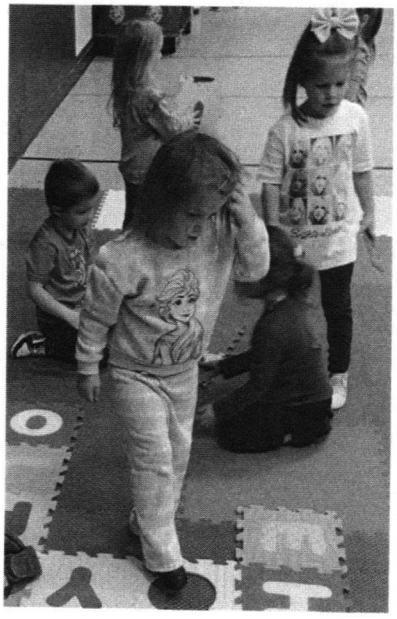
KIDS NEWS

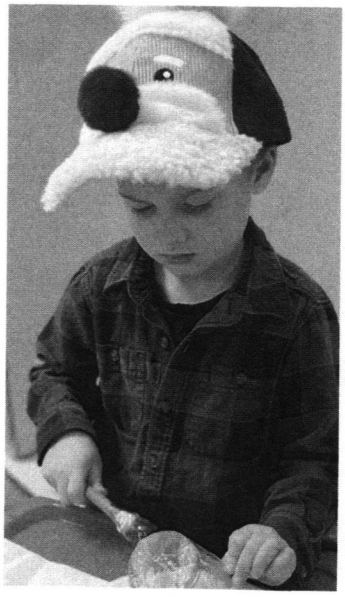
Boyd County Early Childhood Academy

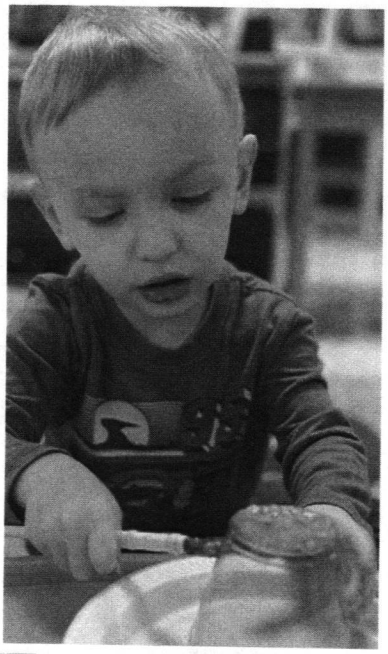
December 2022

MISSION STATEMENT

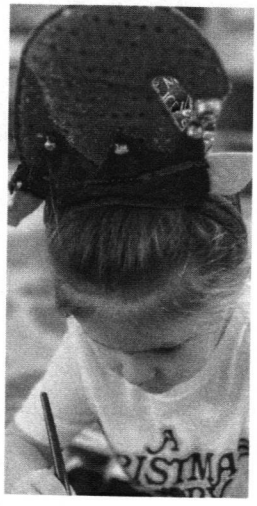
Boyd County Preschool Programs are committed to the cognitive, emotional, physical and social development of our children and their families. Through developmentally appropriate practices and partnerships with the families, we plan to instill a love of learning that will last a lifetime.

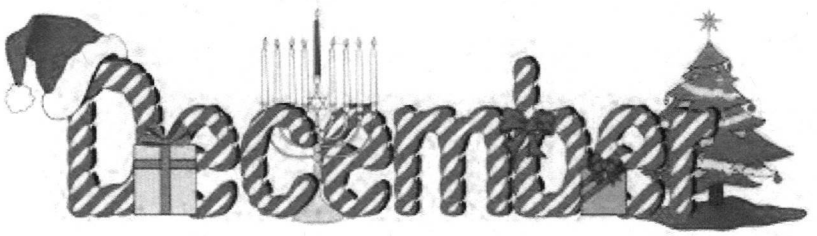












Happy December families,

As we close out November and head into December it is a wonderful time to reflect on all of our blessings of family and friends! Although the temperatures get cold there is such warmth in the air at the prospect of Christmas miracles and magic…

I'd like to remind you not to allow the potential stress of the season to steal the joy that awaits as we remember why we celebrate Christmas, Hanukah, Kwanzaa, etc. A few ways you can keep stress down for your child and family include:

- Maintaining a consistent bedtime and daily schedule: While it's easy to get out of habits during the hustle and bustle of the holidays, keeping your child on a healthy sleep schedule is one of the greatest gifts you can give your child.
- Take time to read to your child each day: Cuddling up and reading a good book together goes a long way at bringing stress levels down and feelings of love and security up!
- Commit to a family tradition: Even simple rituals like making a special Christmas treat or ornament together each year will create memories your child will treasure and look forward to!

