

LITTLE BUGS DAYCARE



Wash Those Hands

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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 are like Snowflakes



A small snowflake falls to the ground in a huge field. Another snowflake falls beside it. One more comes, and many follow. Each is different, has its own form and size but, oh, the beauty of each one!

There is much mystery in each. We must cherish the sparkle of all of them. One is not more beautiful than another. They are all unique, special, and magnificent.

Can you find the differences?

Find the difference in the two pictures. Circle them in the pictures.



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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

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