



July 18' Newsletter

Happy 4th of July Nursery!

With it being summer, here are a few summer time safety tips taken from the American Academy of Pediatrics.

Fun in the Sun:

The two main recommendations from the AAP to prevent sunburn are to avoid sun exposure, and to dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. However, when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF to small areas, such as the infants face and the back of the hands. If an infant gets sunburn, apply cool compresses to the affected area. Heartland's policy is NO sunscreen in infants under 6 months.

Heat Stress in Infants: Infants and small children are not able to regulate their body temperature in the same way adults do. Every year, children die from heat stroke from being left in a hot car, often unintentionally, with the majority of these deaths occurring in children 3 and under. Some guidelines to follow:

- *Always check the back seat to make sure all children are out of the car when you arrive at your destination..
- *Avoid distractions while driving, especially cell phone use.
- *Be especially aware of kids in the car when there is a change in routine.
- *Place your cell phone, bag or purse in the back seat, so you are reminded to check the back seat when you arrive at your destination.
- *The inside of a car can

reach dangerous temperatures quickly, even when the outside temperature is not hot. Never leave a child alone in a car, even if you expect to come back soon. Lock your car when it is parked so children cannot get in without supervision.

*More information can be found at www.healthychildren.org

Late Fee policy:

Heartland closes at 5:30 p.m. An automatic \$15 late fee will be charged for any child picked up after 5:30. An additional \$1 per minute will begin accumulating at 5:40 p.m. Late fee will be due with the next tuition payment. Continuous late pickups could result in dismissal from the program.



Special points of interest:

- ☺ Payments for the current week are due by Tuesday.
- ☺ We know there are lots of summer choices for your child....Thanks for choosing Heartland!

Keeping you Informed

Reminder: **We will be closed on Wednesday, July 4th in observance of Independence day.** Because our staff is paid for the holiday... your payment must include Wednesday. Benefits are just one way we keep a great staff.

Please be sure to check your child's mailbox daily.

All bottles and foods must be labeled with your child's name. It's a state policy!

We have a couple spots available in our kindergarten/school age class. If you refer a family who enrolls and attends you will receive a referral bonus towards your tuition.