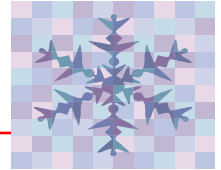


# January



## MORRILTON



JANUARY, 2012

### Winter Health Tips For Children-6 Ways To Keep Your Child Healthy During Winter

Winter brings crisp, cold days, beautiful landscapes of snow & ice, which for your child probably means building snow men, making snow angels, drinking hot chocolate, and lots of other fun activities. But your child can only enjoy all of this if they stay healthy. Here are 6 fairly easy ways to keep your child healthy during winter.

1. Hand washing is still one of the best ways to eliminate the spread of germs from one surface to another.
2. Hand sanitizer is a wonderful and effective addition to the fight against germs. Keep a bottle in the car so they clean their hands immediately after school or other activities, and before you hand them a snack to eat.
3. Dressing in layers even on warmer days help children stay healthier.
4. Covering their mouths when sneezing or coughing is still high on the list of things to do, and coughing with your arm rather than your hand is better.
5. Keep small boxes of tissue open and ready in every room.
6. When they are sick, keep them home. Their eyes and activity level are a great indicators of how sick they are.



January Themes:  
Winter Celebrations  
Snow  
Bears  
Happy Birthday  
Martin Luther King



### OUTDOOR PLAY POLICY

At KIDS FIRST, all of the children are given the chance to play outside every day, as long as weather and air quality conditions allow. Outdoor play provides an opportunity for learning in a different environment as well as many health benefits.

\*Germs that cause infections are generally less concentrated in outside air.

\*Light exposure provides children with Vitamin D that growing children require.

\*Open spaces encourage children to exercise and develop their gross motor skills in ways that are difficult to duplicate indoors.

You can help your child enjoy the outdoors during cold weather by dressing him or her in layers and sending a warm coat, cap, and gloves or mittens to wear. When the weather is cold, we will watch your child carefully and come inside if needed.

If the weather is too cold, with wind chill at or below 15 degrees F, as identified by the National Weather Service\*, we will restrict the children to indoor play only.

