

Care for kids who don't feel so good...

T • H • E

Comfort Zone

515-294-3333

www.universitycommunitychildcare.org/comfort-zone

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

Good Health

Spring 2019



universitycommunitychildcare.org



Phone ahead: 515-294-3333

Tips for Avoiding Common Spring Injuries

Window falls: With warmer weather comes more open windows, and with more open windows comes more danger.

Tips: Keep furniture away from windows. Install window guards or stops. Don't rely on window screens.

Spring cleaning and gardening: It's time to dust off the cobwebs and get the yard in shape!

Tips: Store all cleaning and gardening products in their original containers, up and out of the reach of children. Post the Poison Center number next to the phone or store it in your cell phone. 1-800-222-1222.

Grilling: In the spring we like to break out the grill for outdoor picnics.

Tips: Get down on your hands and knees to see if something dangerous may actually look enticing to a young child. Grill get very hot – supervise children whenever a grill is in use.

Lawnmowers: Each year many children are severely injured by lawnmowers.

Tips: Children should be indoors or a safe distance away. Clear mowing area of objects. Use the protective guards that came with the mower.

Trampolines: As fun as trampolines can be, they can also be extremely dangerous.

Tips: Adult supervision at all times. Allow only one jumper on the trampoline at a time. Use protective padding.

Adapted from: <https://pulse.seattlechildrens.org/doctor-offers-spring-safety-tips-for-parents-and-kids/>

The Benefits of Breakfast and Exercise

Good nutrition and exercise are very important to staying healthy. In the morning, our bodies need to refuel for the day ahead after 8 to 12 hours of sleep without food. Breakfast is a great way to give the body the fuel it needs. Kids who eat breakfast...

- ◆ tend to eat healthier overall
- ◆ are more likely to participate in physical activities

These are two great ways to help maintain a healthy weight. Skipping breakfast can make kids feel tired, restless, or irritable. Their mood and energy can drop by midmorning if they don't eat at least a small morning meal.

Everyone can benefit from regular exercise. Kids who are active:

- ◆ have stronger muscles and bones
- ◆ have a leaner body since exercise helps control body fat
- ◆ be less likely to become overweight
- ◆ decrease the risk of developing type 2 diabetes
- ◆ possibly lower blood pressure & blood cholesterol levels
- ◆ have a better outlook on life.

Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle physical and emotional challenges — from running to catch a bus to studying for a test.

Some comments from surveys about The Comfort Zone...

If The Comfort Zone was not available I would've had to:

- "Missed work, important meetings"
- "Don't know what I would have done"
- "Stayed home and missed work"
- "Sick day from work (paid, but dwindling)"

Using The Comfort Zone made a difference in my family:

- "Allowed us to get to work and not miss important meetings, classes & experiments."
- "Thank you!"
- "Lowers stress by allowing a semi-normal schedule"
- "Relief"
- "It's great to know it's an option to leave my kids there, when I cannot miss work."
- "Very nice staff"

WE'RE GLAD WE COULD BE HERE FOR YOU!

Thank You!

IOWA STATE UNIVERSITY

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



10 Things Every Parent Should Know about Play

by Laurel Bongiorno NAEYC

1. Children learn through their play. Children learn and develop cognitive skills like math and problem solving in a pretend grocery store and physical abilities like balancing blocks and running on the playground.
2. Play is healthy. Play helps children grow strong and healthy. It counteracts obesity issues facing kids today.
3. Play reduces stress. It provides an outlet for anxiety and stress.
4. Play is more than meets the eye. Play is simple and complex.
5. Make time for play. As parents, you can make sure kids have as much time to play as possible during the day to promote cognitive, language, physical, social and emotional development.
6. Play and learning go hand-in-hand. They are intertwined. Think about them as a science lecture with a lab. Play is the child's lab.
7. Play outside. Make sure your children create outdoor memories.
8. There's a lot to learn about play. There is a lot written on children and play. David Elkind's *The Power of Play* is a great resource.
9. Trust your own playful instincts. Give your child time for play and see all they are capable of when given the chance.
10. Play is a child's context for learning. Play provides rich learning opportunities and leads to success and self-esteem.



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**

March 16, 2019 to March 24, 2019

Follow us on
Facebook, too.

