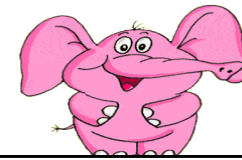




X's AND O's



See this HUG? It's for U!



MAKING YOUR HEART HEALTHY



Helping Parents Lead by Example- Making Small Choices Everyday!

Try using these seven simple steps:

- | | |
|--|--|
| Avoid smoking and using tobacco products | Make sure your cholesterol is at a healthy level |
| Keep your blood pressure in control | Keep your blood sugar at normal levels |
| Be physically active every day | Eat a heart healthy diet |
| | Maintain a healthy weight |

The American Heart Association developed a resource called "My Life Check" to make this process fun and exciting for families! You can visit MyLifeCheck.org to obtain ideas for how you and your family can make your heart as healthy as it can be.

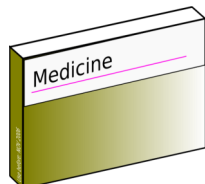


ALWAYS REMEMBER TO PLACE YOUR BABY ON THEIR BACK TO SLEEP!

Remember to get your FLU VACCINE! Flu season often peaks during February.



Children with Chronic Health Care Needs:



Has your child been diagnosed with asthma, food allergies, seizures, diabetes, or allergic reactions requiring emergency medications? If so, please talk to your child care provider about these specific health care needs. There are required forms that must be completed before medication can be given. Any chronic health care need requiring emergency medication to be left at a child care center requires an "Action Plan". This plan is completed and signed by the child's primary care physician. These forms and communication are crucial in providing the best care possible for all children. All medications must be in their original container and properly labeled. Certain forms, such as the parents permission to administer medication, must be updated periodically. Communication is key and parents are the best resource! These steps are necessary for children with chronic health care needs to make sure they are properly able to grow and learn.



TV and FURNITURE TIP-OVER

Is Your Furniture Secure?

- Every 3 weeks a child dies from a television tip-over
- Every hour a child goes to the Emergency Room from a TV tip-over
- 7 out of 10 kids injured by a TV tip-over are 5 years old and under



Protect your child from injury

- Properly place an old, heavy box style TV on a low stable piece of furniture
- Secure your flat-panel TV with a safety certified wall mount.
- Use brackets and wall straps to secure unstable or top heavy furniture to the wall

For more information go to: <https://www.safekids.org/tv>

The Power of Positivity:

Let go of:

- ◇ Toxic people in your life
- ◇ Regretting past mistakes
- ◇ The need to be right
- ◇ Feeling sorry for yourself
- ◇ Negative self talk
- ◇ The need to impress others
- ◇ Limiting beliefs
- ◇ The need to please everyone
- ◇ Gossip and complaining
- ◇ Worrying about the future

Remember you are in control of your positive attitude and the joy that is waiting 😊



RAY AND THE SUNBEATABLES



Did you know sun exposure has an effect on our skin all year round? That is why it is important to use sunscreen on all exposed skin through the year, not just during the summer months. Always remember to use other sun protective barriers such as sunglasses, wide brimmed hats, long sleeve shirts and pants to help serve as protective barriers. Here are a few facts:

- Skin cancer is the most common type of cancer in the United States.
- An estimated 1 in 5 people will develop skin cancer in their lifetime.
- Melanoma is the most serious type of skin cancer. It is most common in adolescents and young adults.
- Sunburn in early childhood is a major risk factor for melanoma.
- Anyone, regardless of skin color, can develop skin cancer.
- When thinking about outdoor play, remember to try and avoid the peak hours of 10am-4pm when your shadows are shorter. If your shadows are short, that means the sun is directly overhead and the sun rays are more harmful.

For more information check out: sunbeatables.org

Community Events:

- Be Healthy Now- Check out behealthynowalامance.com starting February 10th for more details.
- St. Paddy's Bash and Parade- March 17th, Downtown Burlington, Festivities are from 5p-9p. The parade starts at 7pm.
- Take advantage of "StoryWalk" throughout the community. Currently located at North Park Walking Track, Alامance Partnership for Children Outdoor Learning Environment and Beth Schimdt Park.

Recipe Corner: Sliced Turkey Snack

Option 1: Top celery with vegetable cream cheese and turkey

Option 2: Wrap pretzel rods with turkey and serve with mustard for dipping

Option 3: Top multigrain crackers with turkey and dollop with ranch dressing



Craft Corner: Growing Magnet Craft

Materials Needed:

Plastic Bottle or Film Container - Magnet Strip - Cotton balls - Craft Glue - Fast Growing Flower or Vegetable Seeds (beans work well)

Instructions:

- For this project, find a clear bottle or film container so you can watch the roots as the seed grows.
- Start by decorating the film container or bottle if you like. Make sure you don't completely cover it because you will not be able to see into the container while the seed is growing. Glue a magnet strip along the side that will be the back of the film container.
- Place two cotton balls in the container. Sprinkle a little water onto the cotton balls and then place a few flower or vegetable seeds onto the damp cotton balls. Place one more cotton ball on top of the seeds and sprinkle with a little more water.
- Now you can hang the magnet on your refrigerator or any other metal surface and watch it grow. You should keep the seed moist, adding just enough water at a time to keep the cotton balls damp.

