

PARENT GAZETTE

SEASON'S

Greetings

Dear Parents and Guardians,

November and December are busy and exciting months filled with the joyous anticipation of the holidays and the fresh optimism that comes with the start of a new year. On behalf of Parent/Child Incorporated, we want to take a moment to say "Thank You!" We appreciate your partnership throughout the past year. We wish you a wonderful holiday season filled with the joy of family and friends. Blessings to you and yours for a wonderful holiday season!



Chief Executive Officer/HS/EHS
Director
MEd, MA, PhD



Parent/Child Incorporated (PCI)



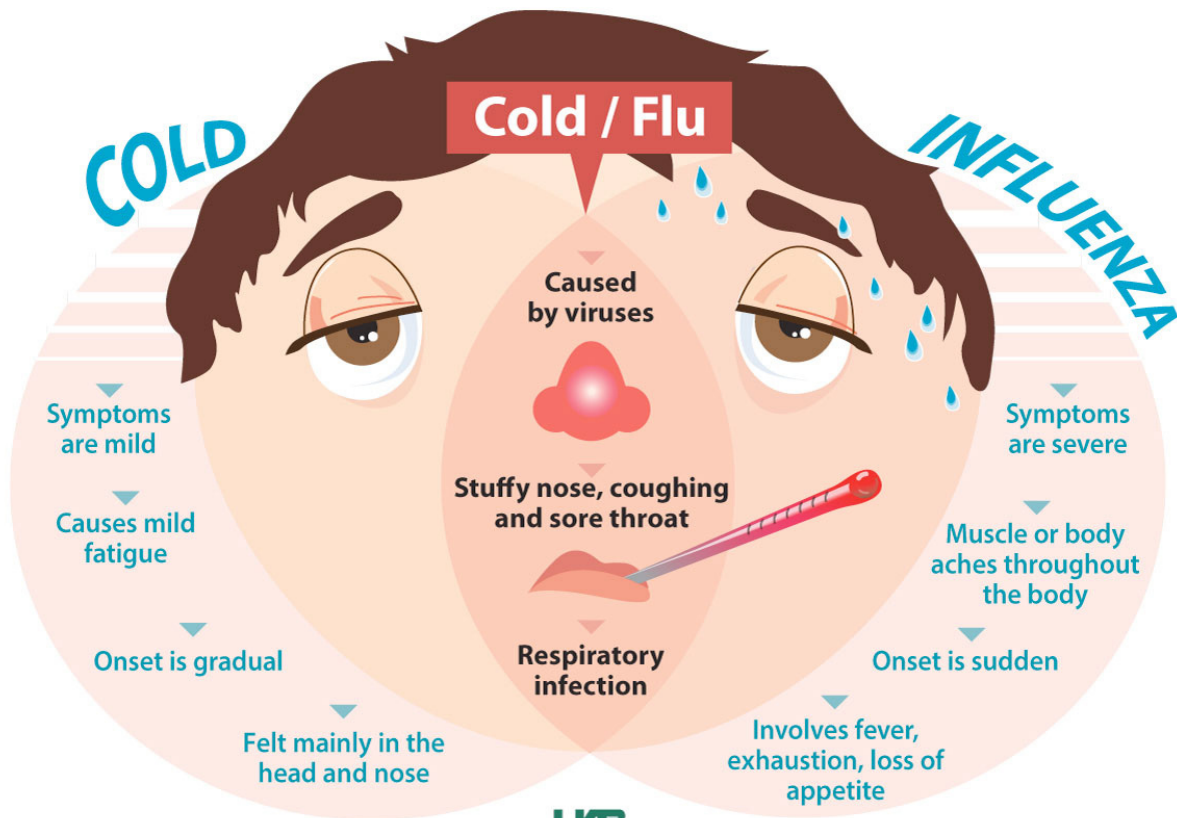
Happy Holidays!



Health News

Do you have the **Flu?**

According to the CDC, flu vaccines reduce the risk of flu illness between 40% and 60% among the overall population during seasons when most circulating flu viruses are well-matched to the flu vaccine.



