

SEVCA Head Start Newsletter

Monthly Newsletter for December 2023



*From the Desk of the
Director...*

Dear Parents & Staff,

Wow! How quickly the time is going this year! We are already 3 months into the program and so much has been happening!

We have been enrolling children, but still have some openings for all of our centers. If you know of anyone looking for a quality preschool program or child care program, please send them our way. We are now on an Under-Enrollment Plan with the Office of Head Start (OHS), which means if we do not meet our funded enrollment in the next 12 months, then we could risk losing funding. We are still looking for staff for our Northwoods Head Start program, and cannot meet our funded enrollment without this center opening. Hopefully we will find staff, or we will be facing some very difficult decisions ahead. The Family Partners are doing a fabulous job recruiting in the community...keep up the great work ladies!

The annual Head Start grant application has been approved by the SEVCA Board and Policy Council and was submitted prior to their deadline of December 1st.

We are happy to report that we hired Crystal Tucker as a kitchen substitute. Crystal has volunteered numerous hours for our program so we are very happy to have her onboard.

We are very excited to announce that Dave Pelzer, the author of *A Child Called It*, *The Lost Boy*, and *A Man Named Dave*, will be coming to do a presentation in April for our staff. We will be opening this up to the community, so more info on this as the date draws closer.

As this newsletter is being printed, we are finishing up with our "unannounced" Focus Area 2 with a federal review team. We want to express our gratitude to all of the staff, parents, Policy Council and Board Members who joined us for very short notice meetings and helped us through this review. I appreciate all of you!

I hope everyone gets to spend time with family and friends during

this holiday season and take time to enjoy the break!

Happy Holidays!
Lori Canfield
Head Start Director

The following children had **100%** attendance in October:



Chester Community Preschool:
CCP1: Carmen R., Kaylee T., Lucy H. and Maynard R.
CCP2: Gavin A., Isaiah M., Harper W., Kailynn H. and Marianne R.

Pine Street Preschool:
Daisy Room: Osyris B. and Robin G.
Willow Room: Gideon L., Ivy L., Remi R. and Adalyn T.

The Children's Place:
Bentley, A., Declan C., Liam C., Brinley C. and Ezekiel M.

Northwoods Preschool:
Not currently open.

In-Kind Winners for the month of October:

Pine Street Preschool had the highest center donation of In-kind for October and the Daisy Room had

the highest classroom donation of In-Kind!

You Rock!!!

Important Dates to Remember:

December 1, 2023

P/T Conference #2 will be held. Centers and Child Care are CLOSED.

December 6, 2023

All Staff In-Service. Centers and Child Care are CLOSED.

December 20, 2023

Policy Council Meeting; 9:30AM

December 22, 2023

Early Release, Ed Meeting. Child Care is OPEN.

December 25-29, 2023

Winter Break, all centers are CLOSED, Child Care is CLOSED, and Head Start Management offices are CLOSED.

Classroom Updates...

Chester Community Preschool

CCP1

Ms. Jodie, Ms. Karie and Ms. Meagan

Here in CCP1 with Miss Jodie, Miss Karie, and Miss Meagan we have been learning about Nocturnal animals! We have been studying different types of animals that are

awake at night and sleep during the day!

We learned the letter O and letter L along with different words that start with each of them. We turned our letter O into an owl and made up our letter L with leaves!

Even our Dramatic Play area was transformed into a campsite at night!



It was fun learning about the different types of nocturnal animals, and we made so many fun crafts. We made owl masks and our own baby owls on a tree branch!

Our Jewel Jar was filled as well and Miss Brenda came in and painted our faces. Even the teachers participated!

We got to make our own owl snacks and learned a new song about owls and counting as they flew away.

This month, we had a few specials come about. Miss Carrie from the Whiting Library came to our school and read us some books about the different seasons and sang a few songs with us too.

Vermont Institute for Natural Sciences (VINS) came into our classroom and taught us more about the different types of local owls

there are as well as other nocturnal animals.

We had our Family breakfast and our families were able to come in and see all the amazing art work that we have created this month!

November was such a great month, and we cannot wait to continue our learning this December!

CCP2

Ms. Randi, Ms. Andi and Ms. Bri

November was busy! We learned the letters "W" for wolf, "K" for king, "E" for egg, and "J" for jewel. Since our focus has been on nursery rhymes and fairytales, we have read "Humpty Dumpty", "The Three Little Pigs", and "The Three Bears".

