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Child Development Center Newsletter



JANUARY 2013



HOME—SCHOOL—CONNECTION

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Child Development Center

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UPCOMING EVENTS

HOLIDAYS—NO SCHOOL

January 1—New Year

January 21—Martin Luther
King Jr.



Parents In- formation & Commu- nication

For more information about
Family Services, our
Newsletters, and Program
please visit our website at
www.murrieta.k12.ca.us

Flu In Children



Symptoms: May begin two to three days after exposure to the virus. The flu comes on quickly and attacks the upper respiratory system. Symptoms include high-grade fever up to 104 F, chills, muscle aches, headaches, sore throat, dry cough, and just plain feeling sick. These symptoms usually last for three to four days, but cough and tiredness may linger for one to two weeks after the fever has gone away. In younger children, the pattern of influenza may be a typical influenza-like illness or look like other respiratory tract infections such as croup, bronchitis, or pneumonia.

Abdominal pain, vomiting, and diarrhea are frequently observed in children. In infants, the flu often goes unrecognized because the signs and symptoms are not specific and may suggest a bacterial infection.



Prevention: Hand washing with soap and water or an alcohol hand gel is an important way to prevent picking up a flu virus. Avoid close contact with people who are ill. Vaccination is the mainstay of flu prevention. The flu vaccine can be given to children older than 6 months of age and in two separate doses for children younger than 9 years of age who have not been previously vaccinated. Keep children with the flu at home while the fever lasts. Once the fever is gone, children may return to school and day care.

Treatment: Rest in bed. Allow the child to drink lots of fluids of the child's choice. Treat fever with acetaminophen (Children's Tylenol, Infant's Feverall, Junior Strength Panadol) or ibuprofen (Children's Advil, Children's Motrin) taken according to package instructions or consult the child's doctor (do not give aspirin because it poses a risk of causing Reye Syndrome). Use a humidifier in the child's room to make dry air easier to breathe. Children may need more careful attention for these symptoms.

Resources: www.emedicinehealth.com/flu_in_children

Slow Cooker Beef Stew with Shiitake Mushrooms



Ingredients:

- 12 small potatoes, cut into fourths
- 1 medium onion, chopped
- 1 bag (8 oz.) ready-to-eat baby carrots
- 1 package (3.4 oz) fresh Shiitake mushrooms, sliced
- 1 can (14.5 oz) Muir Glen Organic diced tomatoes, undrained
- 1 can (10 1/2 oz.) condensed beef broth
- 1/2 cup all purpose flour
- 1 tablespoon Worcestershire
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 teaspoon dried marjoram leaves
- 1/4 teaspoon pepper
- 1 lb. Beef stew meat, cut into 1/2 inch

Directions:

In 3 1/2—to 4 quart slow cooker, mix all ingredients except beef. Add beef. Cover; cook on low heat setting 8 to 9 hours. Stir well before serving.

Resources: www.bettycrocker.com



Ms. Miriam

Hola! My name is Miriam. I've been working or Family Services as a sub for the last five years. I have three beautiful daughters. My oldest daughter is in college, my second daughter is in high school, and my youngest daughter is in middle school. I'm passionate and dedicated to my career. I enjoy bringing out the creativity in each child and watch them develop into their own unique person. I hope to have open communications with my parents as well as my staff to create a fun and enriching environment for the children. I'm happy to be a member of the Family Services.