

Winders Wee Care April 2011 News

April Events

- April 2 ~ 3pm-5pm ~ Gym Skills Open House ~ FREE~ 920 Science Blvd., Gahanna
- April 16 ~ 9am-5pm~ Munchkins n Monkeys Consignment Sale~ 7510 East Main St., Reynoldsburg ~ Buy or Sell! Tell them Anna Winders sent you!
- April 20 ~ Quentin's Pirate Birthday 3 pm
- April 30 ~ The Road Runner Fit Family Fun Run ~ I have 11 Free Entries ~ Contact me if interested!

Grand reopening!

Due to class schedule requirements, I had to temporarily close my doors in the summer of 2008. Now, having obtained my BS in Education, I am happy to say Winders Wee Care is officially re-opened.

We have opened with a bang! All available childcare slots were filled officially on Friday, March 25.

I wanted to include a few reminders in this section about how to maneuver around the website and your new avenue of care.



Officially reopened our doors on Monday, March 21, 2011

Menus, daily art, daily theme unit material, field trips, and more can all be found by visiting the Winders Wee Care Parents page. In addition, you will find any illnesses and weather-related emergencies on this page. The theme unit books we will be reading can be found embedded in the activity calendar on the Winders Wee Care Parents page or by visiting the curriculum page.

If you visit Family Fun in Columbus, you will find information on free and/or inexpensive fun family events in or near Columbus. If you know of an event I should add, please email me the information and I will look into posting it as well.

Every Wednesday we will make a dessert of the week and every Friday a cookie of the week. Every month the recipes will be placed on our Curriculum web page in photo format. Simply click on the corresponding photo to download the recipe and print it out.

Weekly schedules should be submitted by 7 pm on Friday of the previous week and can be completed online.

Payments are due on Monday and the preferred method of payment is cash. Monday is the day payment is due regardless of child's participation on Mondays. Feel free to pay on your last scheduled day of the previous week if this is easier or you can make arrangements to pay over the weekend if this is more convenient.

Receipts will be emailed to you at the end of every month along with the child's monthly schedule. It is easier for me to get my tax information together monthly, so this is how I send the information to parents. Also, you will receive a year-end tax summary in order to deduct your childcare expenses. The monthly receipt is mainly for your records as well as mine.

Any time you have a question, don't hesitate to call or email me. I respond to email rather quickly and answer the phone as often as possible although I sometimes forget to return a call. The most reliable method to reach me is by text or email. My phone number is 614-537-2172 (Verizon) and email is anna@windersweecare.com.

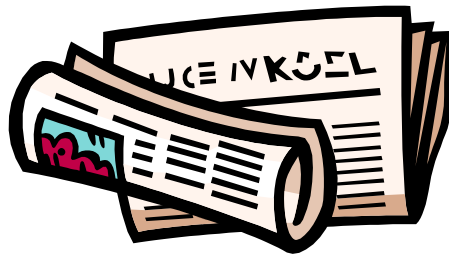
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Recycle Here!

At Winders Wee Care, we have art every day. Parents who choose to bring their recyclables here are giving back to our daily art program.

List of items we are always in need of: newspapers, plastic drink bottles, toilet paper cardboard rolls, paper towel cardboard rolls, shoe boxes with lids, multi-pack soda pliable plastic rings, egg cartons, scraps of tissue paper, scraps of material, buttons, squiggly eyes, and any other random art supply or non-breakable, non-dangerous, cleaned out recyclable product. If you bring it, we will use it. In the event too many items begin to be donated, I send the items to Childhood League Center, a non-profit early intervention center and preschool for children with special needs.



Right now I am gearing up for Easter and Cinco de Mayo and am hunting newspapers, egg cartons, and cardboard rolls from both paper towels and toilet paper the most. We will be using these for Easter crafts, piñatas, and rain sticks.

Again, if you drop it off, I will find a way to use it or donate it to a non-profit program who can!