**GET YOURSELF AND YOUR FAMILY
VACCINATED!**

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

Everyone 6 months or older should get an annual flu vaccine. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu



Learning About RSV In Children

(Respiratory Syncytial Virus)

RSV is a virus that infects the lungs and airways. It happens most often during the winter and early spring. In children over the age of 3, RSV often causes only mild cold-like symptoms. But in children younger than 3, RSV can cause more serious problems, like pneumonia or bronchiolitis (infection of the small airways in the lungs). For children with heart, lung and immune system problems and premature babies, an RSV infection can even cause death.



Symptoms

RSV symptoms most often start within 4 or 5 days of being infected. The symptoms appear over time (not all at one time). You may notice:

- low grade fever
- coughing
- wheezing or shortness of breath
- runny or stuffy nose
- sneezing
- loss of appetite
- faster breathing

For the first 3-8 days, your child will be very contagious. After the symptoms begin, a child can still infect others with RSV for up to 4 weeks.



How to treat it

As a rule, your child's body will fight the infection. While this happens, you'll want to make your child as comfortable as possible. For mild RSV infections, this involves controlling the symptoms:

- give your child plenty of fluids
- don't smoke around your child
- give him or her non-aspirin medicine (like acetaminophen) to control fevers
- use saline (salt water) nose drops to loosen nasal blockages

Infants younger than 6 months may need to go to the hospital for treatment.

Treatment at the hospital may include oxygen therapy, IV (intravenous) fluids and aerosol medications. Your child may also receive antiviral medicines.



For every serving you eat of the foods below,
follow this workout!

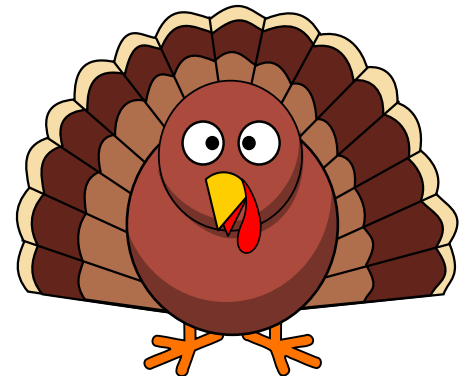
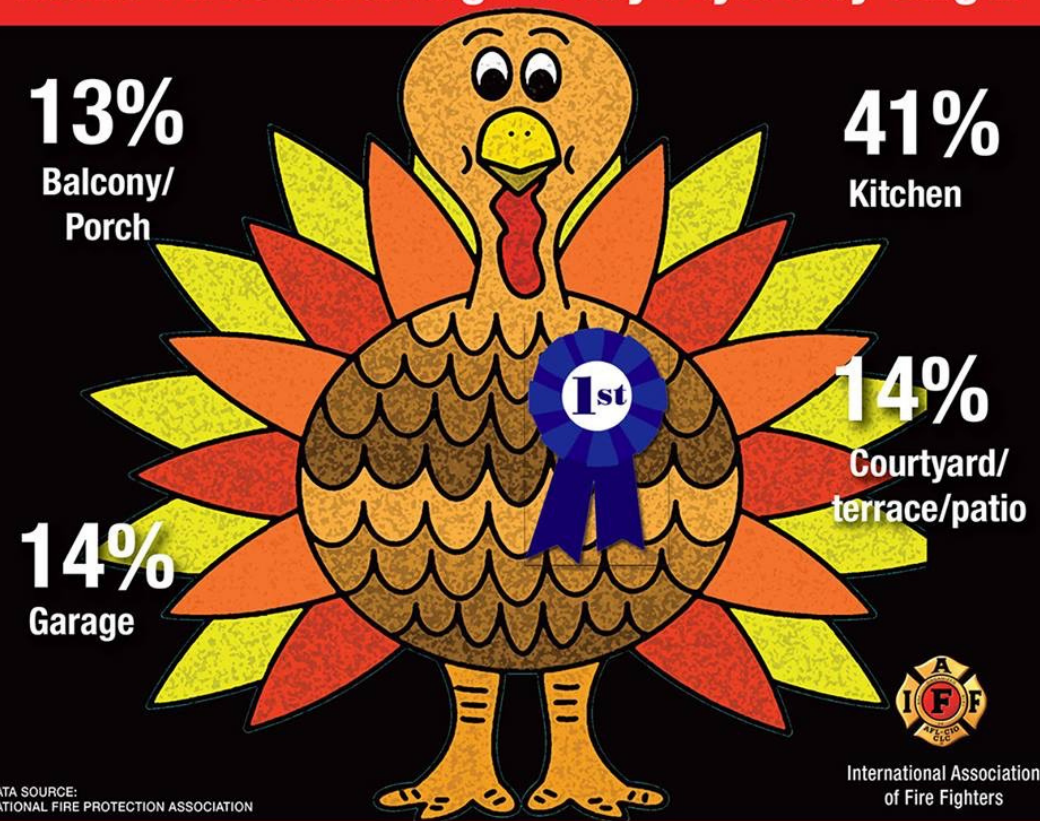
Turkey: 10 Jumping Jacks
Stuffing: 10 Burpees
Potatoes: 1 Minute Plank
Gravy: 10 Mountain Climbers
Green Bean Casserole: 10 Push-Ups
Cranberry Sauce: 1 Minute Wall Sit
Roll: 10 Alternating Lunges
Butter: 10 Jump Squats
Pumpkin Pie: 10 High Knees
Whipped Topping: 10 Calf Raises
Apple Pie: 10 Bicycle Crunches
Pecan Pie: 10 Speed Skaters
Miscellaneous Foods: 10 Froggies



