

Medford, MA 02155
10 Cabot Road, Suite 201
Family Times

Question & Answer

Q I hear that the flu is going around. What can I do to prevent my child from getting sick?

A The winter months are the most popular times for children to get the flu or catch a cold. There are a few easy things you can do to help prevent your child from getting the flu or from spreading it to other family members or children at child care.

1. Get vaccinated. Ask your pediatrician about getting a flu shot for your child and yourself.
2. Wash! Wash hands, wash toys, wash blankets. Wash everyday items that your child uses regularly and make sure to keep a clean environment at home. Just as you don't want your child to bring home any germs from child care, you don't want her bringing any there.
3. Dress properly. Children should be dressed appropriately for the weather to ensure they don't get sick. This means, hats, mittens, boots, warm, dry clothing (pack extra clothes during snowy weather, especially socks) and of course a warm, insulated winter jacket. It is important to be aware of children's comfort level too. Sometimes bulky, winter clothing can be

uncomfortable and hot, so keep an eye on them and be aware if they are fussy.

4. Stay home if you're sick. If your child is sick, with the flu, or even a bad cold, please don't send them to child care. If you send her to school, she could infect the other children or teachers. Children should be free of illness symptoms (fever, sore throat, upset stomach) for 24 hours before returning to school.

Visit <http://www.mass.gov/eohhs/provider/guidelines-resources/services-planning/diseases-conditions/influenza/> for more information.



Family Times

A Family Newsletter from
Child Development and Education, Inc.

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A Note From CDE

Dear Friends and Family of
Child Development,

This new year brings exciting times for Child Development. We are working hard to improve our work through technology and hope that this will translate to improvements in your programs. We are excited about the "Peep" curriculum that many providers will be using over the next few months. And we are involved with many grants and initiatives that will bring professional development and quality improvements to our educators.

We hope the ideas and information in this issue about curriculum and friendship are helpful; we want you to be informed parents and educators. We hope the Olympic-themed outdoor winter activities are engaging and provide you some fun on these cold winter days! Enjoy!

On behalf of everyone at Child Development I wish you a happy, healthy New Year.

Sincerely,
Bill Restuccia
President



Quotable Quotes:

"Seeing is believing, but sometimes the most real things in the world are the things we can't see." *The Polar Express*, 2004

"Peep and the Big Wide World" Comes to CDE Curriculum

Child Development is very excited to participate in a study of family child care educators through WGBH and the Donahue Institute at UMass Boston. About 100 of our programs throughout the state have agreed to participate in this study to use a new science-based curriculum in their programs. The curriculum is based on the WGBH kids cartoon "Peep and the Big Wide World". The curriculum includes videos, lesson plans, interactive activities and books. Educators will fill out online surveys to provide feedback on how easy the curriculum is to use and how children respond to the activities. This study provides resources in Spanish as well as English which is great for our educators and children. We hope to work more with WGBH, the Donahue Institute and Peep in the future!

Building Friendships with Frog and Toad

This month all families and programs will receive a copy of *Days with Frog and Toad* by Arnold Lobel. This book includes five short stories from this classic series about the friendship and adventures of Frog and Toad. This book has a lot of great lessons about friendships—fun things that friends can do together, working together to accomplish a goal, allowing yourself some alone time, and overcoming differences. Use these stories to talk with your child about their friends at school and their relationships with their siblings and family members. Here are some fun activities to get you started:

- Ask questions. Frog and Toad like to play together as they do in the story about the kite. What kind of things do you like to do with your friends?



CDE staff, Jody Figuerido and Elizabeth Reedy are star struck while meeting Peep and Curious George at a conference this Fall.

- Tell a story. In one story Frog tells Toad a scary story. Have your child tell you a story and encourage them to use their imagination by asking leading questions, like "What if...?"

- Frog and Lily Pad game. Make 5 lily pads using round pieces of paper, pie plates, hula hoops, chalk drawings, or even couch pillows. Give each lily pad a point value (1-5 points). Have each child toss bean bags onto the lily pads. For each lily pad they hit they get that many points.



THIS FEBRUARY the 22nd Olympic Winter Games will be held in Sochi, Russia. The Olympics are a time when athletes from all over the world come together to compete in sporting events. They are held every four years in a different country.

Olympic Games

The winter can be a tough time of year to keep kids active and safe indoors or outdoors with limited resources. Here are just a few games to keep kids busy and active during these cold winter months. Have fun!

Tag

Get your blood pumping with a game of outdoor tag.



Scavenger Hunt

Search outside for different winter items such as: icicles, pinecone, animal footprint, frozen puddle, or bird



Play in the Snow

Build a snowman, a fort or a snow maze.