We have done some fun projects like Piggy Plate Painting, Salt Webs, and Hickory Dickory Dock Mice.

For nutrition projects, we have done Muddy Pigs, and Teddy Bear Toast, which the kids loved!

We have filled our heart jar and celebrated by having costume day, pajama day, and just today we celebrated by having a picnic on the rug for lunch!

Next week we will be having Family Breakfast to kick off Thanksgiving break. It's been a great month! See you next month!!!

Chester Community Preschool
Family Partner, Katie Murphy

December already! This year is really zipping by! November has come and gone as well as the warm

weather it seems. Now is definitely a good time to send in warm clothing and consider keeping extra snow pants and boots at the center. If you need assistance obtaining these items, please contact me and I can assist you.

I would like to thank Candace Groner for the donation of some outdoor toys. The children are really loving the trucks!

We have started our Your Journey Together workshop and will be finishing up this week. Don't worry if you missed this session. We will offer another workshop in the spring.

Home visits are almost done! I appreciate all of you for allowing me into your lives and into your homes to complete these visits. I am so thankful to be able to get to know you all on individual levels and offer any support you may need. Please feel free to reach out to me at any time should needs change.

Remember Family Engagement activities and other events in our community are posted to the CCP Family-Partner Facebook page and on Seesaw.

Phone: (802) 460-0297

E-Mail: kmurphy@sevca.org

Facebook: CCP Family-Partner (send me a friend request)

Don't forget to like us on Facebook:
SEVCA Head Start

Pine Street Preschool

Daisy Room

Ms. Jen, Ms. Alyssa and Ms. Felicia

We have had such a great month of November learning all about Fall. We have learned about apples, pumpkins, leaves, and more!

We got to paint pumpkins, and marble paint mixing the colors red and yellow to make orange. We also made caramel apples with glitter glue! We decorated our letters of the week with material that starts with that letter, including hay for the letter H, which the kids loved! The kids also had so much fun making a wreath of things they found in nature, like leaves.

Our Pumpkin Jack is starting to get some mold on him, we have been keeping a very close eye on him! We transformed our dramatic play area into a farmers' market and the kids are having so much fun with it! They have been buying a lot of fruits and veggies these past couple of weeks :).

VINS came to visit again this month and we learned all about bears! They even showed us a bear pelt and the kids got to feel it, it was so much fun!



We had another successful family breakfast and lunch, the kids loved eating with their families! We even got to have a family dance party before our luncheon, we all had a blast.

Next month we will learn all about Holidays around the world. The three Holidays we will learn about are Hanukah, Kwanzaa, and Christmas!

Willow Room

Ms. Ruby, Ms. Nicholle and Ms. Sadie

Hello from the Willow Room! 😊
Wow! How quickly the time is going this year!

This month, we learned about community helpers and human body. The kids identified different types of community helpers, the tools they need to do their job properly, as well as how the jobs benefit the community.



The kids also learned about fire safety rules. We made a community helpers flip book and everybody shared about what they want to be when they grow up.

Learning about human body was also fun! We learned, not only parts of the human body, but also ways to

keep them healthy. We also learned the importance of seeing a doctor and a dentist regularly.



VINS came and taught about how amazing bears are. The kids were able to touch the bears' hair, learned about how they live through all the seasons, the food they eat, and how they hibernate.



Next month, our theme is about winter!



Pine Street Preschool Family
Partner

Hello Families! I wanted to start with a thank you to all the families that attended the Parent Meeting

last month. We will be having a fun craft night this month for our Parent Meeting. Watch your child's cubby for more information.

I have included a fun Gratitude Scavenger Hunt for families to use to start great conversations around what you are grateful for. It's really fun to see what the kids come up with. I hope you enjoy this with your family!



As always if you have any needs for your family please come and chat with me to see what we can find for resources. If your children need a winter coat, please let me know so that we can get that for you.

Please keep an eye on your child's school folders for more details about Family Engagement activities and other events. Please contact me if you have any questions, comments, or concerns.

Lindsay DeCell
Family Partner
Pine Street Preschool
802.460.1285
Ldecell@sevca.org

Northwood's Preschool

Ms. Michohn

Ms. Michohn has been covering for staff at all our other centers as we wait to fill open positions at Northwoods. We're still looking for a Lead Teacher, Assistant Teacher and Cook there. Please, if you know anyone who would be a good fit for our Head Start family, send them our way!