THERE IS
always, always,
ALWAYS
something
to be thankful for

Thanksgiving Wins First Place for Home Fires Involving Cooking Equipment

Home Fires Involving Turkey Fryers by Origin



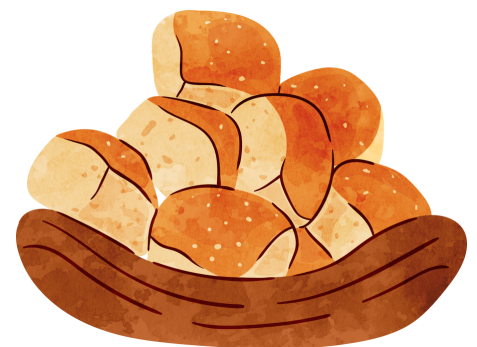
TURKEY DAY FOOD SAFETY HACKS

Don't wash your turkey! Washing poultry can spread bacteria from the bird onto kitchen surfaces.

Put perishable leftovers in the fridge within two hours to prevent bacterial growth.

Place a food thermometer in the thickest part of the turkey thigh and cook to an internal temperature of 165°F.

Don't stuff the bird! Cook stuffing separately to prevent cross contamination.



Check the Halls

for Holiday Safety

Fa-la-la-la-la la-la-la-la

HOLIDAY
LIGHTS

DECORATIONS

DRY
TREES

LADDERS

CANDLES

EXTENSION
CORDS

BE SAFE

- ★ **Christmas Trees** – Water trees regularly. Dry trees can burn faster than newspaper. They can be completely covered in flames in seconds.
- ★ **Ladders** – Heed warnings on ladders. Tens of thousands of people are treated for injuries related to ladder falls in November and December.
- ★ **Cords** – Always look for the marking of a recognized testing lab. Don't overload extension cords and power strips.
- ★ **Holiday Lights** – Prevent fires and shock. Throw out damaged or frayed light sets.
- ★ **Candles** – Be careful with candle placement. Candle fires cause millions of dollars of property damage each year.
- ★ **Decorations** – Avoid sharp, breakable decorations in homes with young children.