Sledding

A great way to get some exercise, grab a sled and slide down a hill. Race to the top of hill for your next ride.



Dance

Dancing is a great way to get your blood pumping and improve balance and flexibility. Turn your living room into a dance floor and get moving to all your favorite tunes.



Obstacle Course

Create your own Olympic games with an outdoor obstacle course. Combine different activities like sledding, snow angels, and jumping to create a fun Olympic obstacle course.



Hiking

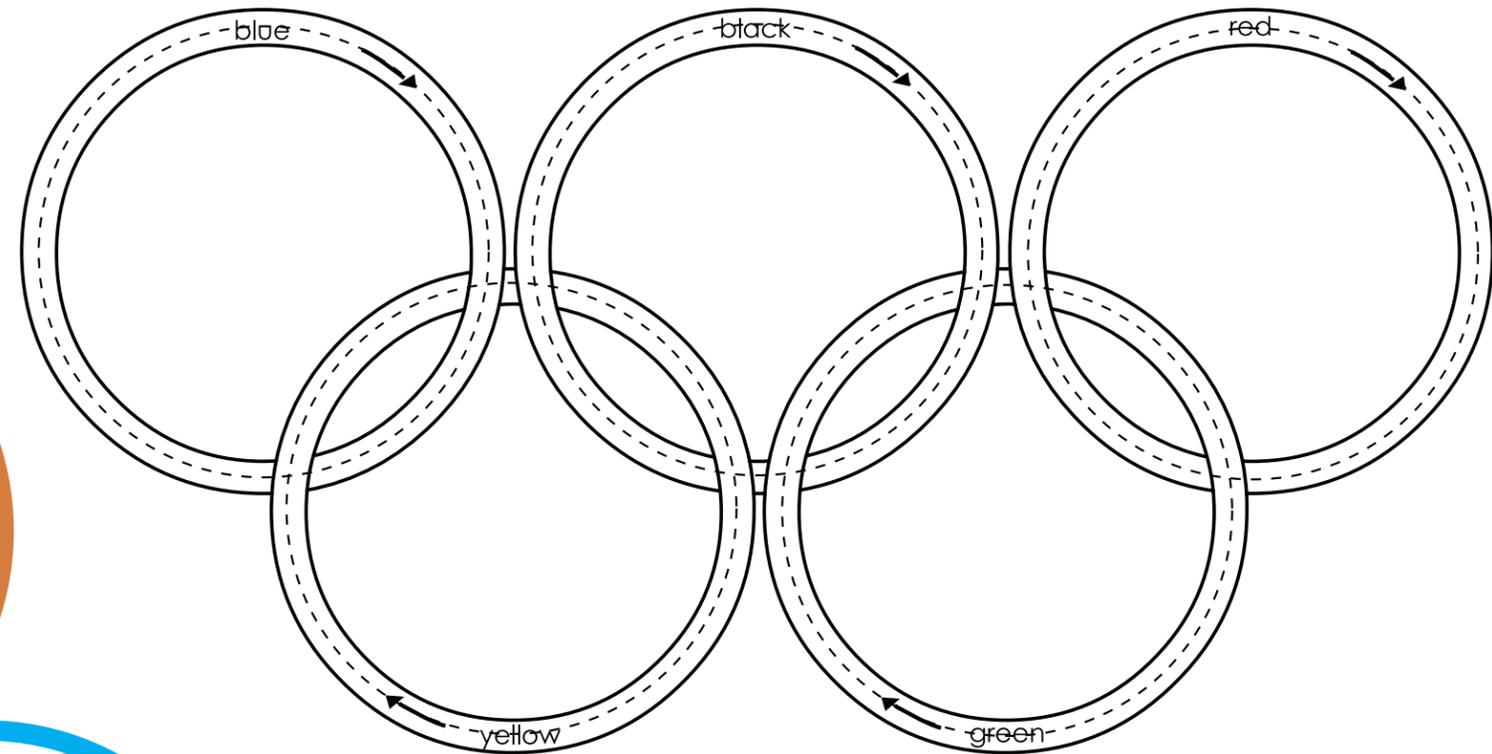
Find a nearby trail, or explore a new neighborhood with a walk along the sidewalk.



Olympic Rings Coloring Activity

The Olympic Rings represent the five major continents which come together for the Games. These are: Africa, America, Asia, Australia, and Europe. The rings are linked to represent the athletes of the world who come together to compete at the Games.

Color in the rings below with the colors listed.



WINTER OLYMPICS 2014