Winter, Summer, Spring) and you sign your child up for that week you will pay the weekly rate of \$110.00. Otherwise, if you do not bring your child during that week you will pay their school week tuition of \$75.00/\$55.00. WE DO NOT DO "DROPS INS" during a scheduled school break. The only time we add the \$30.00/day is when there is a no school day on a scheduled school day. (I.e. winter storm.) If you have any questions please see administration.



Money Saver!

Please use scratch paper provided and not our communication sheets when writing us notes!



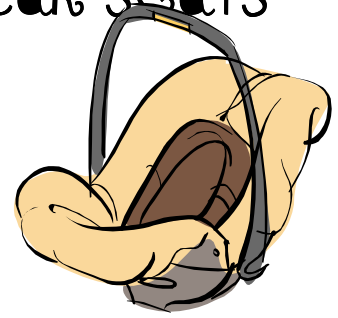
Sick Children

We really do appreciate all of those who try and follow the policies and procedures of the Center. We know that it is hard when your child is sick. However, to keep the co-mingling of "bugs" to a minimum we ask that you keep your child at home until they are fever free for 24 hours.

If your child is going to stay at home, PLEASE telephone the center and let us know they will not be attending. This helps not only with our lunch counts and staffing but we worry about the child and why they are not at the Center.

WE ASK THAT YOU NOTIFY THE CENTER USING THE TELEPHONE SYSTEM AND NOT THE EMAIL SYSTEM. We are not always online checking for those and at times don't see it until later in the day. We appreciate all of your help in this matter.

CAR SEATS



If you bring your child in a car seat please take it with you. We have limited space within the building and due to Rules and Regulations directed by the State Fire Marshall and the Dept. of Human Services we need to try and follow those guidelines. The children and staff need easy access to exiting the building and if all parents with car seats left them we have a safety issue. We understand there are times that you need to leave the seat for someone else but this should not be the norm. Our staff is more than happy to have you hand them your child. We have supplies here to place your children into if we should need to.

LOOK FOR OUR NEXT NEWSLETTER APRIL 2009.
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