In closing, take time to cherish the stage of life your child is in and enjoy seeing the holidays through their eyes! Keeping routines intact while making special family memories will make for special close to 2022!

With Joy,

Stephanie Lyons, Director

This is a reminder about the importance of on time daily attendance for your preschool child. Please remember that your child is tardy after 8:00 a.m. and should be present for school Monday through Friday, so that he or she doesn't miss important instructional opportunities.

Thank you for working with us to provide a structured routine for your child!

****

Please visit our website for our menus, if you would like a copy of the menus, please call Sue Kenser @ #928-7110.

****

POLICY COUNCIL MEETING- WEDNESDAY, DECEMBER 13,2022 AT 8:15 A.M. IN PERSON OR VIRTUAL (IF YOU WOULD LIKE TO BE INVOLVED IN THIS MEETING CONTACT SUE.KENSRE@BOYD.KYSCHOOLS.US

PARENT MEETING- THIS WILL BE SCHEDULED AT A LATER DATE. INFORMATION WILL BE SENT HOME REGARDING THIS EVENT.

BOARD OF EDUCATION—EVERY 4TH TUESDAY OF THE MONTH!

If you would like a copy of any of these minutes, please email sue.kenser@boyd.kyschools.us

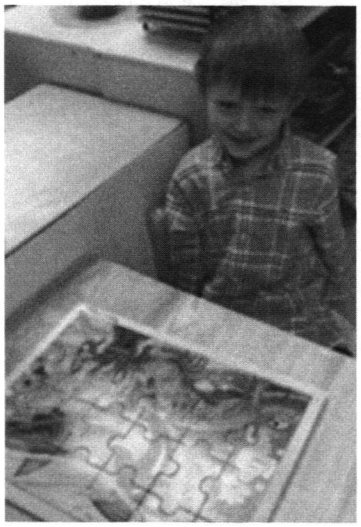
PLEASE REMEMBER TO CHECK YOUR CHILD'S BACKPACK DAILY!

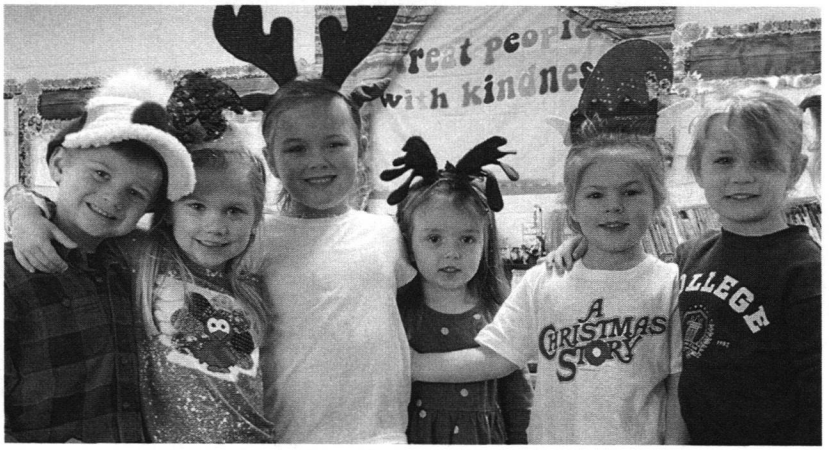
Here is a number you can call Santa with your preschooler!

