



February Newsletter

Monthly Themes

Dental Health

Valentine's

Friends and Family

Circus



Bible Stories

Jesus Feeds 1000's

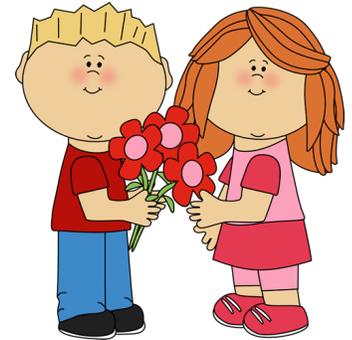
Jesus Walks on Water

The Good Samaritan

Mary and Martha

upcoming birthdays

- ◆ **Nora H.**– February 24th



Tips for Keeping Your Family Healthy During Cold and Flu Season

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.

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.

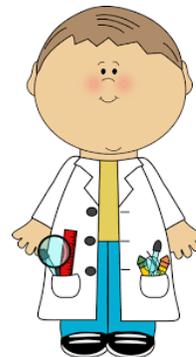
Get a Good Night's Sleep. The body's immune system quits working well when the body is sleep deprived. Now is not the time to slack off enforcing bedtime.

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

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.

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.

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.



Special Days in February

- ◆ February 2nd– Groundhog Day
- ◆ February 14th– Valentine's Day/**Friendship Party**
- ◆ February 17th– President's Day

Local February Family Events

Don't let the cold winter weather keep you stuck at home! There are plenty of local events happening in the month of February!

WNED Kidfest 2020

Saturday, February 8th: 12 pm - 5 pm

Sunday, February 9th: 10:30 am - 4 pm

WNED Studios Downtown

The Explore and More Museum will be hosting this two day event.

Children and parents can enjoy meet-and-greets with beloved PBS KIDS characters, as well as an assortment of activities, prizes, and more. Various organizations from around the community participate -- presenting live performances, crafts, and giveaways for those who attend!

Polar Bear Days at the Buffalo Zoo

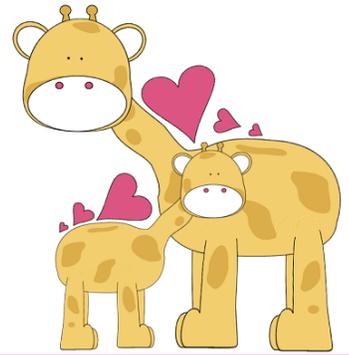
For the entire month of February, admission is discounted all day. This is for any day of the week!

Baby and Me Story Time

Barnes and Nobles Bookstore

1565 Niagara Falls Blvd

Every Saturday at 11:00, families are welcome to participate in a story book reading and activities for infants and toddlers!



Referral Program

The highest compliment our parents can give us is a referral of a family for child care. The trust and confidence that you place in us each day means so much to us! In appreciation for your confidence, if you refer a family and they register, you receive a tuition credit!

It's as easy as 1, 2, 3!

1. Refer a family to us
2. The family that you refer must give the management team your name and put it on the necessary forms for enrollment.
3. When do you receive the credit? Once the new family has attended for four weeks, your account will be credited. You will receive \$50 for a part-time enrollment, or \$100 for full time. This offer is valid only for new family enrollments.



From the Office

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!

We will still be enjoying outdoor play through the winter months! Children should have boots, a snowsuit, hats, gloves, and a warm coat each day!