Children's Place Preschool

Ms. Susan, Ms. Denise and Ms. Mimi

That time of the month is here! I am so excited to share with you all that we have learned in the month of November!

We blasted off by introducing the Solar System, let me tell you what we learned about it! There are so many things that you can learn about when it comes to the Solar System. It ranges from, Volcanos, Moon phases, Layers of the Earth, shooting stars, (which we actually learned are meteors) and gravity!

Ms. Susan taught a lesson on Gravity, and how everything that goes up, must come down. We used different materials to show the kids how Gravity works, which they were astounded by. It has been so much

fun watching the kids make their own earths, rockets, the sun and even their own astronauts floating in space.

The kids were very intrigued when Ms. Susan made a Rocket ship out of cardboard, she even wrote the correct names on it. Such as "Nose Cone" which is the top of the rocket, and the "Burning Gas" which is what the rocket releases when it takes off. It was only right that we showed them how the inside of a Rocket Ship looks like and how it takes off from Earth. Next, we made our own shooting stars, which we learned are just meteors that are burning upon entering the earth's atmosphere. We made our own shooting star completed with a wish. We also made unique constellations from dinosaurs to cats.

Volcanoes were next on our list, we learned that they are a part of the earth's crust, from which lava, ash and hot gasses flow or are ejected during an eruption. We wanted to make our own Volcano so we did an experiment by simulating that fizz, which was made out of baking soda, vinegar and food coloring for added effects, was the lava. The fun that was had making our Volcanoes, is an understatement. I am sure you are wondering how do Volcanoes fit into our Solar system? Well, there are four confirmed Volcanic activity in Earth, Jupiter, Neptune and Saturn.

Aside from all the fun we have had in the classroom, learning about the Solar System, Ms. Denise has been taking the lead in the classroom on Wednesday's and she has been doing an exceptional job. She has come up with making homemade paint from markers that are running out of ink and flour, which is a great hack for parents that are looking for paint that is safe and can be made with items that you may already have at home. She has also introduced Safety Rules for the kids and why they are important to follow. She goes over the rules every day before lunch time and the kids have done an extraordinary job learning them and following them. Ms. Denise also printed them out and made sure that they went home with the kids so they can continue to practice the safety rules at home.

Ms. Mimi has also begun reading to the kids every day before rest time with books the kids pick out or the books, she brings from home she has even read a book in her native language, Spanish. She has also done a lesson in putting on our snow gear, she had one of the kids model how to correctly put it on. Knowing that snow is right around the corner it is important to set them up for success, and what better way than to teach a lesson on how to get ready to have some fun in the snow!

When it comes to food there is no better person than Ms. Rhi to

make it fun, delicious and educational. She has had the kids help make a heart shaped pizza, and she even surprised us by making a Rocket Ship pumpkin pie. Ms. Rhi has also introduced exotic fruits, such as persimmons, Lychee, and Passion fruit, to name a few. Every day before lunch she brings out the menu and has the kids help her read it, she brings up one by one and has them identify and sound out the beginning of each letter of the word. I think it is safe to say we are lucky to have someone like Ms. Rhi make food enjoyable for the kids.

We also had a wonderful visit with VINS and Ms. Hannah had us work as a team to try to create bridges across rivers and it was fabulous to see the kids work together and combine ideas or help one another. She sings songs, and brings out her furry friends and brings the kids together to have a wonderful time.



Over all, this month has been full of excitement, curiosity, learning and fun. We have been over the

moon teaching our little astronauts about space and everything that comes with it.

We hope you enjoyed reading about the fun we've had exploring our Solar System and everything else in between and I'm looking forward to sharing with you what we will be working on next month. With that being said, Signing off, Houston.

Next month, The Season of Light!

*From the Desk of the Family Partner
for The Children's Place Preschool and
Northwoods Head Start*

Jessica Parmenter



Hello Families!

Winter is here! If you need fuel assistance or weatherization services stop in and we can fill out an application. Let me know if you have any questions!

www.dcf.vermont.gov/benefits/fuel-assistance

We are still wrapping up home visits, so I will be reaching out to any families that needed to reschedule. Just a reminder that we are closed on Wednesday, 12/6 for in-service; as well as 12/25-12/29 for winter break!

