

WHITE EARTH CHILD CARE NEWSLETTER

MARCH 2011



Family Health Guide– Allergies

Allergies are among the fastest growing chronic conditions in childhood. Allergic rhinitis (hay fever) alone is the third most common chronic disease in U.S. kids, affecting up to 40 percent of the population, according to the American College of Allergy, Asthma and Immunology (ACAAI).

Researchers don't fully understand why allergies are on the rise, but there are interesting theories. One likely culprit: our squeaky clean lifestyles. Most kids today aren't exposed to enough germs to help their immune systems learn the difference between harmless and harmful substances. Even global warming may play a role. Studies have linked climate change to longer pollen seasons. Some believe that improvements in medicine, ironically, contribute by decreasing the number of dis-

eases children face. As a result of these factors, the immune system, which is designed to protect us, may overreact to otherwise harmless things like pollen, mold and pet dander.

Genetics play an important role, too. Kids who have one parent with allergies are 25 percent more likely to develop them than children whose parents don't have allergies. When both parents have allergies, kids are up to 70 percent more likely to experience them. According to the Centers for Disease Control and Prevention (CDC), white children are more likely to have hay fever, or allergic rhinitis, than black or Asian children. Black children are more likely to have food or skin allergies. And Hispanic children are the least likely to experience allergies overall.

Allergies can emerge in the

first several years of a child's life. One of the first indications: eczema, or atopic dermatitis, which results in skin rash and itchiness, and can affect babies in the first few months of life. Children can show signs of airborne or food allergies by age two or three.

**Is it a cold or allergies?
Check for these symptoms:**

Allergies

Mucus: Thin, clear
Duration: Two weeks+ duration
Fever: No
Itching: Yes
Sneezing: Repetitive

Cold

Mucus: Thick, yellow
Duration: No more than two weeks
Fever: Sometimes
Itching: No
Sneezing: Occasional

March Activities

This month we will be focusing on the themes of St. Patrick's Day, Windy Weather and Dr. Seuss. We will be making various shamrock activities, graphing colored shamrocks, making scented shamrocks and cooking some neat green recipes! We also will be doing some science activities with white flowers and green food coloring. Every day we will talk about what we think the weather will do, as well as doing some lamb/lion art activities. Did you know that March 2nd is Dr. Seuss' 107th birthday? We will be reading some Dr. Seuss stories and playing a Dr. Seuss game to celebrate his special day.

Check out this website! <http://sneakymommysecrets.blogspot.com/>

Sneaky ideas to hide nutritious ingredients in yummy foods that kids, husbands and even picky moms will enjoy!

St. Patrick's Day Smoothie

- 1 peeled banana sliced and frozen
- 1 cup frozen green grapes
- 1 peeled kiwi
- 1 cup washed baby spinach
- 8 oz lime or keylime yogurt
- 1/4 cup limeade

Put the frozen ingredients, kiwi and spinach in a blender. Add the yogurt and limeade. Blend until smooth. Pour into glasses and enjoy!

Makes 3 servings



Recycled Earth Crayons

Ages: 2- 8 years

Time to complete: **20 minutes**

Instructions:

Peel paper off crayons and cut crayons into small pieces. Mix green and blue crayon pieces in paper cups, putting the equivalent of one green and two blue crayons in each cup. Put cups on baking sheet in the oven at 200 degrees for 5 to 10 minutes or until the crayons have melted but the wax is not completely mixed. Let the wax cool for an hour.



HAPPY ST. PATRICK'S DAY

Up and coming child care news

*Lynette and I have made some changes to our weekly lesson plans. The layout is generally the same, but the content will be more individualized to suit the needs of each child. Every week we will be asking some of you to either sign or initial the lesson plan to show that we are keeping you involved and updated. If you have any questions or suggestions please let us know- we love to get new ideas!!

*Starting March 1st we will be starting the spring Ages and Stages assessments on all the children. Soon after, I will be setting up a time to meet with all of you to go over your child's progress. Also starting this spring, our Creative Curriculum will be going online. Each child's progress will be tracked on a computer program, and can then be passed on when they move on to Head Start.

*We are going to try and plan a "theme day" at least once a month.

Thursday March 3rd is going to be Pajama Day!! Please send your child in their favorite jammies...it should be a super fun day!

