

**- March Meeting -****when:**Tuesday, January 8<sup>th</sup> @ 7:00pm**where:**Oak View Library 3700 E. 3<sup>rd</sup> Street, Meeting Room # 1Please RSVP at [Pams@sechildcarenetwork.com](mailto:Pams@sechildcarenetwork.com) by 8 pm January 7<sup>th</sup>**agenda:**

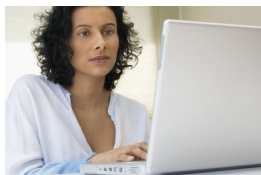
We will be sharing business tools every FCC Business can't live without. Examples and resources will be shared concerning: Business Cards, Brochures, Business Documents, Newsletters, Bulletin Boards, and Business Website Building.

**Future Meetings:** Tuesday evenings: Feb. 12<sup>th</sup>, March 11<sup>th</sup>, April 8<sup>th</sup> all at the Oak View Library.

As a Childcare Professional, you may need:  
[www.SEChildCareNetwork.com](http://www.SEChildCareNetwork.com)

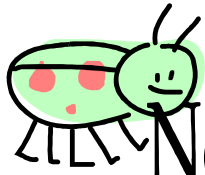
## Links & Resources

Please check out our website! It was created with your needs in mind. We are in the process of adding to the list of resources. We would love it if you had resources or websites to share with us, as well. Take advantage of our Providers with Openings List as a tool to market your business.



## Forum for Discussion

I can't begin to tell you how excited I am about this opportunity for us to visit through a forum about topics pertinent to our businesses. I no longer have to be concerned about filling up someone's inbox. Please feel free to begin and support topics being discussed on our forum. This is where true sharing can occur. Hint: If you are looking for a way to show your appreciation for this website, become an active participant on this forum. Your gift of participation would benefit everyone.



# Notorious Bugs of the Cold & Flu Season

I find it is always very handy to have this information available in case a child in my care was to come down with one of our seasonal viruses. When can children with these illnesses come back into our care? I received this information from the Mc Kennan's Ask A Nurse program, 322-6877. I realize there can be variations on this information depending on which health care individual you speak to.

## RSV

The incubation period is the period of time prior to any symptoms occurring. That time period can be 4-5 days prior to the onset of RSV. The last 24 to 48 hrs. of this time period is when a child is already contagious.

For persons with normal immune systems, they should not be exposed to a child with onset RSV for 7 to 10 days. For children with chronic asthma, cardiac problems, cancer, etc. they should not be exposed to a child with onset RSV for 3 weeks. It is rare for the virus to be shed from the nose or the mouth after symptoms have left the child (runny nose, coughing, etc. ).

## Influenza A & B

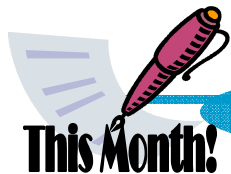
The incubation period is short while being only 1-4 days. Children can be shedding the virus from their nose and mouth (contagious) as many as 6 days before showing any symptoms of influenza. As long as children have fever, body aches, vomiting, and diarrhea they are contagious. This can be up to 10 days. When a child has been fever free for 24 hrs., whether on antiviral medication or not, it is okay for them to come back into child care.

## Rota Virus

The incubation period is 1-3 days prior to the onset of the illness. Rota Virus causes extreme diarrhea with a real foul odor! Children or adults may exhibit vomiting and fever, as well. This disease is highly contagious and admitted by oral or fecal routes. The main reason for hospitalization is dehydration. Juices and sugar based drinks make the diarrhea worse! Children are contagious for 8 to 10 days or as long as there is diarrhea. The virus can be shed in their stools for 1 to 2 months. The virus can easily live on hard surfaces, contaminated water, or on unwashed hands. All children are infected with this illness by ages 2 to 3. They may not ever exhibit symptoms. The peak age children come down with Rota virus is from 6 to 24 months. One third of all the cases of diarrhea in hospitalized children are caused by Rota virus. Some options for medical website are [www.mayoclinic.com](http://www.mayoclinic.com) and [www.webmd.com](http://www.webmd.com).



There are numerous Forums & Publications available from the Dept. of Social Services DSS at this website address, <http://dss.sd.gov/formspubs/>. One poster I have found to be extremely helpful is the Recommendation for Exclusion from the Child Care Setting poster. If you scroll down to the forms offered under the section... Child Care Services... you will find it and other publication related to Child Care. If you click on the down arrows after the title of the document, a pdf version of the form appears and you can then print it off. Copies of the document can also be sent to you free of charge. I have this document on the bulletin board near my front door. I find it helpful to refer to when clients are asking if their child, who is ill, can be allowed to join us that given day. Copies could be made to share with the families in your care.



## Professional Resources for Your FCC Business...

Have you wanted to develop a business card or business brochure to help in marketing your business but haven't known where to start? Have you wanted to develop a website for parents or as a marketing tool to advertise to potential clients? This January Meeting is the place for you! The place & time can be found on the front page of this newsletter. We will be sharing business card, brochure, newsletter, and website development ideas. Examples will be made available to view. Affordable websites offering these services will be shared. If you have a business card, brochure, newsletter, or website example you would like to share with others; please do so by sending them to me at [pams@sechildcarenetwork.com](mailto:pams@sechildcarenetwork.com). I will have the examples available to view the night of the meeting. This is a great way to pay it forward to others in child care.

## The Five Love Languages of Children

I have been asked to present a workshop at our state providers' conference May 3<sup>rd</sup>. In preparation for that opportunity, I have decided to present a preview of my workshop at your Feb. 12<sup>th</sup> meeting. This workshop is adapted from the book, The **five** Love Language of Children by Gary Chapman and Ross Campbell. Both men explain that every child has a primary language of love, a way in which he or she understands a parent's love best. During my workshop, I hope to help you discover your child's primary love language, as well as, four other common love languages. As we all know, love is the foundation to a secure child who grows into a giving, loving adult.

# SONGS THAT BRING WARMTH...



## Snowflakes, One By One

One little snowflake with nothing to do,  
Along came another and  
Then there were two.

Two little snowflakes playing in a tree.  
Along came another, and  
Then there were three.

Three little snowflakes looking for some  
more.  
Along came another, and  
Then there were four.

Four little snowflakes that finally did arrive.  
Along came another, and  
Then there were five.

Five little snowflakes having so much fun.  
Out came the sun, and  
Then there were none!

## Five Little Snowman

5 little Snowman standing in a row,  
Each had a hat and a big red bow.  
Out came the sun and it shone all day,  
1 Little snowman melted away.  
4 Little Snowman standing in a row,  
Each had a hat and a big red bow.  
Out Came the the sun and it shone all  
day,  
1 Little snowman melted away.  
Etc....

## Puttin' on Mittens

Sung to: "The Farmer in the Dell"

The Thumb in the Thumb place  
Fingers all together  
This is the song we sing  
When it is mitten weather.

## I'm a Little Snow Person

Sung to: "I'm a little Teapot"

I'm a little snow person,  
Short and fat  
Here are my buttons,  
here is my Hat.  
When the sun comes out,  
I cannot stay.  
Slowly I just melt away.

## Icy Toes

Sung to: "Jingle Bells"

Icy toes, Chilly nose,  
Wintertime is here.  
My teeth Chatter,  
What's the matter?  
Wintertime is here, Oh!  
Icy toes, Chilly nose,  
Wintertime is here.  
My teeth chatter,  
What's the matter?  
Wintertime is here.



# TO YOUR LITTLE SNOW PEOPLE!