

Monday through Friday  
8:30 am to 4:30 pm  
All children 6 months to  
11 years old

# Good Health

Aug/Sept 2018



universitycommunitychildcare.org



Phone ahead: 515-294-3333

## The Comfort Zone is now open!

Please preregister your child by going to our website and completing the required documents which can be found at:

<http://www.universitycommunitychildcare.org/comfort-zone>

We will need the following:

- Current physical
- Immunization record
- Income information (to participate in the sliding fee scale)

**THANKS FOR PLANNING AHEAD!**

## Your child's dedicated caretakers:



Shari Hanger  
RN, BSN  
Program  
Coordinator



Diana Risse  
RN, BSN  
Staff Nurse  
5 years



Hye-Jin  
Leekim  
Assistant  
9 years

A nurse will always be present while your child is in our care and Hye-Jin and ISU students are always available to provide care under the supervision of the nurse.

***You can trust your child will receive excellent care!***

## The Comfort Zone Schedule\*

8:30 **Welcome!** We take temperatures, put things in cubbies and get to know each other or renew our acquaintance

9:00 What do you like to do best? Cars, books, puzzles, blocks, art project?

9:45 Snack (toilet & wash hands)

10:00 More play, maybe a movie

11:25 Pick up toys

11:30 Lunch (toilet & wash hands)

12:00 Story; lay down for quiet time

1:00 Quiet time over; non-sleepers can read books quietly

1:30 Non-sleepers can play quietly, puzzles, board games or art, maybe a movie

2:45 Snack (toilet & wash hands)

3:00 More play

4:15 Pick up toys; get ready to go home

4:30 **Good-bye!**

**This is our Plan... BUT we provide individualized care and adjust as needed!**

**Thank You!**

Thank you to all our sponsors: Iowa State University, ISU Student Government, University Community Childcare, Story County, United Way of Story County, City of Ames.



Story County Iowa



# September is National Head Lice Prevention Month!

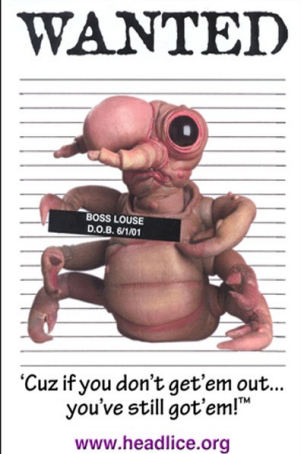


Each year, the National Pediculosis Association (NPA) sponsors the All Out Comb Out-- NPA's National Head Lice Prevention Campaign for back-to-school.

What is the NPA's message? CombFirst! Learn what to look for, and screen the children for head lice and nits regularly. Early detection with a quality combing tool and thorough manual removal of lice and nits is the best approach given that there is no totally safe and effective chemical treatment available.

**Be prepared!**

**Don't wait to learn about head lice by getting them.**

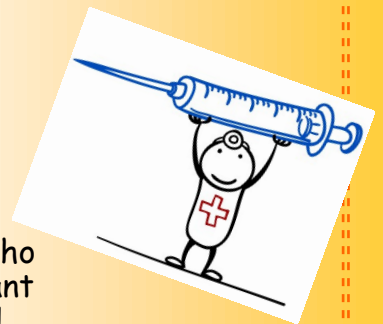


## Flu shots/ Prevention

It is that time of year when we need to take precautions to protect against the seasonal flu. Everyone 6 months of age and older should receive the flu vaccine. It is important for family members and care givers to receive the flu vaccine to protect infants less than 6 months who cannot receive the vaccine. The flu vaccine is the first and most important step to take for prevention, according to the Center for Disease Control.

Try to avoid contact with individuals who are sick. Frequent hand washing with soap and water or use of alcohol-based hand sanitizers can help decrease the risk of spreading or getting the flu. Cover mouth and nose when you sneeze or cough with a tissue. Try to avoid touching your mouth, nose and/or eyes, because this is a way to spread germs.

If you are sick with the flu, it is important to: Stay at home for 24 hours after fever is gone without using medication to relieve the fever. The exception is to seek medical attention. Limit contact with others to limit the possibility of infecting others and follow all of your doctor's recommendations.



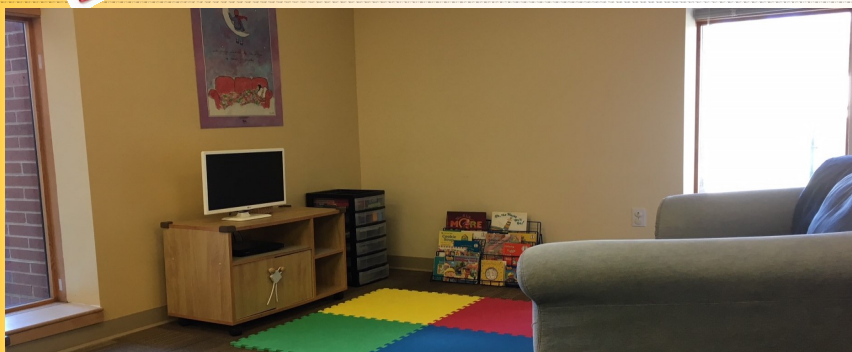
**Contact your Doctor to schedule you and your child's Flu Shots now!  
Flu shots are also available at local pharmacies.**



**REMINDER**  
We need prescription medication in the original container with the original pharmacy label.

**Keep records up to date**

Have updated physical and immunization records faxed to us at:  
**515-294-7156**



**Follow us on Facebook, too.**