Newspapers for piñatas!

Coupon Center

“Look for a list to be added to the Winders Wee Care page of available coupons.”

I have been inspired by watching the Extreme Coupon show and have decided to start clipping coupons (at least on Sundays).

On the filing cabinet as you walk in is a wire basket with coupons separated by category on the top tier. Feel free to go through these coupons and take what you need. Feel free to add coupons you have clipped which you don't need.

In these economic times I feel it is vitally important to pass savings on to others and for all of us to work together for the betterment of each other through helping one another. Look for a list to be added to the Winders Wee Care page of available coupons.



April is Child Abuse Prevention Month!

Strengthening Families and Communities

The U.S. Department of Health and Human Services' Children's Bureau, Office on Child Abuse and Neglect, its [Child Welfare Information Gateway](#), and the FRIENDS National Resource Center for Community-Based Child Abuse Prevention created this resource guide targeted specifically for service providers who work with parents, other caregivers, and their children with the common goal of strengthening families.

The guide contains resources to promote community awareness of five important protective factors that can help families protect children from the risk of child abuse and neglect, including tip sheets for parents in English and Spanish. These resources were developed with input from numerous national organizations, Federal partners, and parents committed to strengthening families.

You can find these publication on windersweecare.com for download.

10 Things You Can Do to Help Boost Your Child's Immune System

Kids are exposed to so many viruses and bacteria in their daily lives, but how do they not all end up sick constantly? The answer has to do with their immune system – ie, their body's ability to fight the germs. Here are **10 things you can do to help boost your child's immune system**:

1. **Sleep** – ensure that your child is getting the proper amount of sleep for their age. The body needs that down time for repairs and re-energizing.

2. **Fluids** - make sure your child gets plenty of water, milk and vitamin rich fruit juices in their daily diet. Steer clear of sodas and other drinks high in sugar and artificial sweeteners.

3. **Fruits & Veggies** – [Fresh fruits and vegetables](#) are the absolute best source of vitamins and minerals that you can give your kids. [Be creative or be fun](#), but get them in their daily diets. The best vitamin sources are strawberries, papaya, cantaloupe, blueberries, tomato, broccoli, spinach, sweet potatoes, apricots, carrots, mango and bananas.

4. **Reduce Sugar and Sweeteners** – [Sugar suppresses the immune system](#). The fewer sugary foods you can give your kids, the better. Sugar is the main ingredient in so many of the handy processed foods. Many of the artificial sweeteners on the market today are not much better, really. Aspartame can cause headaches and more serious reactions in some. [Splenda is known for causing stomach and intestinal issues](#). Our family doctor recommends that parents give their children Splenda when they are constipated (we have tested this one and it works).

5. **Exercise** - [Get the family moving](#) – everyday. Whether it is a walk, going for bike rides, dancing to the tunes or participating in an organized sport, do something. Exercise is good for every part of your body's daily function.

6. **Yogurt** – The enzymes in yogurt are great for restoring balance in your child's digestive tract. Look for yogurt with active cultures as they are the ones that help restore the good bacteria in your system (especially after being on antibiotics). Yogurt is also high in calcium – good for strong bones. One note – steer clear of the candy colored, high sugar yogurts.

7. **Good fats** - Your body needs a certain amount of good fats in order to stay healthy. Many types of fish, like salmon, are naturally high in Omega 3 Fatty acids. Another good source of Omega 3 is flax seed oil. You can easily add flax seed to oatmeal and other hot cereals and your kids will never know they are there. [Purity Products also makes an orange flavored supplement just for kids](#).

8. **Vitamins** - Vitamins B and C are two of the most important when it comes to boosting the immune system. Our pediatrician recommends a good multivitamin just to fill in the gaps in your kids diet. Vitamin C is available in many forms from fresh fruits, fortified in many children's foods, and vitamins. Personally I love Emergen-C. It is a powder that you add to water to make a fizzy, fruit flavored drink high in vitamin C and other vitamins and minerals. They have a kids version too that my kids love – [Alacer's Emergen-C Jr For Kid's Multi Vitamin](#).