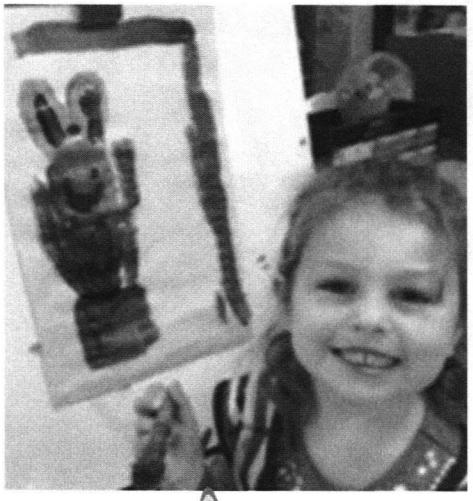


#1 (951) 262-3062

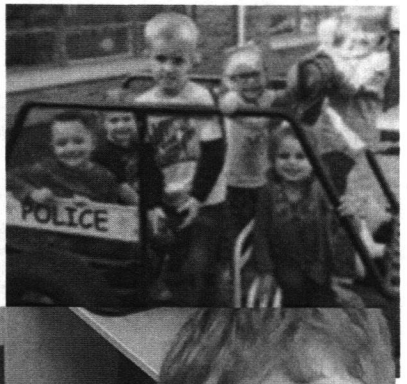
If you are interested in being a full-time or part-time bus monitors, please contact our school at #928-7110.







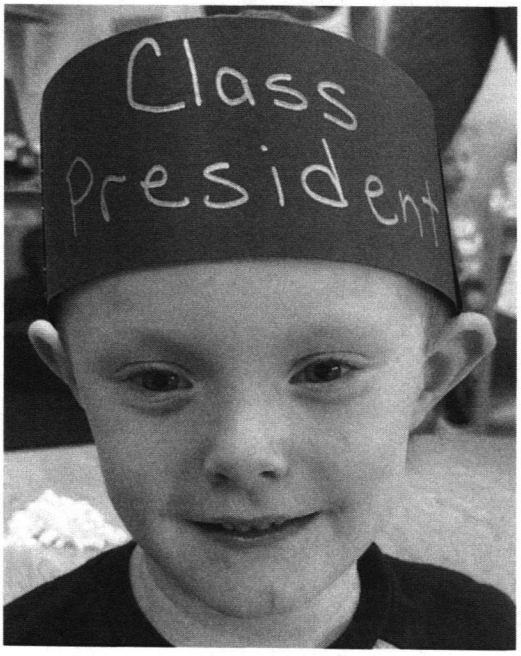


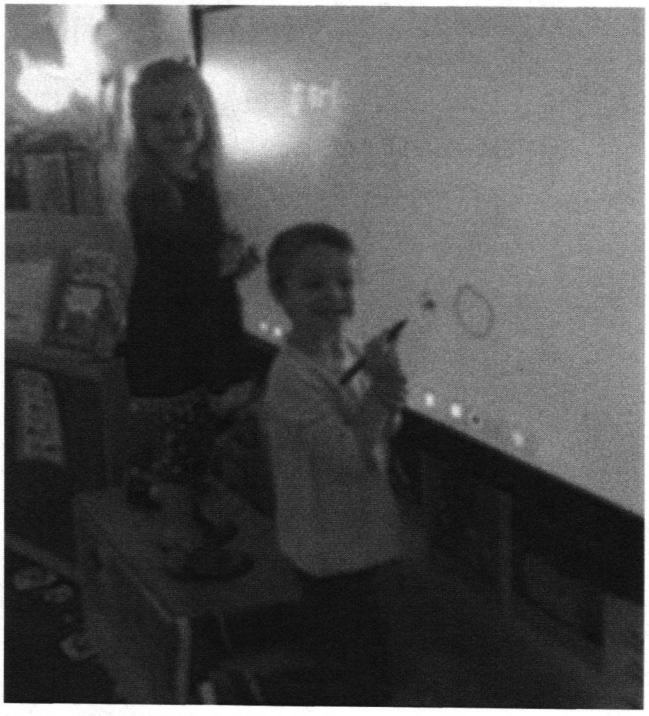


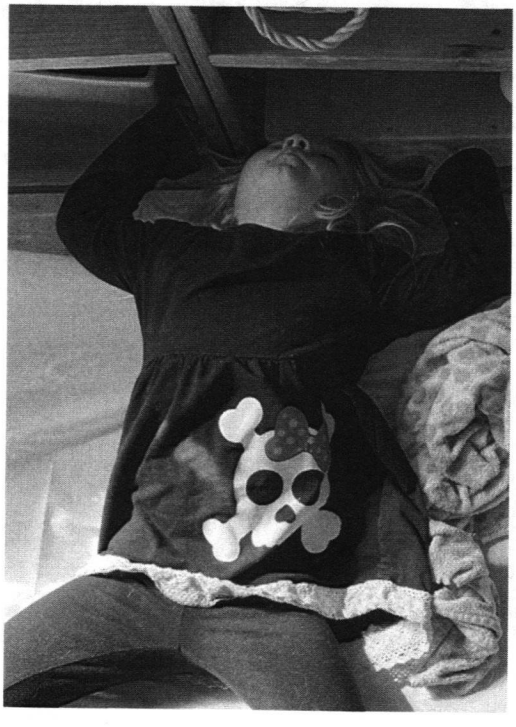




It was the night before Christmas and all through the Boyd County Early Childhood Academy, the preschoolers were...