We are still looking for another parent to be on policy council, so let your family partner know if you're interested!

This month for our parent meeting we would like to plan some fun winter crafts for you to be able to explore with your families over winter break.

Let your family partner know if you have any ideas!

Jessica Parmenter
Family Partner
Children's Place Preschool
Northwoods Preschool
802-674-8008
jparmenter@sevca.org

News from the Practiced-based Coach

Susan Brown

Hello to you all. I have had the pleasure of playing in Chester Community Preschool this last month. I love visiting the teachers and the children. I must tell you how proud I am of the teachers, who provide a safe, loving and caring classroom. Children are engaged, learning and having fun! I have played with so many children! I have read books, made activities, played silly games after rest time and provided items to enhance the classroom. At this time, I am out of my classroom once a week. Soon I will be taking two days out of my classroom to attend to other classrooms. This position is new for me but I can say that I have loved meeting all of you and getting to know your children. You should all

be proud of your child's developmental growth! I have seen it in the days I have been there. If you see me around your center, don't hesitate to say hi or if you have questions please don't hesitate to ask. I look forward to seeing you all.

News from the Family/Community/Mental Health Services Manager

Barbara Vandenburg



Veggie-VanGo provides free vegetables, fruit, and sometimes eggs, yogurt and frozen foods to anyone! For Chester and Springfield residents, the Veggie VanGo site is at Riverside Middle School on the 2nd Friday of the month. For Windsor and WRJ residents, you can go to River Street in Windsor (The old Good Year Plant) on the 2nd Tuesday of the month.

SEASONAL FUEL PROGRAM

Vermont's Seasonal Fuel Assistance Program can help pay part of your home heating bills whether you own your home or rent; pay for heat directly or as part of rent; rent a room in someone's home; or live-in public, subsidized, or Section 8 housing - even if your rent includes the cost of heat. Plus, recent program changes mean more Vermont families may be eligible because monthly income limits have

been increased, and the resource test has been eliminated.

New guidelines allow applicants to apply year-round! Dial 211 for eligibility and application information.

DCF Announces Seasonal Policy for Emergency Shelter Program

Waterbury, VT - To help ensure Vermonters who are experiencing homelessness and don't have adequate financial resources can seek temporary housing in hotels and motels during harsh winter weather, the Department for Children and Families (DCF) is announcing the seasonal policy for Emergency Shelter.

As outlined in the 2023-24 Adverse Weather Conditions Policy: Between December 15, 2023 - March 15, 2024:

Expanded eligibility will be in place regardless of the forecasted weather.

From November 15 - December 15, 2023, and March 15 - April 15, 2024:

Expanded eligibility will be in place when the following conditions are met or anticipated — for at least three hours between the hours of 6 PM and 6 AM based on the town in which the district office is located.

- Temperatures or wind chill are **less than 20 degrees (F)**; or

- Temperatures are **less than 32 degrees (F)** with a **higher than 50%** projected chance of precipitation.

Assisting households with exiting homelessness into permanent housing is only possible with the diligent work of community partners, service providers, and housing organizations. Housing individuals in hotels is not an ideal setting for people experiencing homelessness; the Agency for Commerce and Community Development and DCF continue to work to help transition people who are in the program into stable, long-term housing, which is better for the health and safety of Vermonters and requires collaboration across state government and with community organizations.

To learn more: Call 1-800-479-6151

Go to:

<https://dcf.vermont.gov/benefits/E-A-GA>.

Visit your local ESD District Office:

<https://dcf.vermont.gov/esd/contact/districts>.

News from the Health and Nutrition Manager

Heather Frye

Mango Smoothie Bowl

Ingredients:

25 oz. Low Fat Greek Yogurt

20 oz. Frozen Diced Mango



1 TBS Agave Syrup

$\frac{1}{2}$ TBS Vanilla

Directions:

Place yogurt in a bowl, cover and refrigerate.

Drain Mangoes in a colander for 30 minutes to an hour.

Pour Mangoes into a food processor, purée on medium speed until mangoes have a smooth consistency.

DO NOT OVERMIX

Pour Mangoes over yogurt, stir well.

Add agave syrup and Vanilla Extract.

Stir well and serve chilled.

