



Dear Parents,

Happy New Year! I hope that everyone had a safe and restful holiday. With the winter weather upon us I just wanted to reiterate the fact that you can call NDS and listen to the message about us closing or delayed opening. A message will be on the answering machine by 6:30am. You can also watch the TV for local closings as NDS will be on there as well. We try our best to open even when the weather is severe but please check the TV, our face book page, or the voice mail before leaving home as things can change especially during severe weather.

Speaking of weather we do try to have our children go outdoors each day; do send clothes for outdoor play. It is wintertime so include snow pants, boots, mittens, hats and warm jackets. We do have some extra clothes on hand, but not enough to outfit a whole class. Labels help keep the right stuff with the right child! Physical exercise and fresh air are important for your child's health and well being. We take children outdoors every day so they can run, jump, swing, climb, and use all the large muscles in their bodies. They run around, breathe in the fresh air, look at the clouds and birds, or they climb high and look down. We also talk about things that children see, hear, touch, and feel so they become aware of changes in the weather, the seasons, and the animals.

Playing outdoors your child can learn

- to notice and appreciate changes in nature
- What happens when the sun comes out to puddles, snow, ice, etc?
- follow shadows around
- To use his or her body in increasingly skillful ways.

We encourage children to wonder about what they see by asking questions:

- What do you notice?
- Where do you think they are going?
- How are they different or the same?

Fresh air and exercise are very important to your child's health, and to yours. Try to spend time with your child outdoors everyday except when the weather is dangerous. Take walks in your neighborhood, go to the park together, and explore nature with your child. Watch what your child notices and show you too are interested. Make time each day to be outdoors with your child, exploring, making discoveries, and appreciate nature.

This month we will be having our annual Kids Dollar Skate at the Riley Rink on Sunday, January 21st from 1:00pm – 3:00pm. What this entails is children under 13 are able to skate for a \$1.00 and 13 and up skate for \$3.00. This DOES NOT include the rental of skates. We need a couple of parent volunteers to skate around on the ice and make sure that everyone is skating in the right direction and or needing some help. If you would like to volunteer please let Laurie or Jane know.



Reminders:

- Please remember to take off your shoes when entering both of the infant rooms and the jr. toddler room as well.
- Please give us a call when your child will be out.
- Remember to drive slowly when coming into the parking lot especially during drop off and pick up times.
- We close at 5:30pm so please make sure that you are on time. There is a \$1.00 a minute late fee charged after 5:30pm.
- Please make sure that when you drop off your child or pick up your child that you make sure that the staff knows your child is here and or has left.



Cold Weather Checklist:

1. **Bundle Up**
Warm layers make the most sense and make sure a hat and mittens/gloves are worn.
2. **Set Limits**
Keep tabs on how long your child/children have been outdoors.
3. **Beware of Frostnip and Frostbite**
If your child complains of feeling pain or numbness in any of the extremities it is time to bring them in. Frostnip affects the face, feet or fingertips and causes numbness and may turn skin white or blue-white. Frostbite is literally the freezing of the body from the skin in. It can make the skin feel waxy, frozen, numb, and can cause blisters.
4. **Come in and Warm Up.**
If your child has been out for quite some time bring them in and warm them up.
5. **Especially for Babies**
Babies don't have a well-developed ability to regulate their own body temperature and often haven't learned to shiver. They also have a much higher body surface area to weight ratio, so even a little exposed skin loses a lot of heat. When the temperature dips below freezing, keep outside time for your little ones to a minimum. When you must go outside, bundle the baby up and keep them warm with your own heat by hugging her close to you.

It is that time of year when sickness is all around us. Please remember if your child is sick to keep them home. If we all make an effort to keep our sick children home, the flu virus would have a much harder time getting around. Also, giving the body an extended chance to rest and recover decreases stress and helps make the immune system even stronger. ☺