DURING YOUR CHRISTMAS BREAK, DON'T FORGET TO CHECK OUT YOUR LOCAL LIBRARY!

Month of December Birthday!!

Mr. Adkins– Jaxson

Mrs. Bevis– Aubree, Dylan

Mrs. Dillon– Avery, Ginnifer

Mrs. Jenkins– Stevie

Mrs. McKenzie– Leah

Mrs. Perkins– Kinley

Mrs. Reapsummer– Cooper

Ms. Roberts– Kadence

Mrs. Snyder– Noah, Alexis

Mrs. Wilburn– Jase

Mrs. Jude– Aiden

GREAT RESOURCES FOR YOU AND YOUR FAMILY!

R.A.P.P. (RELATIVES AS PARENTS PROGRAM)

These meeting are offered through United Way of Northeast Kentucky. Phone number is (606) 325-1810. Email address: uway@uwnek.org

Scheduled Meetings-

Thursday, March 9, 2023- "March into Prevention"

Thursday, May 11, 2023- " Bike, Fire, and Water Safety

Session times: 11:30 to 1:00 p.m. (Lunch provided)

Location: 1st Christian Church (Ashland)

SESAME STREET IN COMMUNITIES:

Email Address: sesamestreetincommunities.org

This is a great resources for different kinds of topics!

WebMD

Parenting Tips for the Holidays

Parenting tips can help ease the stress of the holidays.

By Jean Lawrence

FROM THE WEBMD ARCHIVES

You know the drill: The "gimmes," the sugar meltdowns, the "are we there yets?" Then there is the awkward problem of divorce and how to apportion time and attention. Kids reach a high pitch of excitement and sometimes invent surprising new behaviors that require your best holiday parenting skills.

"Parents should start with their own expectations," advises Susan Newman, PhD, a social psychology professor at Rutgers University in News Brunswick, NJ, and author of *Make Your Children Feel Special Everyday,* tells WebMD. "Some parents want to be sure their children get everything they want so there will be no tears. This is an unrealistic goal. Parents, especially with younger kids get lost in the hype."

Don't try to please everyone, Newman continues. Someone -- a parent, grandparent or in-law --will be unhappy. But, as a rule, the children will not be -- and it's the little things that they will remember, like time spent playing a board game or teaching you to operate their toys. "We played Chutes and Ladders last Christmas with my older kids," Newman says, "and it was so funny!"

Give the Pleasure of Giving

"Children will model your behavior," Newman says. "If you bake for the homeless shelter (and they help) or if you visit people in the hospital, they will remember that. These patterns stick."

"I like cooking with kids," Bunni Tobias, host of the syndicated radio show, *Solutions for Simple Sanity*, tells WebMD. "At my house, each child has a specialty, one was King of Cookies; one was on top of the veggies." Over time, each household develops a list of favorite holiday cookies and treats -- these are repeated each year.

Many schools and churches have programs for kids to make gifts or contribute to the less fortunate -- you can suggest some of the kids' allowance be used, instead of just a handout from dad.

Children can also help wrap presents -- so what if they aren't straight out of Vogue? "Kids have to see that everything doesn't come from a store," Newman says. Wrapping also creates a sense of excitement and is a good time to talk.

Making gifts is also a good way to give kids a deeper sense of the holidays. Going to the craft store, planning a project, and gathering around to make things is also a good time for parents to give kids extra attention. So often the holidays involve grown-ups reuniting and catching up -- kids get shunted to the sidelines.

Tobias recommends that children should be encouraged to make their own wish lists -- but to also describe why they want each item, to think a little. This way, parents can gently modify expectations before the fateful unwrapping.

