



8 Ways to Help Your Family Stay Healthy When Someone's Sick

By Denise Mann

February 2016

Just because one member of your household has a cold or the flu doesn't mean everyone else has to get sick too. Taking smart precautions can help the rest of your family stay healthy.

If your preschooler comes home with a cold or the flu, does this mean the rest of your family members will also get sick? While getting your loved one's cold may seem inevitable, there are actually many simple steps other family members can take to avoid sickness.

Young kids catch an average of six to eight colds a year and adults get an average of two to four colds, mostly between September and May, according to the American Lung Association. On top of that, there's the risk of catching the yearly flu. But families can take steps to make sure that cold and flu germs don't spread throughout the entire household. Here are eight strategies to implement at the first sign of a loved one's cold or flu symptoms:

1. Wash your hands. You don't need anything fancy to do this — regular soap is just as good as antibacterial soap, says Len Horovitz, MD, a pulmonary specialist at Lenox Hill Hospital in New York City. But how long should you scrub? "Sing the song 'Row, Row, Row Your Boat' once while washing your hands, and then you're done," he suggests. Even rinsing in plain water is better than nothing, and hand sanitizers are fine to use when you're not by a sink.

2. Keep your hands off of yourself. "On average, people touch their face two or three times a minute — but you should never touch your face with unwashed hands," as that's how colds and flu germs spread, says Dr. Horovitz. "Germs can get into your system through your eyes, nose, or mouth when you touch your face," he explains.

3. Get an annual flu shot. According to the Centers for Disease Control and Prevention, everyone who is at least 6 months old should get a flu vaccination. It may not be fail-safe, but getting a flu shot can significantly lower your risk for developing the flu and even lessen its severity if you do get it. "Individuals who receive a flu shot and still get the flu generally have less severe symptoms and fewer complications than those who have not been vaccinated," says Neil Schachter, MD, medical director of the respiratory care department at Mount Sinai Medical Center in New York City and the author of *The Good Doctor's Guide to Colds & Flu*.

4. Keep your distance. "Social gatherings are one of the easiest places to spread germs, and in the case of holiday parties, they take place during the time of year when colds and flu viruses are rampant," Horovitz says. So be sure to keep your distance when greeting your loved ones over the holidays. "You can be exposed to germs when kissing someone on the cheek. An air kiss is safer," he adds.

5. Disinfect ASAP. Germs can live on surfaces for up to 24 hours. "Wipe down all surfaces in the house where germs can live, including telephones, computer keyboards, and counter surfaces, with a disinfectant," Horovitz suggests. Also be sure to wash forks, spoons, knives, and other utensils

Special points of Interest

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Please check your student folder every day, there you will find important information! Also, make sure your child always has a change of clothes and pull-ups. Thank You!

Pixie Butterflies

This month we have been exploring shapes! From circles to rectangles, even edible hearts, learning about our shapes has been a lot of fun! Now we are moving on to our next adventure; learning about the senses! We will explore different textures, smells and tastes to help us expand our senses and our understanding of the world.



-Ms. Stacey & Ms. Stephanie

Julia & Buttercup Butterflies



We hope you have had a great start to the New Year! The Julia and Buttercup classes have been working on our letters and letter sounds. In the coming weeks we will begin learning sight words. We will be sending home a list of sight words. Please use this list to practice word recognition with your child at home. Also, thank you parents, for taking time out of your day to attend our Parent/Teacher conferences. We really appreciate it!

-Ms. Paige & Ms. Vicky

Monarch Butterflies

Hi Monarch parents. My name is Jessica Owens and I am glad to be joining your children's classroom. I have 14 years' experience with preschool, pre-kindergarten, and kindergarten and love working with children on the cusp of all the wonderful new exciting things coming in the near future (elementary school!). I will continue to work with your children to learn letter sounds, break down words into syllables, blend syllables into words, and proper handwriting techniques. We will work on the mechanics of addition and subtraction as well as counting through to 30. I love introducing children to zoology, botany, and geography. I look forward to getting to know everyone better.



-Ms. Jessica

Elf Butterflies



February is here and we couldn't be more excited! This month as we finish the introduction of our alphabet, we will focus on reviewing letter names and sounds. Additionally, expect some fun, heart-shaped crafts and activities as we celebrate one of our favorite holidays...Valentines Day!