9. **Supplements** - Sometimes kids just need a little extra boost. Low doses of [zinc](#) have been shown to boost the immune system and reduce the severity and duration of colds and other viruses. [Probiotics](#) are important for restoring balance to the intestinal tract – especially following antibiotic use. Many of the vitamin/supplement companies are now making children's formulas of their products (never give children the standard adult dose of a supplement and always check with your doctor first).

[KiddieBoost is a 100% safe and natural formula, containing carefully selected herbal ingredients known for their tonic effect on the immune system.](#)

[Sea Buddies Immune Defense \(Children's\) Chewable Sparkleberry Tablets](#)

[L'il Critters Gummy Immune C Plus Zinc & Echinacea, Dietary Supplement for Kids+](#)

10. **Set a good example**. Give your child the healthiest environment you can. Refrain from smoking around your children, provide them with a clean home, and set good examples with your own nutrition and exercise habits.

<http://raisingahealthyfamily.com/10-ways-to-help-boost-your-childs-immune-system/>



<http://www.windersweecare.com>

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Knock Knock
Who's there?
Aardvark!
Aardvark who?
Aardvark a hundred miles
for one of your smiles!



Toddler's Creed

If I want it, it's mine.
If I give it to you and change my mind later,
it's mine.
If I take it away from you, it's mine.
If I had it a little while ago, it's mine.
If it's mine, it will never belong to anybody
else, no matter what.
If we are building something together, all
the pieces are mine.
If it looks just like mine, it's mine.

~author unknown



International Book Day Letter B Number 1	4 Pgs 1-2 Sensory Book Cotton, feathers B is for Banana Coloring 1 Sheet	5 Pgs 3-4 Sensory Book "Grass", Sandpaper Letter Bb Coloring Page Tracing 1 Sheet	6 Pgs 5-6 Sensory Book Hard, Soft B is for Bat Counting 1 Sheet	7 Pgs 7-8 Sensory Book Shiny, Bumpy (Beans) Letter Bb Tracing Page Write One Worksheet	8 Pgs 9-10 Sensory Book "Shakey", "Jingly" (Rice) (Bell) B is for Bus Count 1 Plane
April Showers Letter A Number 2	11 Rainy Day Art (Paint) A is for Ant Coloring 2 Sheet	12 Rain Stick Letter Aa Coloring Page Count and Trace 2 Sheet	13 Rain Mobile A is for Apple Trace and Color 2 Flow- ers	14 Little Critter Rain Out- fit Letter Aa Tracing Page Large Tracer 2 Page	15 Umbrella Coloring Page A is for Acorn 2 Raindrops
Easter Letter E Number 3	18 Easter Egg Color Sheet E is for Egg Number 3 Coloring Sheet	19 Handprint Easter Chick Ee Coloring Sheet Count and Trace 3	20 Egg Carton Bunny Basket E is for Elephant Count and Circle 3	21 Handprint Lamb Leaf Ee Tracing Page 3 Tulips Letter B Number 1	22 Dry Easter Eggs E is for Eel 3 Chicks Pgs 1-2 Sensory B Cotton, feathers B is for Banana Coloring 1 Sheet
Arbor Day and Earth Week Letter C Number 4	25 Fingerprint Tree C is for Caterpillar Number 4 Coloring Sheet	26 Coffee Filter Earth Cc Coloring Sheet Count and Trace 4 Gloves	27 Handprint Tree C is for Car Trace and Color 4 Car- rots	28 Earth Day Wreath Cc Tracing Page 4 Leaves April Showers Letter A Number 2	29 Leaf Crayon Rubbings C is for Cherries 4 Cats 11 Rainy Day Art (Pa A is for Ant Coloring 2 Sheet
				Easter	18