



Your Leader in Early  
Childhood Information

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# Provider Chronicles



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### Protecting Your Family from the Flu

How can I protect my family from the seasonal flu and swine flu (H1N1 flu)?

The CDC recommends that vaccination is the best method for preventing both seasonal flu and H1N1 influenza. In addition to vaccination, take these steps to avoid spreading or contracting germs:

- Encourage frequent hand washing, using soap and water, for you and your children. If soap and water aren't available, use an alcohol-based hand sanitizer (like you don't already have a bottle in every room, plus your purse, your car, your stroller, your diaper bag...).
- Avoid touching your eyes, nose and mouth and encourage kids to do the same. We realize this is asking a lot of small children, but touching your eyes, nose and mouth are sure-fire ways to spread germs.
- Avoid close contact with sick people. We know you want to encourage your kids to share, but sick kids are allowed to be stingy with their germs.
- Stay home if you get sick. The CDC recommends staying home and keeping children home for at least 24 hours after a fever is gone—and they mean gone-gone, not gone with the help of Tylenol or Motrin—except for necessary trips for health care.
- Teach kids to cover their coughs. And cover your own! Instead of sneezing into your hands, sneeze into your sleeve, elbow or a tissue... and then throw the tissue in the trash and wash your hands.
- Stay healthy in other ways. Eat well, get lots of sleep, drink lots of fluid, and exercise. Yes, you've heard it before, but that's because it really is important!

For more information visit: [www.parentsconnect.com](http://www.parentsconnect.com)

### Craft Stick Sled



#### What you'll need:

- 5 jumbo craft sticks
- 2 craft sticks
- 2 miniature craft sticks
- White craft glue
- Yarn
- Light blue and white acrylic paint
- Toothpick

#### How to make it:

1. Paint three of the jumbo craft sticks light blue and let dry.
2. Paint the other two jumbo craft sticks with silver paint and let dry.
3. Paint the two craft sticks with white paint and let dry.
4. Decorate the light blue craft sticks with snowflakes. Dip a toothpick in white paint and draw starbursts with it, then dot the end of each line.
5. Glue the three light blue sticks together, side by side, the outer two should line up and the middle one will stick out above the other two by about 1/2".
6. Glue the two white craft sticks, one on each side of the light blue craft sticks. Line the white sticks up in the center of the light blue.
7. When dry, turn over and glue the two miniature craft sticks in the opposite direction of the larger ones. This will help reinforce the sled and hold it together better. Glue one at each end.
8. Take the two silver jumbo craft sticks and glue them to the bottom of the sled as the blades. These sticks should be standing on end, see photo. You may need to hold these for a minute or so as the glue grabs and sets up.
9. Glue a piece of yarn to the bottom side of the sled as the pull cord.

Find more craft ideas at  
<http://crafts.kaboose.com/holidays/seasons/winter/>



## Child Care Provider Sanity Poem

Now I lay me down to sleep,  
I pray my sanity may I keep.  
For if some peace I do not  
find,  
I'm pretty sure I'll lose my  
mind.

I pray I find a little quiet,  
Far from the daily daycare  
riot,  
May I lie back--not have to  
think,  
about what they're stuffing  
down the sink,  
or who they're with, or  
where they're at,  
and what they're doing to  
the cat.

I pray for time all to myself,  
(did something just fall off a  
shelf?)  
To cuddle in my nice, soft  
bed,  
(Oh no, another goldfish--  
dead!)

Some silent moments for  
goodness sake,  
(Did I just hear a window  
break?)  
And that I need not cook or  
clean,  
(well heck, I've got the right  
to dream).

Yes now I lay me down to  
sleep,  
I pray my wits about me  
keep,  
But as I look around I know,  
I must have lost them long  
ago!

~Author Unknown ~



### **Don't Be Afraid of the Mess!! Encourage Creativity!!**

With careful preparation, a well thought out arrangement of the environment, simple clean-up procedures, and a sense of humor, traditionally messy art activities, such as collage, paint, and clay can be a positive and enjoyable learning experience for everyone involved.

### **Controlling the Impulsive Child**

Do you hate to see the impulsive child head for the art area? Here's how to make the situation more manageable for everyone.

- Set simple limits. Explain, "The finger paint stays on the table."
- Determine rules and procedures ahead of time. For example, decide whether the children will be allowed to mix the paints.
- Provide definable boundaries. State, "The collage materials are to be glued inside the lid."
- Provide materials – paper towels, sponges, a broom – for quick, independent clean up.
- Display a picture chart identifying the project steps to help the child focus on the process.
- A small group or individual discovery session is a more calming experience than working in a large group.
- Eliminate waiting time. Put materials out ahead of time so the child can get started right away. Idle time encourages him to act impulsively and make a mess.
- Sit by this child as a calming influence and speak softly to him about his work.
- Have a special signal if he needs to slow down.
- Provide large sheets of paper to "go big" and use his gross motor skills.
- Offer materials that will allow him to "go wild" – wedge a large lump of clay or spray paint outdoors.
- Encourage and praise this child for his focused involvement in the total process – including cleaning up his mess.

Find the article in its entirety at -

[www.earlychildhoodnews.com/earlychildhood/article\\_home.aspx?ArticleID=493](http://www.earlychildhoodnews.com/earlychildhood/article_home.aspx?ArticleID=493)