COOKIES 'TIS THE SEASON

BAKE THE PERFECT COOKIE



Thin & Crispy

2 1/2 sticks butter
1 1/4 cup Sugar
3/4 cup Brown Sugar

Soft & Chewy

2 sticks butter
1/2 cup Sugar
1 cup Brown Sugar



Light & Cakey

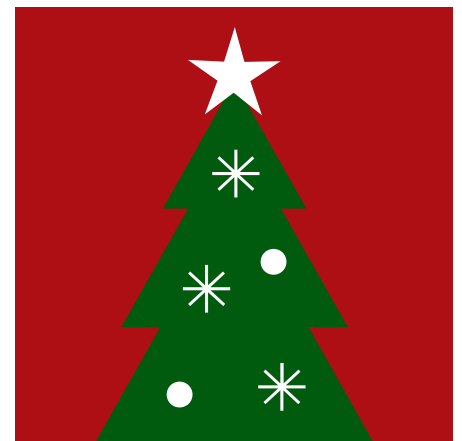
1 3/4 sticks butter
3/4 cup Sugar
1/4 cup Brown Sugar

➤ **PLUS** ➤

.....
2 1/4 c Flour - 1/2 tsp Baking Soda - 1 tsp Salt
2 tsp Vanilla - 2 Eggs - 2 c Chocolate Chips

1. Preheat oven to 350 degrees. In a bowl, whisk dry ingredients. In another bowl mix butter, eggs & vanilla.
2. Drop Tbsp sized dough onto prepared cookie sheet.
3. Bake for 8-10 minuts until edges are lightly golden.

**CHRISTMAS
IS UPON US
& THAT
MEANS
FAMILY,
FUN, AND
GREAT
FOOD!**



The Perfect -ROLL OUT- Cookie Recipe



INGREDIENTS

1 cup (2 sticks) unsalted butter, softened
1 1/2 cups granulated sugar
1 egg
1 1/2 teaspoons vanilla extract
1/2 teaspoon no-color almond extract
2 3/4 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon salt



MAKES

Makes about 3 dozen 3-in. cookies.

INSTRUCTIONS

Step 1

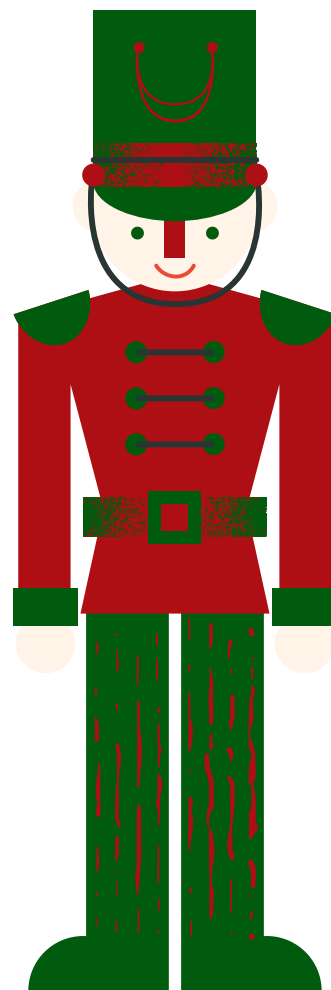
Preheat oven to 350°F.

Step 2

In large bowl, beat butter and sugar with electric mixer until light and fluffy. Beat in egg and extracts. Mix flour, baking powder and salt; add to butter mixture 1 cup at a time, mixing after each addition. Do not chill dough. Divide dough into 2 balls.

Step 3

On floured surface, roll each ball into a circle approximately 12 in. diameter x 1/8 in. thick. Dip cookie cutter in flour before each use. Bake cookies on ungreased cookie sheet 8-11 minutes or until cookies are lightly browned.



It's been a busy year at PCI, but we wouldn't have it any other way!

TODDLER SAFETY at Christmas

Up to 25% of hospital admissions of Christmas are those under 10, with 10% of all admissions being between the age of 0 - 2.



1 SECURE THE TREE

Make sure ornaments are out of reach and the tree can't be pulled over.



2 TOY SAFETY

Ensure toys are safe and appropriate for your child's age, and that safety regulations have been followed in making it



3 DISPOSE OF PACKAGING

Check that all packaging is correctly disposed of - especially small pieces of plastic or cable ties etc.