Start Your Own Traditions

Besides joking about Mom's annual nervous breakdown, you can start some other traditions:

Go to the Nutcracker, a lighting ceremony or just drive around to see house lighting

- Build a snowman
- Open an Advent card
- Go to church or synagogue
- Let kids' choose holiday music and parents can dance with them
- Start a tradition of holiday meditation geared to short attention spans
- Bring out the ornaments, if you have a tree, and reminisce about each one

Some other suggestions:

- Put the kids in charge of videotaping or picture taking. Let them interview everyone each year. Landscape photographer Franklin B. Way suggests starting with disposable cameras. Encourage several shots of each subject before offering advice. Send kids out to take pictures of objects of one color. It will give you some free time.
- Be flexible -- if kids want a traditional candy cane and gingerbread man tree, alternate that each year with your designer special covered in

fiberglass and festooned with your collection of antique racing car ornaments.

- Encourage kids to make New Year's resolutions. Share your own hopes for the coming year.

Coping With Divorce

The best time to consciously create new traditions, Newman says, is when the family has been touched by divorce, death, or some major change. "Even if it only means having dinner at a different time, try to differentiate between the past and now."

Marilyn Coleman, PhD, professor of human development and family studies at the University of Missouri-Columbia, suggests divorced parents create a separate holiday just for the family, one that is neither Christmas or Hanukkah, so kids won't feel guilty for spending time with one parent and not the other.

Mary Jo McCurley of the Dallas law firm McCurley, Orsinger, McCurley & Nelson, also suggests parents firm up the visitation schedule in advance, no surprises. Try not to overschedule kids, she advises -- they are already moving around. Help you child shop for your ex-spouse and be positive about the other parent. Don't convey feelings of anxiousness about your being alone on "the big day." Also -- don't compete for the affections of the child by breaking the bank with a "big gift."

Keep Routines as Best You Can

Newman suggests bedtimes be maintained, even if relatives plead, "Let them stay up, it's the holiday." People need sleep, she says, even adult people. "The next day is a holiday, too," Newman says, "no one wants to deal with sleep-deprived kids. You do them a disservice if you allow them to stay up."

Kids also should not be allowed to OD on sugar and snack food. "Ask the grandparents to go easy," smiles Newman.

Most of all, be inclusive -- if kids are included in an event, introduce them, coach them to use proper manners, and if they need you off alone for a few minutes, make the time.

There's a payoff. If the kids are less stressed, you will be, too. That's the best present of all.

Star Lawrence is a medical journalist based in the Phoenix area.

WebMD Feature | Reviewed by Michael W. Smith, MD on November 16, 2004

Sources

SOURCES: Susan Newman, PhD, social psychology professor, Rutgers University, News Brunswick, N.J.; author, *Make Your Children Feel Special Everyday.* Bunni Tobias, host, syndicated radio show, *Solutions for Simple Sanity.* Marilyn Coleman, PhD, professor, human development and family studies, University of Missouri-Columbia. Mary Jo McCurley, McCurley, Orsinger, McCurley & Nelson, Dallas.

