



March '20 Newsletter

Happy St. Patrick's Day Nursery



Tips for keeping baby healthy during cold and flu season:

*Anyone touching baby should wash their hands first. Baby is never too young to start washing his/her hands too.

*Don't stop breast feeding. If you are nursing and have a cold or flu, you shouldn't stay away from baby at all. In fact, you should keep on breastfeeding since you'll be giving baby antibodies to whatever you've got through your breast milk.

*Vaccinate.....Not only your baby but yourself. Be sure to get a flu

shot to protect baby since they can't get a flu shot until 6 months of age.

*Teach older children baby etiquette. Always wash your hands before playing with baby, cover coughs and sneezes, blow your nose into a tissue and throw it in the trash can.

*Play by the rules. Be sure your baby is feeling well and fever free before taking them to child care. This will benefit all children your child is exposed to. This will also benefit your baby when someone else is sick.

Several of our babies are starting to eat table foods. Please see attached information on ideas of what you could serve and quantities. Toddler tummies are about the size of their clenched fist. The Federal Food program we follow uses these same guidelines.

Heartland will be closed Friday, April, 10th and Monday, April 13th for spring break. As noted in the parent manual, these are full tuition weeks.

Upcoming Events

- ☺ March 28— Soup/ Chili Cook off & Auction
- ☺ April 10 — April 13 Closed Spring Break
- ☺ May 29 —All school zoo field trip 9a.m. to 1 p.m.. Each student must be accompanied by an adult. We will be closed after the fieldtrip.

Heartland Upcoming Events!

Saturday, March 28th, is our 13th Annual Soup/Chili Cook Off at the Eagles Club. Join us for lots of food and fun. Information will be posted at the sign in/out tables. Please see Merilee or Tonya if you are interested in entering a soup

or chili.

Friday, May 29th, 9:00 am —1:00 pm is our end of the year zoo trip. All students MUST be accompanied by an adult. We will be closed after the fieldtrip to prepare for summer.