-Ms. Taylor and Ms. Sophia

Blue Wave Butterflies

In February, the Blue Waves will be exploring concepts of love and diversity in honor of Valentine's Day and Black History Month. We will also discover new things about the solar system in an attempt to help our befuddled blue waves understand the dramatic change in temperature. Welcome Ms. Jessica!

Mrs. Rhiannon



From the Desk of Tammy Surrine, Director of Education

Bedtime Problems Brought to you by exchange.com

Most of us at one time or another may struggle with getting enough sleep or going to bed “on time.” More common than not these struggles are found among toddlers and when considering the huge developmental changes they're going through, it's easy to see why. It's not unlikely for adults to find a million and one ways to avoid going to bed on time, interestingly enough, children creatively and ingeniously do the same.

On average, young children need from 11-13 hours of sleep a day (that includes an afternoon nap).

Of course, you know your child best, but take a close look at some of the major reasons toddlers fight sleep, and some simple tactics you can try to end bedtime battles and work to achieve a saner sleep schedule.

They don't want to give in. Basically, it's in a toddler's job description to say “no” to just about everything, so the tactic is to make bedtime sound like it was their idea (instead of yours). Let's refer to this as shared control!

Example: Allow the child to choose between two pairs of pajamas, which books you'll read, and which stuffed friend will sleep with them. Letting the child have some say over bedtime routine go a long way toward helping them accept the idea that the lights go out at 7:00 (P.E.R.I.O.D.)!

They don't want to miss a thing. For a toddler making the transition from an action-packed day to dreamland can be really tough, so the tactic in this case will be to help them unwind with a calm and soothing “bedtime routine.” (Offer reassurances that while they're sleeping... that everyone in the house is looking forward to a good night's sleep too).

Example: Set the atmosphere by using a night light in the bedroom to signal “its bedtime.” Routinely prepare a warm bath with a nice conversation about the day. Talk about future plans, like a weekend trip to Grandma's or a trip to the park to help convince the child that you're not having fun without them.

They miss you. In most cases a sure sign for “separation anxiety” will show when your toddler begs you to stay after you've tucked them in for bedtime and may just want to be with you. So take some extra time to connect while tucking them in and include (e.g., kisses and snuggling).

Example: Warning, don't get pulled into a “discussion” of why they're not able to stay up longer—remember young children are skilled debaters—reassure them that you'll be in your bed making the right choice to sleep also. Leave on a night-light and/or leave the door open a crack if that helps, and set a limit on how often you'll return (say, twice—mean it). You'll want to keep those visits short and boring—no chatting, singing, cuddling, etc. Again, once they realize you're not budging, they'll stop calling for encores.

Staying Healthy Continued

thoroughly to help prevent spreading germs from one person to another.

6. Steer clear of others when you're ill. If you're sick, stay away from family members and co-workers until you have no fever after 24 to 48 hours without medication. However, this is easier said than done — because you may be contagious before you start to feel sick, Horovitz says. Marie Fornof, RN, BSN, an infection preventionist at the National Jewish Health in Denver, suggests that you "quarantine a sick family member as soon as possible until their fever breaks." If you share a bed, move to a separate bedroom to sleep by yourself while you're sick. A sick person should also skip cooking and dish-washing duties, since these are easy ways to spread germs.

7. Cough into your elbow. Don't cough into your hands, says Fornof. "Cough into your elbow crease or sleeve and encourage your kids to do the same to help prevent the spread of germs."

8. Trash tissues. Cold and flu germs can spread through used tissues. Make sure to throw out any tissues after use and wash your hands after disposing of them. "If possible, dispose of tissues in separate plastic bags that are sealable to help prevent the germs from spreading in the garbage," suggests Dr. Schachter.

And if you want to help prevent your family members from getting sick in the first place, keep everyone's immune system strong by getting regular exercise, eating a healthy diet, and not smoking, says Schachter.



Friday
February 5
Super Supper
Quiche w/
fruit salad

Wednesday
February 10
Whole Foods
Winter Park
Fundraiser

Parent Training
Wednesday
February 10
6:00 pm

Monday
February 15
WPDN CLOSED

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**Mission:**

The Winter Park Day Nursery provides a secure, nurturing and educational environment that is affordable and supports family diversity.

Vision:

The Winter Park Day Nursery will build a stronger community by providing high-quality, affordable early childhood education that will prepare our children to succeed in school and life.