

# Children Are Our Specialty

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IF YOU DREAM IT, YOU CAN DO IT!

JANUARY 2016

CHAOS members,

Happy New Year! I hope everyone enjoyed the holidays. Thank you to all of those who joined us for the holiday social at Domenico's in December. It was a good time.

CPR class has been scheduled. Contact Lori for more information if necessary.

Hopefully the weather holds out for our January and February trainings! Our training this month is about separation anxiety. We'll cover why children experience anxiety and ways for children of all ages to say goodbye. In February the training is on ways to incorporate physical activity for children into the day.

It's that time of year again - time to get your tax paperwork together!

There is a Saturday conference on January 30 at Blackhawk Technical College. Registration is required but it is free for 4 hours Registry credit. Contact Michelle Weirich for more information [mweirich@blackhawk.edu](mailto:mweirich@blackhawk.edu). Topics are: Designing a Supportive Environment for Children Who Have Experienced Trauma, Self-Calming Strategies for Caregivers and Working With Children With Adverse Childhood Experiences.

See you at the January training.  
Stacy

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# Children Are Our Specialty

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Meeting Dates (All Meetings in BTC Room  
1315)

## Thursday January 21<sup>st</sup>: Saying Goodbye

Helping children with separation anxiety by learning why children experience it and ways for children of all ages to say goodbye to families. Presented by Stacy Ransom 6:30-8:30

## Thursday February 18<sup>th</sup>: Physical

Activity This workshop with focus on physical activity and getting kids moving  
Presenter TBD 6:30-8:30

Thursday March 17<sup>th</sup>: Topic TBD 6:30-8:30

## Thursday April 21<sup>st</sup>: Child Abuse

Awareness presented by Stacy Ransom  
6:30-8:30

## Thursday May 12<sup>th</sup>: Provider

Appreciation: More info to follow 6:30-8:30



# Children Are Our Specialty

## Frostbite

### What is Frostbite:

Frostbite is, literally, frozen body tissue - usually the skin, but sometimes deeper tissue. It must be managed carefully to prevent permanent tissue damage.



### Signs of Frostbite:

- skin becomes paler than normal, cold, firm, and dry
- pain, tingling burning and aching may occur
- swelling
- blisters in the first 24 hours of exposure

### What to do:

It is important to re warm the area as soon as possible, do not rub or massage injured areas

- fill a sink with warm water
- keep the injured part in the water for 30 minutes or until area turns pink
- gently pat dry
- If it is face or ears that are affected, apply warm washcloths to the area
- Provide warm liquids to drink

### When to call a Dr:

- Fever over 101 degrees
- Swelling
- Normal skin color or feeling doesn't come back after one hour



# Children Are Our Specialty

## Sledding Safety Tips

Though it may seem like harmless fun, sledding injuries send tens of thousands of people to hospital emergency rooms each year. More than half of all sledding injuries are head injuries, which can be very serious and even deadly.

### Choose the right hill:

- Select a hill that is not too steep and has a long flat area at the bottom for you to glide to a stop.
- Avoid hillsides that end near a street or parking lot
- Avoid hillsides that end near ponds, trees, fences or other hazards
- Make sure the hill is free of obstacles
- Choose hills that are snowy rather than icy



### Dress for Success:

Since sledding involves playing in the snow outdoors during wintertime, chances are it's going to be cold. Frostbite and even hypothermia are potential dangers. So is hitting your head. Be sure to wear the proper clothing to stay warm and safe.

- Wear sensible winter clothing: hats, gloves, snow pants, jacket, boots that are waterproof and warm
- Avoid wearing long scarves or clothing that could get caught in the sled and cause strangulation
- Wear a helmet if desired





# Children Are Our Specialty

**Martin Luther King Day:** Monday January 18<sup>th</sup>, 2016

## **I Have a Dream Cloud:**

**Materials:** crayons, white construction paper, scissors, glue  
Discuss with your class that Dr. King had a dream; his dream was to make the world a better place. Brainstorm ways that they could help make the world a better place. Next, have your students draw on the white construction paper and illustrate a way that they could make the world a better place. Cut these masterpieces out in a cloud shape and make a wall display.

## **We are different and the same activity**

You can talk with young children about how even though we are different in many ways (skin color, hair color, eye color, age, etc.) – that EVERYONE is special and we have many of the same hopes, dreams and feelings on the inside. A simple activity that highlights this concept uses brown and white eggs. Show the children how the eggs look *different* on the outside. Ask them what is different about the eggs? Then open them up and show them that even though they look different on the outside – they are the *same* on the inside, just like people. Afterwards, you can cook up the eggs for snack – compare how they taste!

## **I Have a Dream Heart:**

**Materials:** 9x12 hearts cut out of paper, writing utensil  
Discuss with your class that Dr King had a dream; his dream was to make the world a better place and have equal rights for everyone. Have your children write down one dream they have. This doesn't have to be a way to make the world better it can be any dream the children have and discuss among one another.



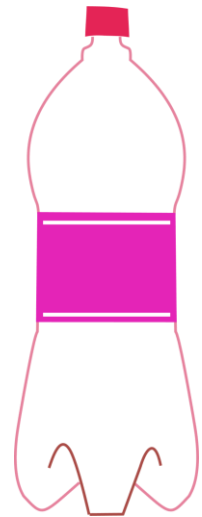
# Children Are Our Specialty

Provider Health Topic of the Month: Infused water

## Benefits of Infused Water?

Besides tasting great and having zero calories, infused water has many additional health benefits, including:

- Improves your mood.
- Flushes toxins from your system.
- Fills you up so you don't eat as much junk.
- Naturally helps your body release fat cells.
- Keeps food moving through your system.
- Keeps your organs healthy while you're sweating.
- Reduces muscle fatigue while working out.
- Helps you recuperate faster from a workout.
- Keeps you from feeling groggy in the afternoon.



## 5 popular recipes

1. Lemon water with mint: the sweetness and sour from the lemons create a delicious flavor while also providing lots of Vitamin C and the mint adds a refreshing taste.
2. Apple Cinnamon water: this recipe is delicious and has the benefit of being metabolism boosting.
3. Mango Ginger water: Along with boosting your metabolism ginger also is a natural pain reliever, from migraines to menstrual cramps ginger heals a lot of pain.
4. Tangerine and Strawberry water: this recipe contains fruits that are high in Vitamin C and are big metabolism boosters!
5. Cucumber Melon water: the health benefits of the cucumbers and lemons flush your system and help you feel better. Drinking cucumber water for weight loss is also very popular