



FEBRUARY NEWSLETTER

MONTHLY THEMES

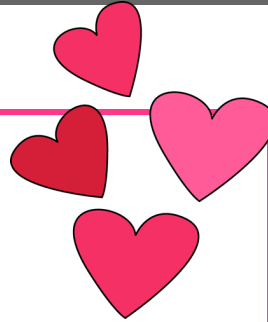
January 29th-February 2nd: Friends and Feelings/"A Hole in the Roof"

February 5th-9th: Valentine's/"Jesus Calms the Storm"

February 12th-16th: Dental Health/"Jesus Feeds 1000s"

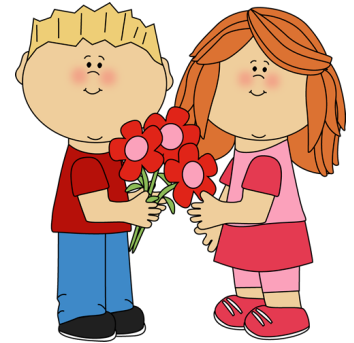
February 19th-23rd: Circus/"Jesus Walks on Water"

February 26th- March 2nd: Dr. Seuss/"The Good Samaritan"



UPCOMING BIRTHDAYS

- ◆ Annabell M. – February 2nd
- ◆ Lily M.- February 8th
- ◆ Charles S.- February 9th
- ◆ Gabriella G.-February 14th
- ◆ Leighton H.- February 21st
- ◆ Abigail P.- February 23rd
- ◆ Alex R.-February 23rd
- ◆ Greyson C.-February 24th
- ◆ Carter H.- February 26th



Respect: Teaching Your Child to Care for the World Around Them

One of the biggest challenges modern parents face is instilling respect in their children. This isn't an issue in which you can just tell your child, "Respect is important, so be respectful." No, the development of respect in a child goes much deeper than words. Respect essentially means placing value in someone or something and responding in kind. It's important that parents understand what it takes to help a child develop respect for other people, for themselves and for the world around them.

Demonstrate respect
Children learn through imitation, and will mimic your words and actions early in life. If you

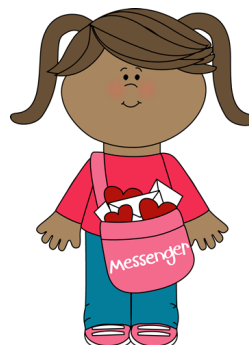
treat the people and things around you with respect, your kids will pick up on that.

Talk about respect

Explain to your child what respect is. Even from a young age, your children can explore the idea. This can be something as simple as talking about the importance of sharing toys or not taking something from another child. It could be more complex, like explaining why your child should be polite or kind to other people. When you open up the discussion, your child will be more comfortable exploring the topic with you.

Give real-life examples of respect

Make sure you give your child plenty of examples of what respect looks like. You don't have to make anything up. Just point out examples of respect and disrespect as you go about your day. Before you know it, they'll understand exactly what you're talking about.



SPECIAL DAYS IN FEBRUARY

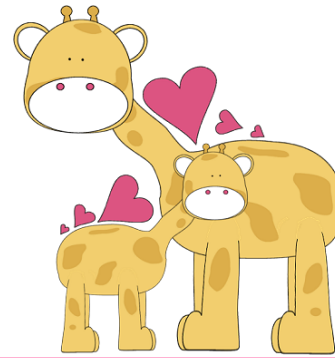
- ◆ February 2nd- Groundhog Day
- ◆ February 14th- Valentine's Day/**Friendship Party**
- ◆ February 16th- **Dental Health Visit**
- ◆ February 19th- President's Day

Tips for Keeping Your Family Healthy During Cold and Flu Season

1. **Keep up on preventative medicine:** The best way to fight a cold or flu is to prevent it from occurring in the first place. The Center for Disease Control recommends all children six months and older receive the flu vaccine each year. Also, make sure your children are going for well-child checks at the appropriate times.
2. **Wash Hands Often.** It's such a simple thing, but hand washing really does matter. Teach your kids to sing the happy birthday song twice while washing, and always use soap.
3. **Get a Good Night's Sleep.** The body's immune system quits working well when the body is sleep deprived. Now is not the time to slack off enforcing bedtime.
4. **Teach Proper Sneezing Etiquette:** Most kids sneeze all over everything, spreading potentially harmful germs to siblings and friends. The American Academy of Pediatrics recommends teaching kids to sneeze into a handkerchief or into their elbows to prevent the spread of germs
5. **Eat Well:** A well-balanced diet is the best path to overall health. Some foods do slightly increase immunity, but there are no magic foods. Stick to eating plenty of plant-based foods and lean protein, and drink lots and lots of water.
6. **Quarantine sick kids:** If your children do fall prey

to a cold or flu, keep them away from others, including their siblings. It's a good idea to keep sick kids home from school and extracurricular activities; they'll heal faster, and you won't spread the illness to others in their environment.

Stay healthy this cold and flu season. The same measures used to keep your family healthy in general, such as eating right, exercising regularly, and getting plenty of rest, are the same guidelines for preventing illness. Never underestimate the power of eating your fruits and veggies and using good hygiene. Remember that kids are never too young to start learning these good habits.



REFERRAL PROGRAM



Refer a family to us during the month of February and receive a gift certificate for dinner at



Orazio's
Restaurant



FROM THE OFFICE

Our **Easter Candy Sale** Ends on February 9th!

The **Baker Victory Dental Program** will be coming to visit us on February 16th for Dental Awareness Month.

Please remember that any trip to the Pediatrician's office is an opportunity to get your child's most updated immunization information for our records!