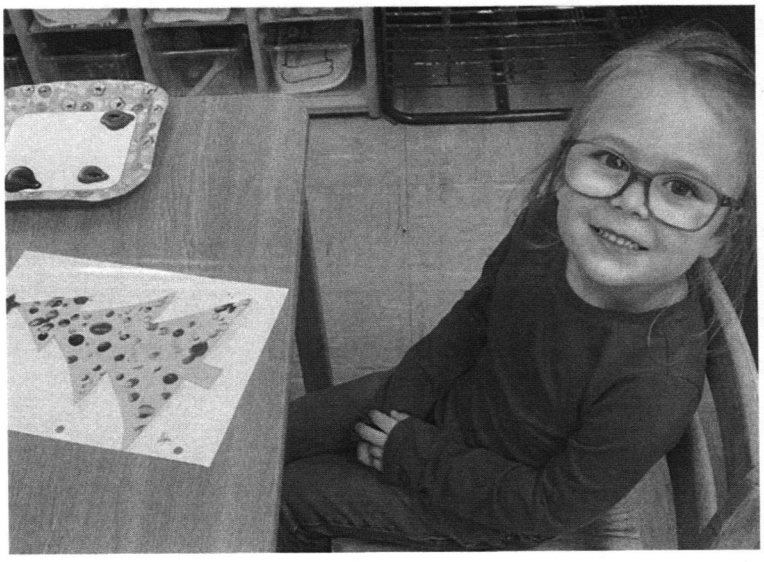
WE WOULD LOVE YOU TO COME TO OUR

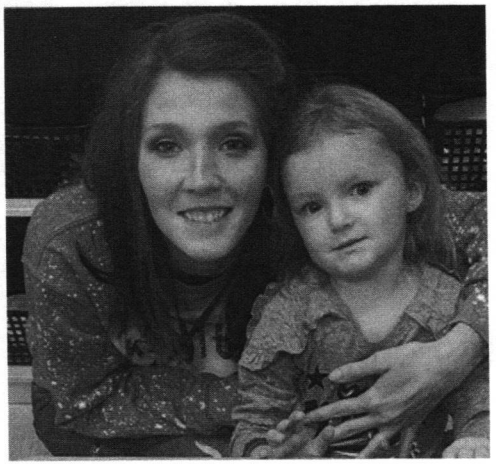
FESTIVAL OF TREES AT OUR SCHOOL!

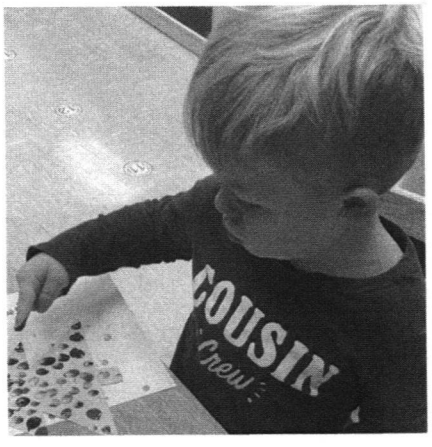
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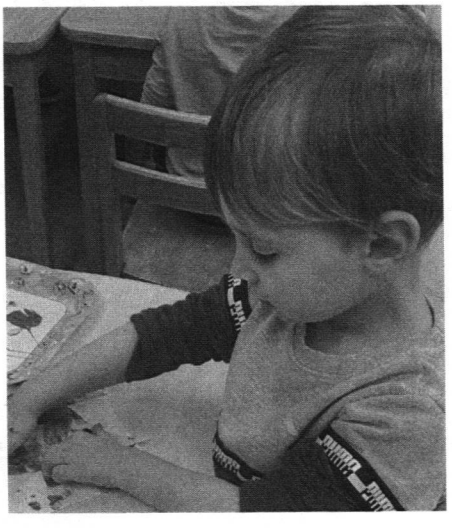
TIME: 5:30– 7:30 P.M.

MILK, COOKIES AND WATER WILL BE SERVED.









RSV in Infants and Young Children

Respiratory syncytial virus, or RSV, is a common virus that affects the lungs and breathing passages

Each year in the United States, an estimated 58,000–80,000 children younger than 5 years old are hospitalized due to RSV infection. Those at greatest risk for severe illness from RSV include:

- Premature infants
- Infants, especially those 6 months and younger
- Children younger than 2 years old with chronic lung disease or congenital (present from birth) heart disease
- Children with weakened immune systems
- Children who have neuromuscular disorders, including those who have difficulty swallowing or clearing mucus secretions

Early Symptoms of RSV

RSV may not be severe when it first starts. However, it can become more severe a few days into the illness. Early symptoms of RSV may include:

- Runny nose
- Decrease in appetite
- Cough, which may progress to wheezing or difficulty breathing

Call your healthcare provider if your child is having difficulty breathing, not drinking enough fluids, or experiencing worsening symptoms.

Severe RSV Infection

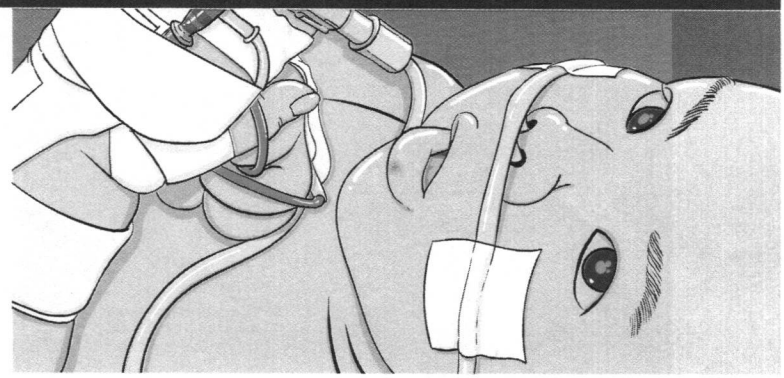
Virtually all children get an RSV infection by the time they are 2 years old. Most of the time RSV will cause a mild, cold-like illness, but it can also cause severe illness such as:

- Bronchiolitis (inflammation of the small airways in the lung)
- Pneumonia (infection of the lungs)

One to two out of every 100 children younger than 6 months of age with RSV infection may need to be hospitalized. Those who are hospitalized may require oxygen, IV fluids (if they aren't eating and drinking), and/or mechanical ventilation (a machine to help with breathing). Most improve with this type of supportive care and are discharged in a few days.

