"Parents create the environments and experiences in which learning happens, which makes them the first teachers their children will ever have."

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ECC Monthly News
October 2015

Fall is in the Air!

Life starts all over again when it gets crisp in the Fall.

October

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Parent Teacher Conferences Next Week ➔

Building Bridges to Success
DOLTON • RIVERDALE School District 148
Although they are very tiny and can only be seen with a microscope, germs can cause big problems during cold and flu season. Stopping the germs from spreading from child to child and causing illness can be difficult. Break the cycle of spreading germs by teaching your child the proper respiratory etiquette (nose and mouth covering).

In the past, children were taught to cover their coughs and sneezes by using their hands. If their hands were not washed or cleaned right away, their germs were transferred to other surfaces and could be then passed on.

Today, we know the correct way to prevent the spread of illness causing germs is by covering coughs and sneezes using a tissue or the upper sleeve/ (elbow). Putting all used tissues in the garbage can right away.

WASH Hands

- Before eating
- After a trip to the bathroom
- After playing outdoors
- After touching an animal
- **After sneezing, coughing, or blowing nose**
- When someone in the household is ill
- After coming into contact with bodily fluid (ex: noses, ears, mouth, eyes, private areas)

Don’t Forget!

Often, tissue is not available so children have to think quickly to figure out what to do. Practice the correct nose & mouth covering technique with your child. Help them understand the importance of containing their germs. **REMEMBER, Stop** the spread of germs that makes your child and other children sick! Keep your child at home if they show any signs of illness.
Hand Washing: A Powerful Antidote to Illness

You might not have given it much thought. It’s either part of your routine, done frequently without thinking, or maybe you don’t do it much at all. But as your pediatrician may have told you, hand washing may be the single most important act you and your child have for disease prevention.

Making It Habit

As early as possible, get your child into the habit of washing her hands often and thoroughly. All day long, your child is exposed to bacteria and viruses—when touching a playmate, sharing toys, or petting an animal. Once their hands pick up these germs, they can quickly infect themselves by Rubbing their eyes, Touching their nose or Placing their fingers in her mouth. The whole process can happen in seconds, and cause an infection that can last for days, weeks, or even longer.

When To Wash

Hand washing can stop the spread of infection. The key is to encourage your child to wash her hands throughout the day. For example, help or remind your child to wash their hands:

- Before eating
- After a trip to the bathroom
- Whenever he/she comes in from playing outdoors
- After touching an animal
- After sneezing, coughing, or blowing nose
- When someone in the household is ill

Steps to Proper Hand Washing

So what does a thorough hand washing involve? The Centers for Disease Control and Prevention (CDC) recommends the following steps:

- Wet your child’s hands.
- Apply clean bar soap or liquid soap to the hands.
- Rub the hands vigorously together. Scrub every surface completely.
- Keep rubbing and scrubbing for 10 to 20 seconds to effectively remove the germs. (Sing ABC Song)
- Rinse the hands completely, then dry them.

The Best Solution & How Long to Wash Hands

Regular use of soap and water is better than using waterless (and often alcohol-based) soaps, gels, rinses, and hand sanitizers when your child’s hands are visibly dirty. However, when there is no sink available (ex: the car), hand sanitizers can be a useful alternative.

Keep in mind that although 10 to 20 seconds of hand washing sounds like an instant, it is much longer than you think. Time yourself the next time you wash your hands. Watch your child while she’s washing her hands to make sure she’s developing good hygiene behaviors. Pick a song that lasts for 15-20 (ex: ABC song) seconds and sing it while you wash. Encourage your child to wash her hands not only at home, but also at school, at friends’ homes, and everywhere else. It’s an important habit for her to get into, and hopefully one that’s hard to break!

[Sources: tbdhu.com & healthychildren.org]