4 KITCHEN SAFETY

Keep toddlers out of busy kitchens so no injuries occur.



5 FOOD SAFETY

Gastro distress and stomach aches can be caused by new foods, over eating or allergies.



6 ALCOHOL

Even small amounts of alcohol can cause poisoning in children. Don't leave any half-drunk glasses of wine or cocktails unattended!



7 FIRE SAFETY

Check all bulbs, wires, sockets, outdoor electrics and smoke alarms. Fires are common at Christmas!

HAVE A FANTASTIC CHRISTMAS!



Safe Decorating

HOLIDAY SAFETY TIPS FOR CHILDREN AND PARENTS FROM THE INSTITUTE FOR CHILDHOOD PREPAREDNESS



MAKE SURE all trimmings, tinsel, and artificial icicles are lead-free. Keep these items up high and out of reach of small children.



ELIMINATE decorations that are tiny or that have small parts, as they can cause choking in young children.



BE AWARE of singing holiday cards that contain button batteries. These batteries can cause damage to the esophagus if ingested by young children.



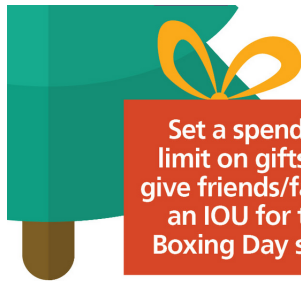
CHOOSE LED or flameless candles to avoid house fires.



Plants such as mistletoe and holly berries **ARE POISONOUS**. Keep them away and out of the reach of young children.



HOLIDAY BUDGET



Set a spending limit on gifts, or give friends/family an IOU for the Boxing Day sales



Make your own decorations, like strings of popcorn and paper chains



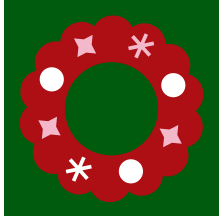
Use old Christmas cards as gift tags, and brown paper as budget-friendly, old-fashioned wrapping

Yule make savings by going online

Make big savings by checking for the cheapest prices on gifts and groceries before hitting the shops

Look out for special vouchers and promotions

Save on stamps by sending festive emails instead of cards



Driving home for Christmas



One-quarter of adults will travel to spend Christmas with family – book train and plane tickets early for extra savings

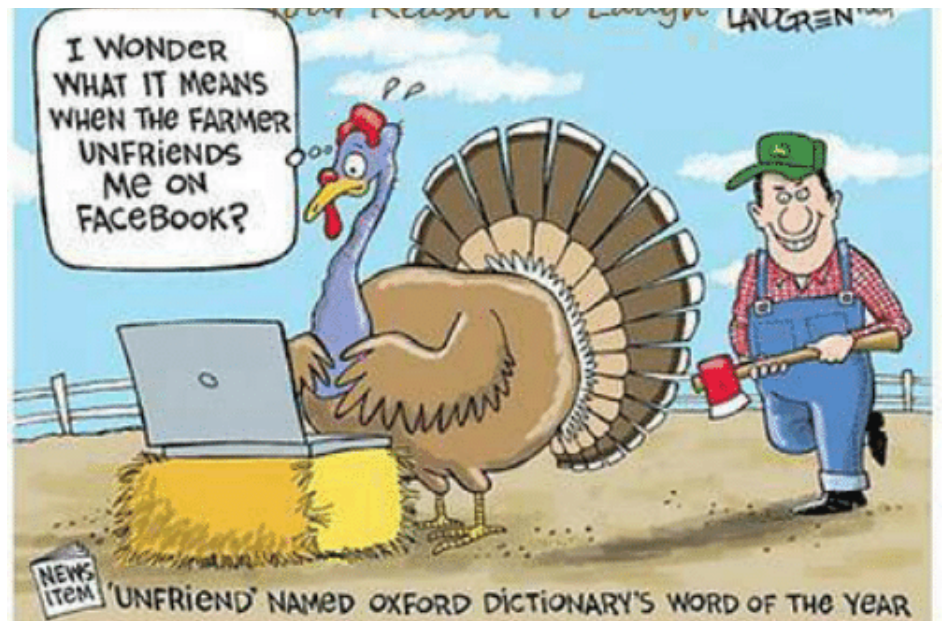
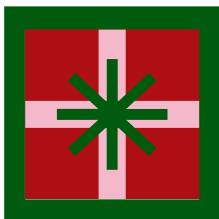
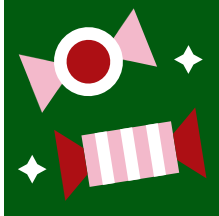
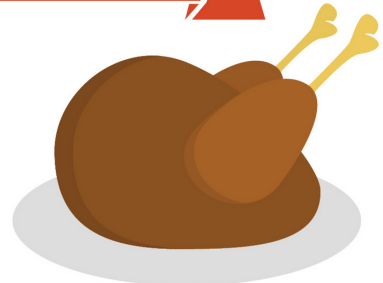
Don't call - use Skype to contact family and friends on Christmas Day for free

