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Partnership for Children of Sampson County Provider Newsletter

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"A Smart Start to a Successful Future"

Steps to Avoid Colds and the Flu

While it is possible to get a cold or the flu anytime during the year, the height of the "season"-the time of year when it is most likely for colds and flu to appear-will soon arrive. Being healthy all year round is desirable for anyone, but for your children it is especially important. Practicing illness prevention at home is important because:

- If your own health is compromised, you can easily transmit illness to your children.

- Your children can bring home colds and flu; prevention at home can help reduce chances that everyone will get sick.

- If your children are ill, they can spread colds and flu to their classmates.

- When you model healthy practices and illness prevention, you teach important skills to your children.

Here are a few simple steps to prevent colds and flu at home:

Hand washing

Frequent hand washing is the most effective measure in preventing the spread of viruses that cause colds and flu. Washing your hands throughout the day, not just at mealtime or when changing diapers or helping at the toilet is critical.

Cleaning toys and surfaces

Keeping your home clean is essential to illness prevention. When you wash and sanitize toys and surfaces, it helps prevent the spread of viruses that cause colds and flu. Especially keep anything that your child puts in his/her mouth washed regularly. And don't forget "high touch" surfaces such as telephones and doorknobs in your cleaning routine.

Rest and exercise

Although proper rest and exercise cannot protect you from exposure to viruses that cause colds or the flu, research has shown that those who are well rested and who exercise routinely experience fewer illnesses each year, and their illnesses (especially colds) are

shorter in duration and less intense in severity.

Consider a flu vaccine

Many medical experts recommend a flu vaccine for everyone. Others recommend the vaccine only for "at risk" populations. Consult your medical provider for advice about your family's need for flu vaccines. Your child's teacher may be able to help you locate low-cost immunization programs in your communities.

<http://www.kindercare.com/for-parents/resource-library/articles/steps-to-avoid-colds-and-the-flu/>



BUCKLE UP PROGRAM: Need your car seat checked or replaced? Call for an appointment at 910-592-9399 for more information!

SCHOLARSHIP PROGRAM: Helps parents with the cost of childcare, parents must be working more than 20 hours a week or going to school FT. Call for more information!

PARENTS AS TEACHERS: Targets children pre-natal to 5 yrs. old. Call Raquel Cervantes for more information.

Dolly Parton Imagination Library Program Children 0-5 can receive free books each month Call SCPFC for more information

Homemade Clay Ornaments

1 cup salt

1 1/2 cups warm water

4 cups all purpose flour

- Add salt into the warm water and stir.
- When cool, add flour and knead for 8-10 minutes.
- Create figures or roll out and use cookie cutters.
- Be sure to leave a hole in the top for hanging.
- Bake at 325 approx. 45 minutes (until all the moisture is gone).
- Paint the ornaments when they are cool.
<http://www.food.com/recipe/ornament>



FACTSHEET

ENTEROVIRUS D68

General Information

Enteroviruses are common viruses that generally peak in late summer and early fall and affect mostly children, teens and young adults. Enterovirus infections are not generally life-threatening but can sometimes be severe, especially for children with asthma or other underlying respiratory conditions.

Enterovirus D68 (EV-D68) is one of many enteroviruses that can cause illness. EV-D68 was first identified in California in 1962, but it has not been commonly reported in the United States. Recently, EV-D68 has been linked to clusters of respiratory illness in several states, including some illnesses that have been severe.

Symptoms

EV-D68 can cause mild to severe respiratory illness.

Mild symptoms may include fever, runny nose, sneezing, cough, body and muscle aches.

Severe symptoms may include difficulty breathing and wheezing. People with asthma may have a higher risk for severe respiratory illness.

Transmission

EV-D68, like other enteroviruses, spreads through close contact with infected people or by touching objects or surfaces that are contaminated with the virus and then touching the mouth, nose, or eyes.

Treatment

There is no specific treatment for EV-D68 infections.

People with severe respiratory illness caused by EV-D68 may need to be hospitalized and receive intensive supportive therapy. No anti-viral medications are currently available for treating EV-D68 infections.

