

Parent Corner

Children younger than 5 years of age – especially those younger than 2 years old – are at high risk of serious flu-related complications.

Complications from flu among children in this age group can include pneumonia, dehydration, worsening of long-term medical problems like heart disease or asthma, brain dysfunction such as encephalopathy, sinus problems, and ear infections. In rare cases, flu complications can lead to death.

Ways to help Prevent the Flu

Remember to get vaccinated for the flu while also, taking everyday preventive actions, such as:

- o Keep yourself and the child in your care away from people who are sick as much as you can.
- o If you get flu symptoms, avoid contact with other people when possible, including the child in your care. Consider arranging for another caregiver to care for the child if possible, so that you don't make them sick.
- o Cover your nose and mouth with a tissue when you cough or sneeze—throw the tissue away after you use it, and wash your hands.
- o Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-based hand cleaner.
- o Try not to touch your eyes, nose, or mouth. Germs often spread this way.
- o Clean and disinfect frequently touched surfaces, especially when someone is ill.

Community Events



November 28th-29th

Thanksgiving
ACPC Closed

December 4th

Special Storytime: Winter Literacy Event
10 AM, First Presbyterian Church
Uptown Wadesboro

December 5th

Selfie with Santa
3:00-7:00 pm, First Presbyterian Church
Uptown Wadesboro

December 7th

Christmas Time on the Square
Wadesboro Town Square
5:30-9:00 pm

December 12th

ACPC Board Meeting
Partnership Office
9:00 am



As general rule, bulky clothing, including winter coats and snowsuits, should not be worn underneath the harness of a car seat. In a car crash, fluffy padding immediately flattens out from the force, leaving extra space under the harness. A child can then slip through the straps and be thrown from the seat.

Indoor
Physical
Activities
Tips to
Prevent
the Flu

What's Inside



Anson County
Partnership
for Children

a partner in the
Smart Start network

STAY IN CONTACT

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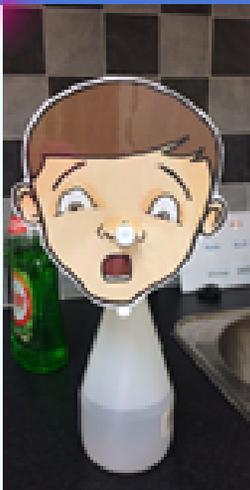
ECRC HIGHLIGHTS

Often the cooler weather of winter is accompanied by inclement weather that hinders outdoor play. However, the Environmental Rating Scale requires providers to give children a minimum of 60 minutes of gross motor play daily. Remember, with the rating scale you must have enough equipment accessible daily for children to develop 7-9 different skills. By transforming your learning centers into gross motor stations, you can meet this requirement even on those days when it rains non-stop. The ECRC has several items available that can be used inside and outside to enhance gross motor development. Those items are as follows:



- Balance beams
- Stepping Logs
- Ring toss
- Bowling game
- Hopping
- Balls
- Tunnels
- Jumping sacks
- Hopscotch mats

For more information or for sample lesson plans visit
<http://ansonchildren.org>
or stop by the ECRC



I'm sure you continuously remind your students to cover their coughs and sneezes to prevent the spreading of germs. How about trying an illustration to help them understand how far those germs can travel. Simply, create a cartoon face out of a paper plate or sturdy cardboard, cut a hole in the mouth of the character just big enough for the nozzle of a spray bottle to fit through. During your group time, begin the conversation of covering coughs and sneezes by introducing your character. As the character is talking to the children have it sneeze or cough as you squeeze the trigger of the spray bottle squirting the children with water.

Do you need a low- cost gross motor activity for those days it rains relentlessly, and you were caught unaware?

Pull out the paper plates, turn on some music and skate with the children. The children love it, and it is great exercise for the children and yourself.

Upcoming Trainings

Tuesday, December 10th

Cardiopulmonary Resuscitation (CPR)

Tuesday, December 17th

First Aid

Tuesday, January 14th

ITS SIDS

Health and Safety Topic 11

Tuesday, February 11th

What Every Baby Wants

Tuesday, February 18th

Challenging Behavior: Causes, Prevention & Intervention Strategies

Thursday, February 20th

Challenging Behavior: Causes, Prevention & Intervention Strategies (Part 2)

Tuesday, March 3rd

Playground Safety (Part 1)

Health and Safety Topic 4

Thursday, March 5th

Playground Safety (Part 2)

Health and Safety Topic 4

Tuesday, March 10th

Prevention of and Response to Emergencies
Due to Food and Allergic Reactions

Health and Safety Topic 3

All trainings are held at the Partnership from 6-8 pm unless otherwise noted. Classes are open to all but limited space is available. Call our office at 704-694-4036 to make a reservation. Contact hour classes are \$5 For ECRC members, and \$15 for CEU classes.