All I want for Christmas is turkey

Opt for frozen turkeys – they can be half the price of fresh

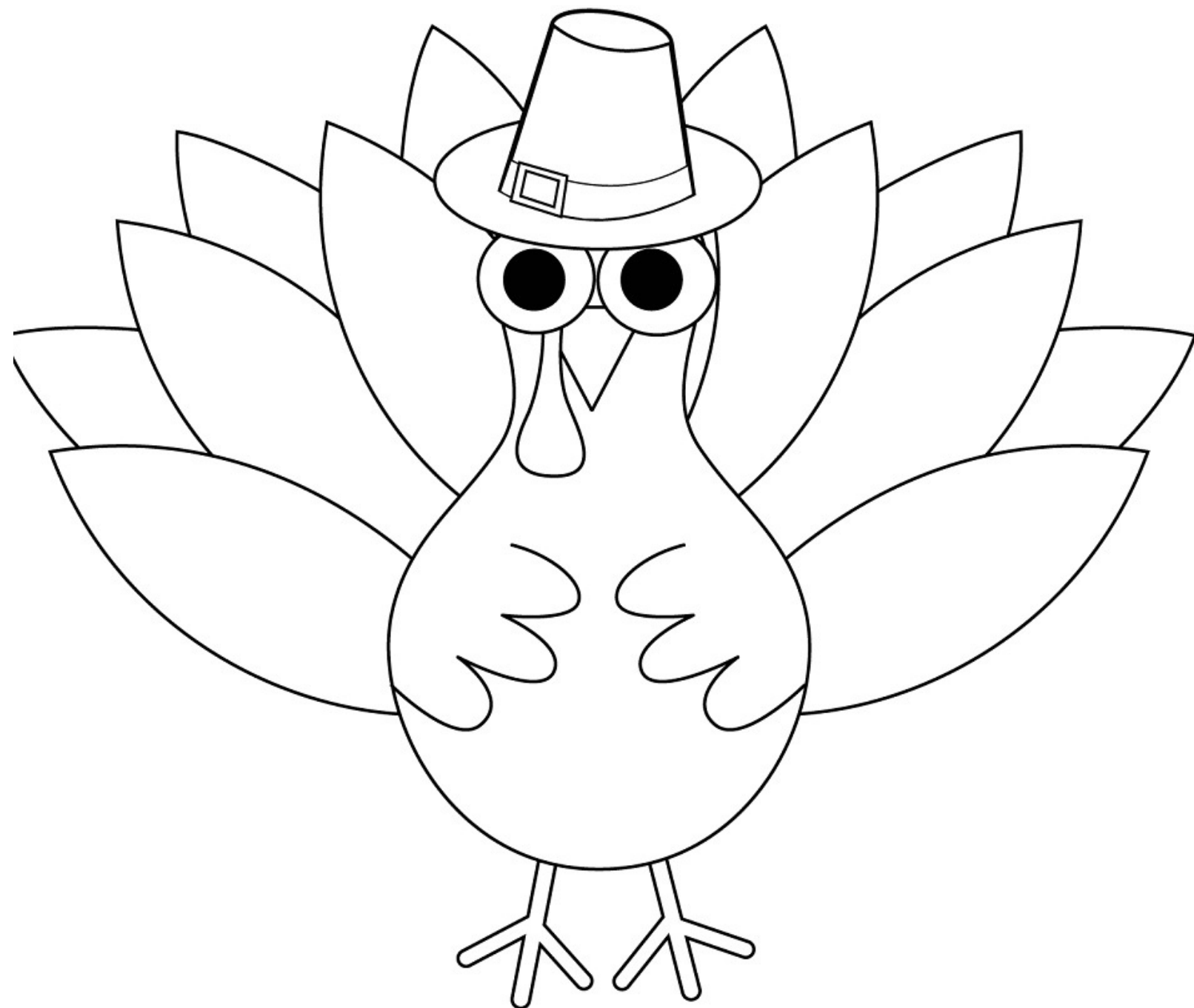
Ask everyone coming to your Christmas dinner to bring a side dish