Program Areas of Focus: Literacy and Mathematics

Children Transitioning to Kindergarten Strengths: Small Muscle Movement and Large Muscle Movement

Children on IEPs Areas of Focus: Language and Mathematics

Children on IEPs Strengths: Small Muscle Movement and Large Muscle Movement

Children on IEPs Areas of Focus: Language and Mathematics

News from the Education/Disabilities Services Manager

Jodi C. Farashahi

The weather is finally getting colder, so please make sure to send your child with an appropriate change of clothes-jacket, hat, mittens, snow pants and boots (once the snow begins). Teachers have completed observations for the fall assessment period, and will be meeting with parents to share children's progress on Friday, December 1, 2023. Please make sure you connect with your child's teacher to set up a time. Stay warm, and have a wonderful holiday!

Fall Outcomes:

Program Strengths: Small Muscle Movement and Large Muscle Movement

Birthday News for December



Chester Community Preschool
CCP1- Emma C. 12/3, Sofia G. 12/21 and
Carmen R. 12/27
CCP2- Marianne R. 12/27

Pine Street Preschool
Daisy- Tommy P. 12/27
Willow- Alexander G. 12/29 and Abigail T. 12/18

Northwood's Preschool
Not currently open.

The Children's Place
Livian F. 12/12

Staff
CCP's Cook-Vanessa H. 12/22

Monday

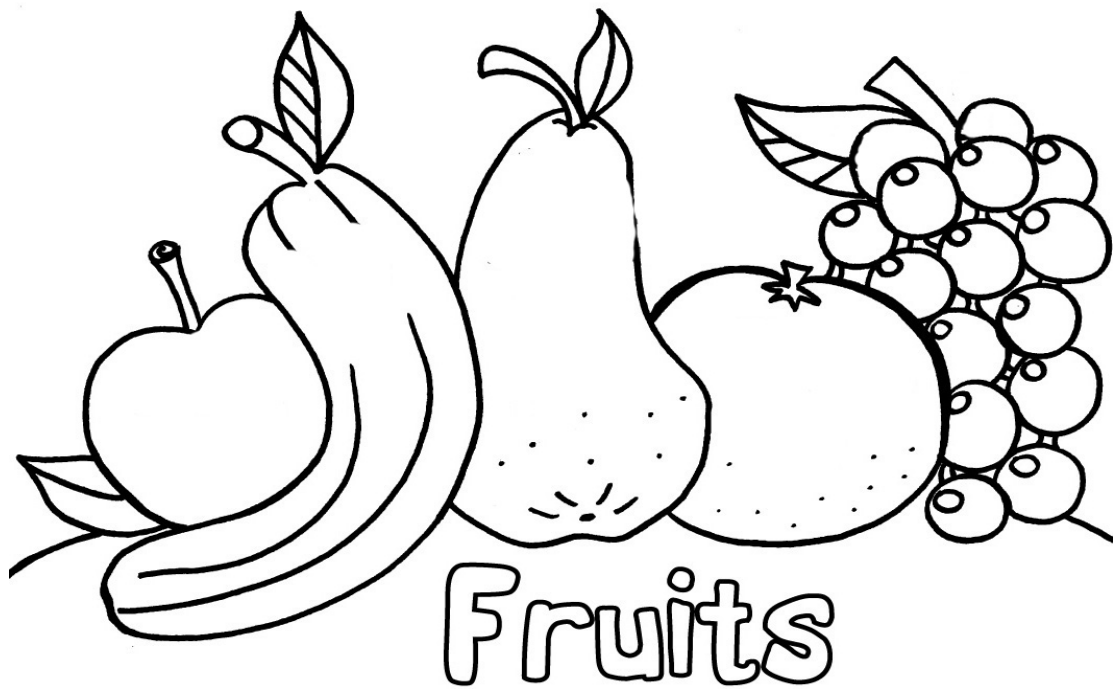
Tuesday

Wednesday

Thursday

Friday

	<p>This institution is an equal opportunity provider.</p>	<p>Menu Subject to Change</p> <p>WGR=Whole Grain Rich</p>		<p>1</p> <p style="text-align: center;">CLOSED</p>
<p>4</p> <p>Breakfast Cold Cereal Blueberries 1% unflavored milk</p> <p>Lunch Tuna on WGR Carrot Sticks Apple Slices 1% unflavored milk</p> <p>Snack WGR Goldfish 1% unflavored milk</p>	<p>5</p> <p>Breakfast <i>Spiced Oatmeal</i> Mighty Mangos 1% unflavored milk</p> <p>Lunch <i>Pizza Burger</i> on WGR Bread Go for It Green Beans Peaches 1% unflavored milk</p> <p>Snack Banana Hard Boiled Egg</p>	<p>6</p> <p style="text-align: center;">CLOSED</p>	<p>7</p> <p>Breakfast Crunchy French Toast (WGR bread) Applesauce 1% unflavored milk</p> <p>Lunch <i>Tuscan Grilled Cheese</i> Cottage Cheese Mixed Vegetables Pears 1% unflavored milk</p> <p>Snack Cantaloupe 1% unflavored milk</p>	<p>8</p> <p>Breakfast WGR English Muffins with Peanut Butter Mixed Berries 1% unflavored milk</p> <p>Lunch Homemade Chicken Nuggets WGR Roll Garden Party (tossed salad) Watermelon 1% unflavored milk</p> <p>Snack Fresh Veggies & Creamy Dip Honey Dew</p>