Medication for Babies at High Risk

There is a medicine that can help protect some babies at high risk for severe RSV disease. Healthcare providers usually give this medicine (called palivizumab) to very



premature infants and young children with certain heart and lung conditions as a series of monthly shots during RSV season. If you are concerned about your child's risk for severe RSV infection, talk to your child's healthcare provider.

RSV in Very Young Infants

Infants who get an RSV infection almost always show symptoms. This is different from adults who can have few or no symptoms with RSV infection. In very young infants (less than 6 months old), the only symptoms of RSV infection may be:

- Irritability
- Decreased activity
- Decreased appetite
- Apnea (pauses in breathing more than 10 seconds)

What you should do if your child is at high risk for severe RSV infection

RSV season in most regions of the U.S. starts in the fall and peaks in the winter. If you have contact with an infant or young child, especially those who were born prematurely, have chronic lung or heart disease or a weakened immune system, you should take extra care to keep the infant healthy by doing the following:

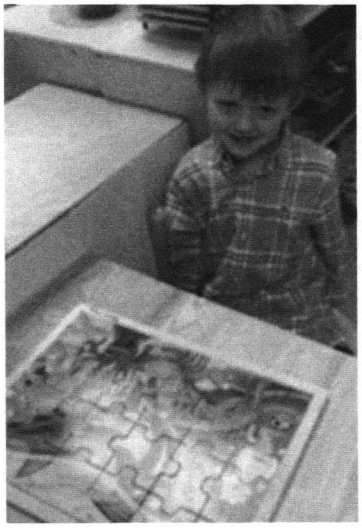
- Wash your hands often
- Keep your hands off your face
- Avoid close contact with sick people
- Cover your coughs and sneezes
- Clean and disinfect surfaces
- Stay home when you are sick

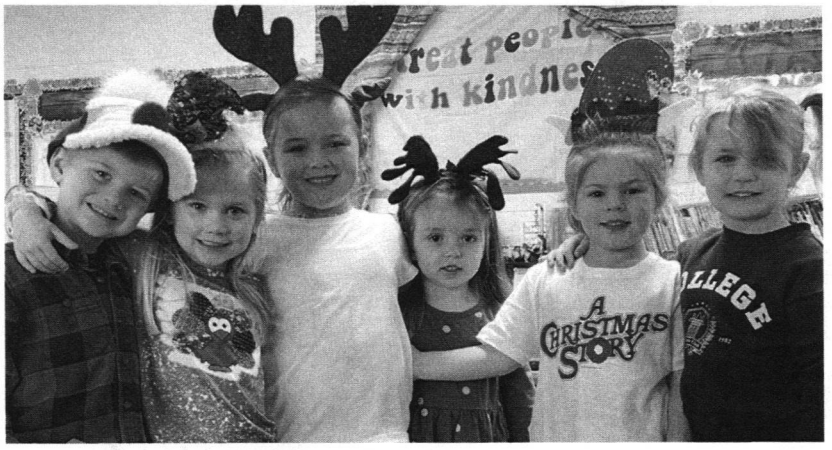
Centers for Disease Control and Prevention
National Center for Immunization and Respiratory Diseases