Make your food multi-task – use meat juices to make roast potatoes, and meat bones for gravy



HAPPY

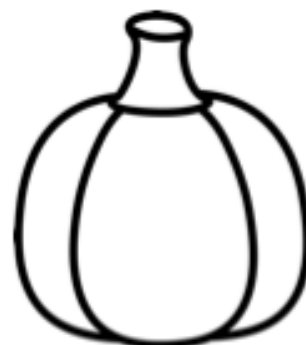
Thanksgiving





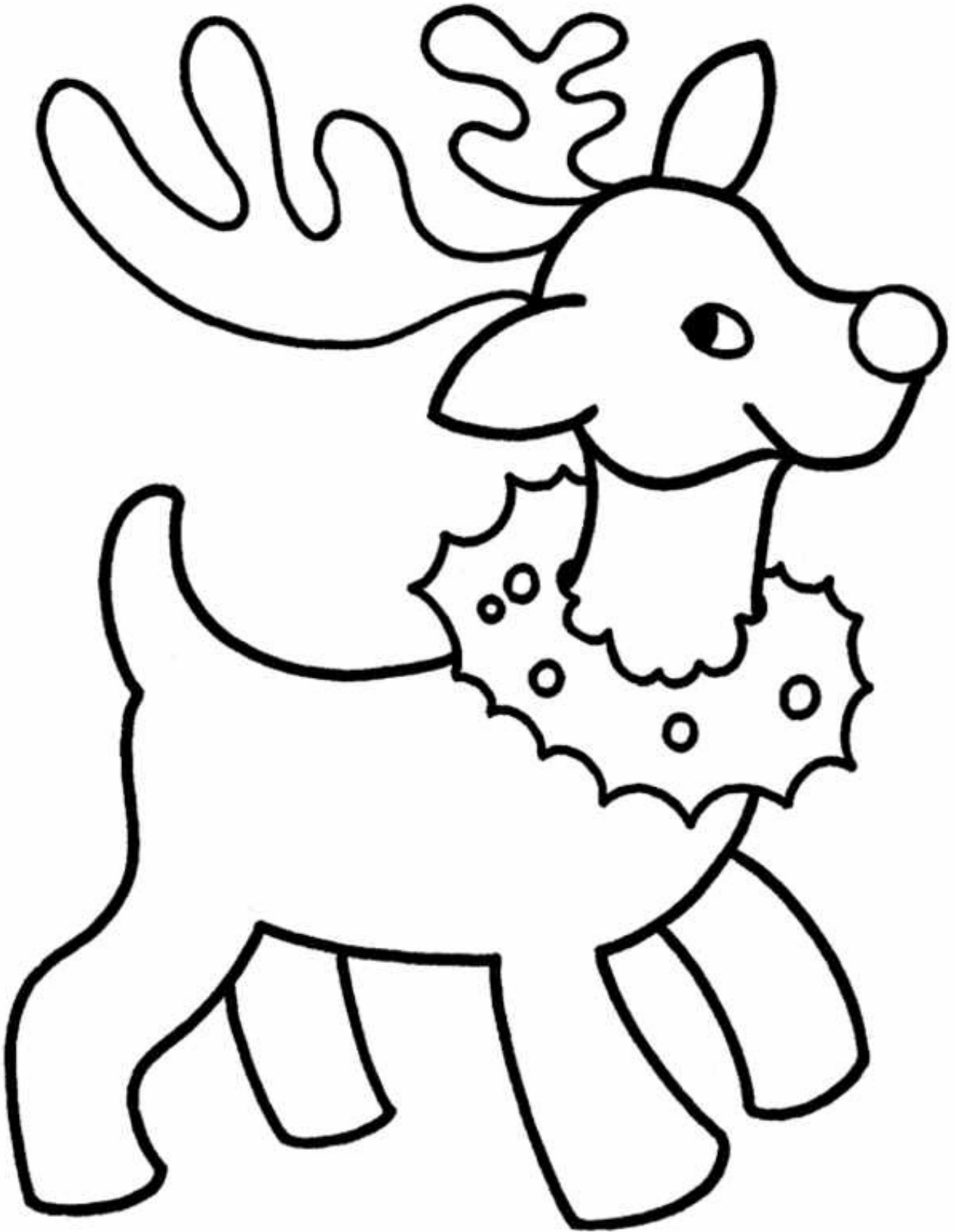
Name _____

Color and Match




MERRY

Christmas





Big List of Fun Family **CHRISTMAS ACTIVITIES**

- ☐ Decorate your tree together
 - ☐ Drive around and look at lights
 - ☐ Volunteer for a charity
 - ☐ Make your own ornaments
 - ☐ Bake cookies
 - ☐ Bring cookies to neighbors
 - ☐ Take silly Christmas selfies
 - ☐ Watch holiday movies
 - ☐ Visit an center for the elderly
 - ☐ Hide your Elf on the Shelf
 - ☐ Make hot chocolate
 - ☐ Sponsor a child in need
 - ☐ Make a "Countdown to Christmas" chain
 - ☐ Light Advent candles
 - ☐ Create a family Christmas playlist
 - ☐ Camp out under the tree
 - ☐ Sign Christmas cards together
 - ☐ Decorate a gingerbread house
 - ☐ Write letters to Santa
 - ☐ Play board games
 - ☐ Do a puzzle
 - ☐ Attend a Christmas Eve church service
 - ☐ Read the Christmas story
 - ☐ Go ice skating
 - ☐ Build a blanket fort
 - ☐ Sing Christmas carols together
 - ☐ Hug in front of a fire
 - ☐ Make snow angels
 - ☐ Capture the kids' handprints