<p>11</p> <p>Breakfast Cold Cereal Low Fat Yogurt Mandarin Oranges 1% unflavored milk</p> <p>Lunch Ham It Up WGR Pita Celery Sticks Strawberries 1% unflavored milk</p> <p>Snack Cottage Cheese Apple Slices</p>	<p>12</p> <p>Breakfast WGR Toast Burst of Blueberries 1% unflavored milk</p> <p>Lunch <i>Beef Taco Pie</i> (beef, veggies, WGR tortilla) Cantaloupe 1% unflavored milk</p> <p>Snack Snap Peas Wheat Thins</p>	<p>13</p> <p>Breakfast <i>Banana Bread Squares</i> Pears 1% unflavored milk</p> <p>Lunch <i>Chic' Penne</i> Cheddar Cheese Chunks Cantaloupe Watermelon 1% unflavored milk</p> <p>Snack Veggiewiches (cucumber slices with ham and cheese in between) 1% unflavored milk</p>	<p>14</p> <p>Breakfast Breakfast WGR Wrap, with Peanut Butter, Bananas and Blueberries (make your own) 1% unflavored milk</p> <p>Lunch <i>Turkey and Noodles</i> WGR Roll Strawberry Spinach Salad Mangos 1% unflavored milk</p> <p>Snack WGR Goldfish Veggie Plate</p>	<p>15</p> <p>Breakfast <i>WGR Pancakes</i> Applesauce 1% unflavored milk</p> <p>Lunch Egg Salad on WGR Crackers Broccoli Honey Dew 1% unflavored milk</p> <p>Snack Tootie Fruitie Salad Rice Cakes</p>
<p>18</p> <p>Breakfast Cold Cereal Burst of Blueberries 1% unflavored milk</p> <p>Lunch Peanut Butter & Jelly on WGR Cheddar Cheese Carrot Sticks Perfect Pineapple 1% unflavored milk</p> <p>Snack WGR Crackers 1% unflavored milk</p>	<p>19</p> <p>Breakfast WGR Bagel Applesauce 1% unflavored milk</p> <p>Lunch <i>Chicken Alfredo with a Twist</i> Green Beans Cantaloupe 1% unflavored milk</p> <p>Snack Graham Cracker Yogurt</p>	<p>20</p> <p>Breakfast <i>Breakfast Burrito with Salsa</i> Honey Dew 1% unflavored milk</p> <p>Lunch <i>Beef Vegetable Soup</i> Cottage Cheese <i>Baking Powder Biscuit</i> Mixed Berries 1% unflavored milk</p> <p>Snack Red Grapes Halves 1% unflavored milk</p>	<p>21</p> <p>Breakfast WGR Toast with Peanut Butter Apples 1% unflavored milk</p> <p>Lunch <i>Chicken Fajitas on WGR tortilla</i> Strawberries 1% unflavored milk</p> <p>Snack Sam-I-Am Eggs (deviled eggs) Pepper slices</p>	<p>22</p> <p>Breakfast <i>Breakfast Muffins</i> Mixed Fruit 1% unflavored milk</p> <p>Lunch <i>Turkey and Beef Macaroni</i> Orange Smiles 1% unflavored milk</p> <p>Snack Monkey Snack (banana & peanut butter) 1% unflavored milk</p> <p style="text-align: center;">EARLY RELEASE</p>
<p>25</p> <p style="text-align: center;">CLOSED</p>	<p>26</p> <p style="text-align: center;">CLOSED</p>	<p>27</p> <p style="text-align: center;">CLOSED</p>	<p>28</p> <p style="text-align: center;">CLOSED</p>	<p>29</p> <p style="text-align: center;">CLOSED</p>



- Fruits contain vitamins and minerals that help your child grow and stay healthy.
- Fruits can be fresh, frozen, or canned.
- Choose canned fruits packed in water or 100% juice.