Prevention

No vaccines are available to prevent EV-D68. Here are some ways to reduce the risk of infection:

- Wash hands often with soap and water for 20 seconds.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Avoid kissing, hugging and sharing cups or eating utensils with people that are ill.
- Disinfect frequently touched surfaces – toys, doorknobs, etc.

What should you do?

- If you or your child(ren) have asthma, take steps to make sure your asthma is under good control. People with asthma are at higher risk for respiratory illnesses.
- Get your flu vaccine. Although flu vaccines won't protect against EV-D68, they can help prevent another important cause of respiratory illness that could be going around at the same time.
- Monitor children, teens and young adults for respiratory symptoms, especially if they have pre-existing conditions. If you or your child is experiencing cold-like symptoms and having difficulty breathing, contact your health care provider right away.

For more information, visit www.cdc.gov or epi.publichealth.nc.gov



Holiday Safety Tips

As you all know, the holidays are an exciting time of year for children, so to help them have a safe holiday season, here are some tips:

Trees

- Buying an artificial tree? Look for the label "Fire Resistant."
- Buying a live tree? Check for freshness. A fresh tree is green, needles are hard to pull from branches and when bent between your fingers, needles do not break. The trunk of a fresh tree is sticky & when tapped on the ground, the tree shouldn't lose many needles.
- Set your tree away from fireplaces, radiators or portable heaters. Place the tree out of the way of traffic and do not block doorways.
- Cut a few inches off the trunk of your tree to expose fresh wood. This allows for better water absorption and will help to keep your tree from drying out and becoming a fire hazard. Be sure to keep the stand filled with water, because heated rooms can dry live trees out rapidly.

Lights

- Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, & a person touching a branch could be electrocuted.
- Before using lights outdoors, check labels to be sure they are certified for outdoor use. To hold lights in place, string them through hooks or insulated staples, not nails/tacks. Never pull or tug lights to remove them.
- Check all tree lights-even new ones-before hanging them on your tree. Make sure all the bulbs work & that there are no frayed wires, broken sockets or loose connections.
- Plug all outdoor electric decorations into circuits with ground fault circuit interrupters to avoid potential shocks.
- Turn off all lights when you go to bed or leave the house. The lights may short out & start a fire.

Decorations

- Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or nonleaded metals.
- Never use lighted candles on or near trees or other evergreens. Use non-flammable holders, & place candles where they can't be knocked down.
- In homes with small children, avoid sharp or breakable decorations, keep trimmings with small parts out of the reach of children to avoid the child swallowing/inhaling small pieces, & avoid trimmings that resemble candy or food that may tempt a child to eat them.
- Wear goggles & gloves to avoid eye & skin irritation while decorating with spun glass "angel hair." Follow directions to avoid lung irritation while decorating with artificial snow sprays.
- Remove all wrapping papers, bags, paper, ribbons and bows from tree & fireplace areas after gifts are opened. These items can pose suffocation and choking hazards to a small child or can cause a fire if near flame.

Toy Safety

- Select toys for age, abilities, skills and interest level of the intended child. Toys too advanced may pose safety hazards for younger children and before buying a toy or allowing your child to play with a toy that he received as a gift, read instructions carefully.
- To prevent both burns and electrical shocks, don't give young children (under age ten) a toy that has to be plugged into an electrical outlet. Buy toys that are battery-operated.
- Children under age 3 can choke on small parts contained in toys or games. Government regulations specify that toys for children under age 3 cannot have parts less than 1 1/4 inches in diameter and 2 1/4 inches long.
- Children under age 8 can choke or suffocate on un-inflated or broken balloons. Remove strings & ribbons from toys before giving them to young children.
- Pull toys with strings that are more than 12 inches in length could be a strangulation hazard for babies.

Fireplaces

- Before lighting a fire, remove all greens, papers, & other decorations from fireplace area. Make sure the flue is open.
- Use care with "fire salts," that produce colored flames when thrown on wood fires. They contain heavy metals that can cause intense gastrointestinal irritation & vomiting if eaten. Keep them away from children.
- Do not burn wrapping papers in the fireplace. A flash fire may result as wrappings ignite suddenly & burn intensely.

