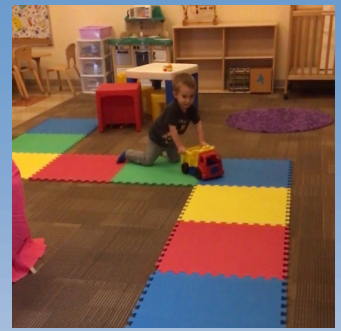




Monday through Friday  
8:30 am to 4:30 pm  
All children 6 months to  
11 years old

# Good Health

Winter 2018



universitycommunitychildcare.org



Phone ahead: 515-294-3333

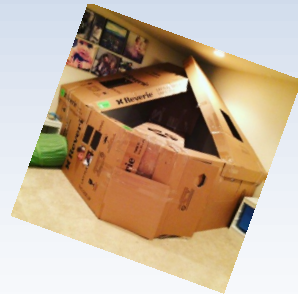
## Toddler Playtime Activities Using Common Household Items

It's definitely winter out there and you'll likely be doing a lot more indoor activities!! Check your cabinets, toy box, or recycling bin to create some resourceful toys and playtime activities to stimulate and entertain your tot for hours!

~ Do you have clean, empty cereal boxes, milk cartons, water bottles, etc.! Give your child paper to make a pretend shopping list and then go shopping in your **pretend grocery store!**

~ Do you have extra clothes, shoes, hats and scarves? Divide them into 2 suitcases and have a **dress-up relay** race to create the funniest outfit! \*Have a camera and a mirror handy!

~ Do you have big cardboard boxes, sheets and pillows? Use these to help your child make a **room within a room** or add cardboard tubes to make a castle!



**Check out more ideas at: <https://www.familyeducation.com/fun/activities-toddlers/12-toddler-playtime-activities-using-common-household-items>**

### The Scoop on Cross-Contamination in School and Child Care Settings!

*\ 'kr0s-kən-, ta-mə-'nā-shən \ the process by which bacteria or other microorganisms are unintentionally transferred from one substance or object to another with harmful effect.*

The above definition is primarily relating to food-borne illnesses, but can be applied to common childhood illness as well. When children are in close contact with one another either at school or child care, cross-contamination from one child to another is bound to happen.

With many common childhood illness, symptoms come on quickly and are most contagious before the symptoms appear!



So, what can be done?? **Insure the cleanliness of hands of all adults and children and all common and shared surfaces at all times!**



One of the reasons The Comfort Zone exists is to provide quality care to mildly ill children with common childhood illness, those recovering from those illnesses as well as to children recovering from injuries who cannot otherwise attend child care or school due to their medical condition.

### Thank you to those who have PRE-REGISTERED for use of The Comfort Zone!

If you have not had a chance to get your child preregistered so that your family is ready in your time of need, please complete the required documents which can be found at: <http://www.universitycommunitychildcare.org/comfort-zone>

We will need the following:

- Current Physical in the last 12 months
- Up-to-date Immunization record
- Demographic/Contact Information
- Income information (to participate in the sliding fee scale)

**THANKS FOR PLANNING AHEAD!**

**\*\*If your child has used Comfort Zone or has been registered in the past, please insure that we have current and up-to-date records for seamless attendance!**

**Our Fax# 515-294-7156**

**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



## Childproofing Your Home

### 12 Safety Devices to Protect Your Children and Help Reduce Injuries

1. Use **Safety Latches and Locks** for cabinets and drawers throughout your house.
2. Use **Safety Gates** to help prevent falls down stairs and keep children from entering rooms with possible dangers.
3. Use **Door Knob Covers and Door Locks** to help prevent children from entering rooms and other areas with possible dangers.
4. Use **Anti-Scald Devices** for faucets and shower heads and set your water heater temperature to 120 degrees Fahrenheit to help prevent burns from hot water.
5. Use **Smoke Alarms** on every level of your home, inside each bedroom and outside sleeping area. Check them monthly and change batteries at least once per year.
6. Use **Window Guards and Safety Netting** to prevent falls from windows, balconies, decks and landings.
7. Use **Corner and Edge Bumpers** to help prevent injuries from falls against sharp edges of furniture and fireplaces.
8. Use **Outlet Covers and Outlet Plates** to help prevent electrocution.
9. Use a **Carbon Monoxide (CO) Alarm** to help prevent CO poisoning. They should be placed near sleeping areas in the home.
10. Use **Cordless Window Coverings** when possible in order to help prevent strangulation. If you have window blinds from 2000 or earlier and are unable to replace them with new, cordless window coverings, call the Window Covering Safety Council (800-506-4636) for a free repair kit.
11. Use **Anchors** to avoid Furniture and Appliance Tip-Overs. Furniture, TVs and ranges can tip over and crush young children. Anchor these products to the floor or attach them to a wall. Free standing ranges and stoves should be installed with anti-tip brackets.
12. Use **Layers of Protection with Pools and Spas**. A barrier completely surrounding the pool or spa including a 4-foot tall fence with self-closing, self-latching gates is essential.

From Consumer Product Safety Commission, [www.cpsc.gov](http://www.cpsc.gov)

## 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

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

### REMINDER

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

### REMINDER:

COMFORT ZONE WILL BE **CLOSED**

December 15, 2018 to January 13, 2019

January 21, 2019.

**HAPPY NEW YEAR!!**

**Follow us on  
Facebook, too.**