Smoothie Recipe

Ingredients

- 1 banana, small, ripe
- 1 cup Frozen fruit (you choose your favorite)
- 8 ounces yogurt (you choose your favorite)
- $\frac{3}{4}$ cup milk; 1% or skim

Directions

1. Peel banana. Using cutting boards and butter knife, cut banana into 1-inch chunks. Place the banana chunks in the blender.
2. Place the frozen fruit, yogurt, and milk in the blender with the banana.
3. Cover the blender and blend on high speed for about 1 minute or until the mixture is smooth.
4. Pour smoothie into cups, and enjoy!

WIC APPROVED ACTIVITY

Today your child learned about fruits and colored this picture for you to post on your refrigerator.

To get credit for this WIC Approved Activity, call your WIC Office at **289-0600/295-8820** and let us know the recipe on this page.



Flu:

A Guide for Parents



Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold and usually comes on suddenly. Each year flu causes millions of illnesses, hundreds of thousands of hospitalizations, and tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 2010 - 2020, between 6,000 and 27,000 children younger than 5 years old have been hospitalized from flu each year in the U.S. Flu vaccine is safe and helps protect children from flu.

What parents should know

How serious is fl

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years old and children of any age with certain long-term health problems are at increased risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with flu will not have a fever.

Protect your child

How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for most children.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at higher risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at higher risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant people should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination during pregnancy can protect the baby from flu for several months after birth.
- Flu viruses are constantly changing so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

Are flu vaccines safe?

Flu vaccines have an excellent safety record. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

What are the benefits of getting a flu vaccine?

§ **A flu vaccine can keep you and your child from getting sick.** When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce risk of getting sick with flu by about 40 to 60%.

- **Flu vaccines can keep your child from being hospitalized for flu in the pediatric intensive care unit.** One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.
- **Flu vaccine can be life saving in children.**

A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with higher risk medical conditions



and by nearly two-thirds among children without medical conditions.

- **Flu vaccinati also may make your illness milder if you do get sick.**
- **Getting yourself and your child vaccinated also can protect others** who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

What are some other ways I can protect my child against fl

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.

If your child is sick

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

Make sure your child gets plenty of rest and drinks enough fluids.

If your child is 5 years or older and does not have a long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

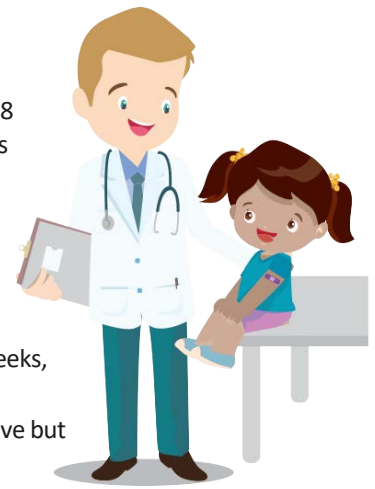
Children younger than 5 years old – especially those younger than 2 years – and children of any age with certain long-term health problems (including asthma or any lung disease, heart disease, diabetes and disorders of the brain or nervous system), are at higher risk of serious flu complications. Because children at higher risk of serious flu complications can benefit from early antiviral treatment of flu, parents of such children should contact their child's doctor if they develop flu symptoms.

What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room:

- Fast breathing or trouble breathing
- Bluish lips or face
- Ribs pulling in with each breath
- Chest pain

- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions



This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

Is there a medicine to treat fl

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first two days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at higher risk of serious flu complications who get flu symptoms. Antivirals can be given to most children and pregnant people.

How long can a sick person spread flu to others?

People with flu may be able to infect others from one day before getting sick to up to five to seven days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest and to avoid spreading flu to other children or caregivers.

When can my child go back to school after having flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)* or higher.

*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.

For more information, visit



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