www.cdc.gov/rsv

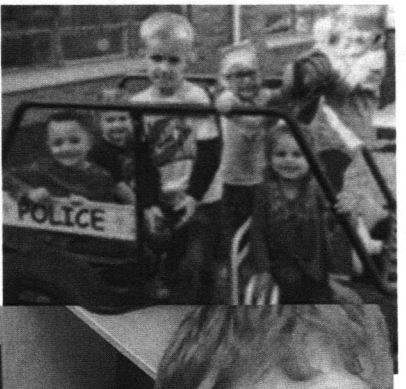
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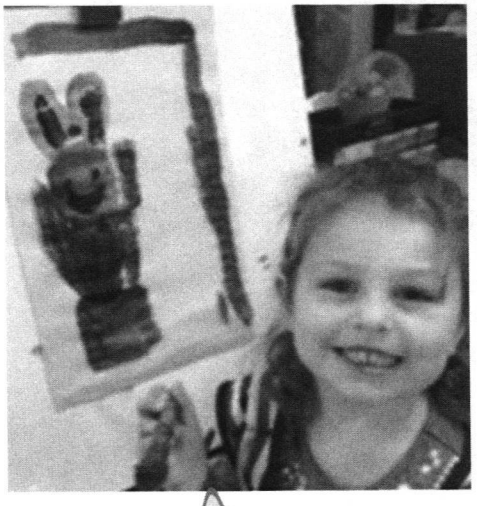
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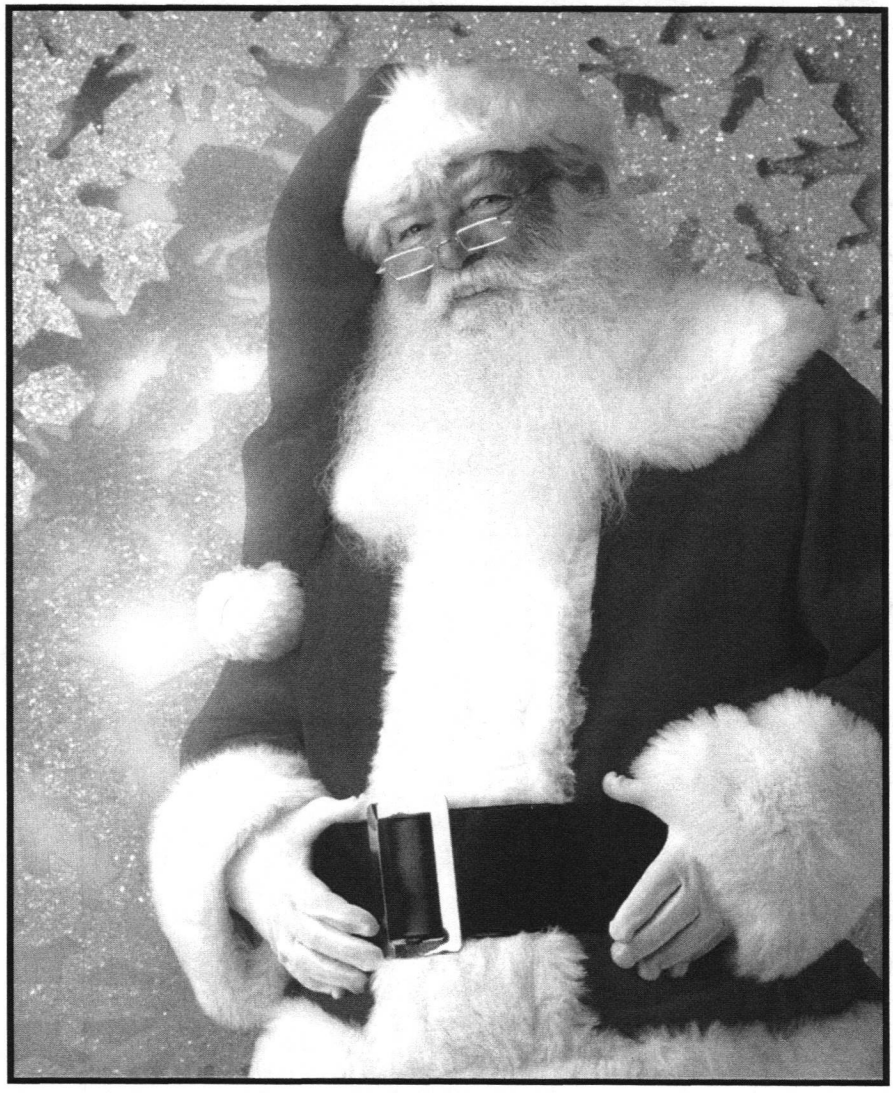








The Faculty and Staff of Boyd County Early Childhood Academy Wish You and Your Family a Very Merry Christmas and a Happy New Year!



Our Christmas Break is from Monday, December 19, 2022 thru Tuesday, December 3rd, 2022.