

# LITTLE BUGS DAYCARE



## Wash Those Hands

### Wash Those Hands

Dealing with childhood illnesses is not fun, especially when they spread from one family member to another.

Although it is not possible to avoid the spread of all contagious diseases, one simple hygiene practice can reduce the spread of illnesses in your home. That simple practice is proper hand washing.

Hand washing will help control the spread of upper respiratory infections like colds or flu, and intestinal infections.

### When to wash

Everyday, several times a day, is the time to wash your hands. Obviously, you should wash your hands whenever they are dirty. But in particular, here are a few specific times when family members should wash their hands.

### How to wash

Parents can teach their children to keep their hands clean by practicing these four simple steps:

- wet hands with warm running water
- add soap to hands making a soapy lather for 20 seconds (sing a song) and wash the fronts and backs of hands, wrists, between fingers, and under the fingernails
- rinse hands with warm running water dry hands thoroughly with a clean towel

### Have you washed your hands?

Parents may hear themselves repeat many times in a day, "Have you washed your hands?" It makes good healthy sense to encourage your children at a young age to wash their hands.

### Children should wash their hands:

- before eating, drinking, or snacking
- after using the toilet
- after playing outdoors
- after playing with pets
- after coughing, sneezing, or blowing their noses

### Parents should wash their hands:

- before preparing, serving food, or eating food
- after caring for a sick child (blowing their noses or wiping eyes)
- after diapering a child
- after cleaning up a mess
- after helping a child with toileting
- after cleaning up spills

## December 2020

Su	M	Tu	W	Th	Fri	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Merry  
Christmas



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## Peanut Butter Play Dough

Ingredients:

- 1 c pb
- 2 tbsp brown sugar
- 1 tbsp uncooked oats
- 1 c corn syrup
- 1 1/2 c powdered sugar
- 1 1/2 c powdered milk(dry)

Mix the ingredients with your hands and add more sugar or powdered milk, as needed. If desired, add more oats for texture

Note: This dough is edible; however, check for food allergies before allowing children to eat the dough.

## Homemade Silly Dough

Ingredients:

- 1 c water divided
- 1/2 c white glue
- 1 tsp borax
- food coloring
- corn starch

Mix 1/2 water, the glue and the food coloring together. In a separate cup, mix the rest of the water and the Borax. Combine the 2 sets of ingredients and knead until the glue forms a putty like consistency. Add corn starch gradually until it becomes a solid mass. Store in Ziploc plastic bag or container

## December Library Picks

