



Director's News

Fellowship Christian Academy Preschool

November 30, 2009

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Enjoying Christmas with Children

The holiday season can be stressful if we try to do too much, but throw in a couple of children and things can become very overwhelming quickly, not to mention stressful for your kids!

Here are some tips to help make your holiday season more enjoyable for the entire family:

Try as much as possible to include your children in holiday activities. At this age they like to “help”, and if you include them in what you are doing it often reduces the possibility of temper tantrums.

Children enjoy helping with decorating the Christmas tree. It is a good idea to put the breakable ornaments up out of their reach and hang non-breakable ornaments where they could touch them and play with them.

Turn the outside Christmas lights off and on at the same times every day, this gives children something to look forward to and they will remind you if you forget. You could also take the family on a drive around the neighborhood to look at holiday lights.

When you're visiting friends and family during the holidays, try to minimize any disruption to your child's schedule as much as possible. If they continue to eat and sleep at the same times as normal, they will be much better able to cope with holiday festivities.

Don't feel like you have to buy your children tons of presents for Christmas. At this age they're more interested in how much they like a toy, not how many they have. If they receive too many presents for Christmas, put some away for a rainy day or for when the toys he or she is playing with lose their appeal.

Children love books. Don't forget the “reason for the season”. Read the nativity story to your toddlers and introduce them to the baby Jesus.

Dates to Remember

- **December 3**
Credit Union Day
- **December 14**
Christmas Program 9:00 am
- **Dec. 24-Jan. 1**
Winter Break
- **January 4**
Staff Development
- **January 5**
Students Return



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Attachments:

December Menu

Nurses News

Credit Union

Finance

Winter Safety Tips



Even though the first day of winter is not until December 21, the winter chill is slowly moving in. During this time of year there are a variety of challenges for parents of young children. Whether you are staying toasty-warm inside or outside enjoying the weather with your child there are some steps you can take to prepare for and even prevent wintertime dangers.

Outdoor Safety Risks:

- Frostbite and hypothermia- Children aren't as efficient at regulating their body temperature as adults. They tend to lose body heat more quickly and don't recognize when they are in danger. To protect your child from the effects of the winter weather dress your child in layers. Hats, coats, scarves, mittens and waterproof boots will help keep your child's body, head, little fingers and toes warm. Make sure that wet clothes and mittens are quickly exchanged for dry ones. Put a time limit on the amount of time your child spends outdoors, and bring them in frequently to warm up.
- Car Safety- Winter driving can be especially hazardous. It is best to be prepared for any emergency. Keep a winter safety kit in the trunk of your car. In addition to jumper cables, an ice scraper, sand and a shovel consider packing blankets, snacks, formula, diapers and several changes of clothing. With each trip be sure to take plenty of water for each passenger in the car. Remember; do not leave your child alone in the car for any length of time.

Indoor Safety Risks:

- Fire/Carbon Monoxide- As the weather turns cold, we tend to seal our homes up tightly and turn heating sources up. This creates an increased risk of fires and carbon monoxide poisoning. Both smoke and carbon monoxide detectors should be placed outside of the bedrooms and on each floor of the home. Check monthly for proper functioning and change the batteries regularly.
- Storms- Many people have found themselves trapped in their homes for days on end due to severe winter storms. When stocking up on supplies it's important to keep your child's special needs in mind as well. Keep an emergency stock of diapers, blankets, warm clothing, child friendly snacks, drinks and food.
- Cold & Flu Threats- The cold and flu not only makes children miserable but parents also, immunizations and frequent hand washing can reduce the risk of your child developing a serious illness. Be cautious with anti-microbial hand gels as they contain alcohol, which can be easily absorbed by your child if they put their hands in their mouths.

With a little forward planning and a bit of caution, the winter months can be an enjoyable and exciting time to share with your child.

Only fear the LORD and serve him faithfully with all your heart; for consider what great things he has done for you.

1 Samuel 12:24