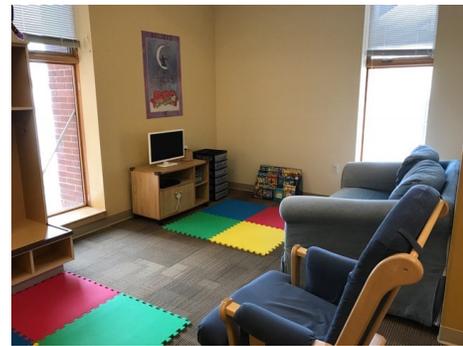




Monday through Friday
8:30 am to 4:30 pm
All children 6 months to
11 years old

Good Health

March 2017



universitycommunitychildcare.org



Phone ahead: 515-294-3333



The Benefits of Breakfast and Exercise

Good nutrition and exercise are very important to helping stay healthy. Breakfast is a great way to give the body the refueling it needs. Kids who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities — two great ways to help maintain a healthy weight. Skipping breakfast can make kids feel tired, restless, or irritable. In the morning, their bodies need to refuel for the day ahead after going without food for 8 to 12 hours during sleep. Their mood and energy can drop by midmorning if they don't eat at least a small morning meal.

Everyone can benefit from regular exercise. Kids who are active will: have stronger muscles and bones, have a leaner body because exercise helps control body fat, be less likely to become overweight, decrease the risk of developing type 2 diabetes, possibly lower blood pressure and blood cholesterol levels, and usually have a better outlook on life. Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle physical and emotional challenges — from running to catch a bus to studying for a test.



The Comfort Zone will be closed during ISU's spring break, March 13-17, 2017.

Follow us on Facebook
<https://www.facebook.com/ISUsickchildcare/>

Please ask before bringing snacks and other food or drink items. UCC has a policy to limit possible allergens by providing all snack and food required for the day's care. Let us know if you have special dietary requirements. Thank you!



Thank You!

Thank you to all our sponsors: Iowa State University, ISU Government of the Student Body, University Community Childcare, Story County, United Way of Story County, City of Ames.

TEETHING

Babies are born with all 20 primary teeth below their gum line. Teeth typically start to come through between 6 and 12 months. Children usually have their full set of baby teeth in place by age 3. Normal teething symptoms include fussiness, trouble sleeping, irritability, loss of appetite and drooling more than usual. Symptoms not normal with teething are fever, diarrhea, and rash. If your baby has any of these symptoms while teething and continue to be cranky and uncomfortable, call your pediatrician.

How to soothe a teething baby—Gently rubbing your child's gums with a clean finger, a small cool spoon or a moist gauze pad can be soothing. A clean teething ring for your child to chew may also help.

Are numbing gels or teething tablets safe for your baby? - The Food and Drug Administration recommends that children younger than 2 not use over-the-counter anesthetic benzocaine products (Anbesol, Hurracaine, Orajel, Baby Orajel, Orabase). Benzocaine has been associated with a rare but serious, sometimes fatal, condition called methemoglobinemia, a disorder in which the amount of oxygen carried through the blood stream is greatly reduced. In addition, in September 2016, the FDA recommended parents stop using homeopathic teething tablets and gel as they have not been evaluated or approved by the FDA for safety and have not shown proven health benefits. (Source—American Dental Association, Mouth Healthy, 2017)

Reasons to Vaccinate

(CDC website)

<http://www.cdc.gov/features/reasonstovaccinate/index.html>

1. Serious diseases are still out there
2. Diseases don't stop at the border, and many can spread easily
3. Vaccines are the safe, proven and effective choice
4. Children need protection early
5. Vaccines mean fewer missed work and school days
6. Vaccination protects your family, friends and community.

How did using The Comfort Zone make a difference to your family?

- It relieved a ton of stress knowing we had a reliable daycare provider while our daughter is sick.
- We were able to attend work/urgent meetings.
- It gave me peace of mind. I was able to complete my day knowing he was taken care of.
- It is so helpful in keeping me current on my school work and class attendance.
- Helped minimize the stresses of missing classes and work.



We **love** our cube chairs!!

Cube chairs are versatile for everyone to have a comfy seat. Small children can sit on the low shelf; flip it over and taller toddlers can sit on the higher side. Adults can sit on the flat side. It's great to have a seat for kids that has sides so they don't fall off!