 - ☐ Interview family about the past year
 - ☐ Donate extra toys and clothes
 - ☐ Put carrots out for the reindeer
 - ☐ Host a gift exchange
 - ☐ Go get a photo with Santa
 - ☐ Make eggnog
 - ☐ Decorate Christmas stockings
 - ☐ Play "Hide The Pickle" ornament game
 - ☐ Family coloring/drawing night
 - ☐ Make paper snowflakes
 - ☐ Look for community and school plays
 - ☐ Attend the local parade
 - ☐ Look up traditions around the world
 - ☐ Open one present on Christmas Eve
 - ☐ Set out cookies and milk for Santa
 - ☐ Track Santa on NORAD
 - ☐ Set goals for the new year
- 

EVENTS

NOVEMBER

November 16 –
Male Initiative Meeting – 6:00 pm

November 17 –
Thanksgiving Luncheon @
Centers

November 21-25 – Thanksgiving
Break – Centers & Administrative
Offices Closed

DECEMBER

December 15,
Christmas Luncheon @ Centers

December 19-Jan 2
Winter Break - Centers and
Offices Closed



JANUARY

January 3, 2023
Students/Staff Return



Merry Christmas
& A Happy New Year!

from Parent/Child Incorporated



Thank you for entrusting your
child with PCI.

We look forward to seeing you
in the New Year 2023!

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