2005 - American Academy of Pediatrics



Fall Wreaths



This is a fun science and nature activity that can be extended over a few days!

1. Have children collect fall items from outside:

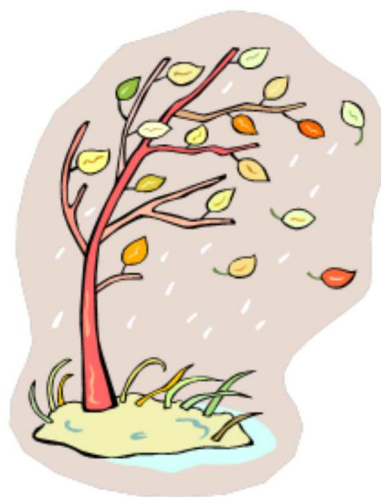
- Acorns
- Pinecones
- Variety of leaves
- Twigs

2. Cut out the center of a sturdy paper plate. Let children pick their favorite fall color to paint their plate.

3. Let the plates dry.

4. When the plate rings are dry let the children glue their "fall finds" on to their rings.

5. Teachers should have a hot glue gun handy to

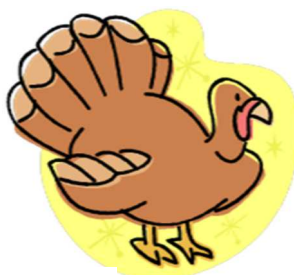


Fun Turkey Songs

Enjoy these turkey songs as you talk about turkeys this fall!

Funny Bird

The turkey is a funny bird,
His head goes wobble, wobble.
All he knows is just one word,
Gobble, gobble, gobble!



Five Fat Turkeys

Five fat turkeys are we,
We slept all night in a tree!
When the farmer came
around,
We couldn't be found!
Five smart turkey are we!

Workshop Fee Policy: 2 hour workshops are \$5.00. Providers must register and pay for the workshop at the same time. Just calling in and asking that your name be on the list will not be considered as registered until the fee has been paid. Fees are non-refundable and may only be transferred if the workshop is cancelled. We can no longer transfer fees from one session to another.

Saturday October 19th, 2019

CPR/First Aid: this is a required training for everyone that works in a child care facility or home. The certification needs to be renewed every 2 years. The charge for the training is \$40 for in county participants and \$50 for out of county participants.	Donna Jackson	9:00am-3:00pm
Communication: Serve and Receive: This training focuses on the proper communication loops that should occur between teachers, caregivers, parents, and children.	Elizabeth Marquez	9:00am-11:00am

Tuesday, November 19th, 2019

Diversity in the Classroom: This workshop helps providers recognize and implement diversity in all areas of the classroom. Providers will learn about activities and room displays that promote all areas of diversity.	Donna Jackson	6:30pm-8:30pm
Guiding Challenging Behaviors in the Preschool Classroom: Providers will learn about a variety of strategies that help in guiding challenging behavior in preschool children. This workshop will be focused on 2-5 year old children.	Nicole Wilson	6:30pm-8:30pm

Tuesday, December 10th, 2019

Interactions and Communication: Effective communication in the classroom environment.	Donna Jackson	6:30pm-8:30pm
ITS SIDS: This is a required training for caregivers of infants; the focus is on safe sleep practices. This certification has to be renewed every three years.	Nicole Wilson	6:30pm-8:30pm
Temperament in the Classroom: focus on how different temperaments affect the overall classroom environment.	Elizabeth Marquez	6:30pm-8:30pm



We no longer have a \$1.00 User Fee for our Resource Center. Teachers will however need to bring their own paper and consumables to use with the Ellison machine. We will still offer a variety of resources for checkout!



Visit us on Facebook



NEW HOURS!!! The Partnership for Children is open Monday—Thursday 8:00am-5:00pm. We will be closed to the public on Fridays. During the months of October, November and December the Partnership will be open until 8pm one Tuesday each month. Call for dates and more information.