



# March '21 Newsletter

## Happy St. Patrick's Day Nursery

Tips for keeping baby healthy during cold and flu season:

\*Anyone touching baby should wash their hands first. Baby is never too young to start washing his/her hands too.

\*Don't stop breast feeding. If you are nursing and have a cold or flu, you shouldn't stay away from baby at all. In fact, you should keep on breastfeeding since you'll be giving baby antibodies to whatever you've got through your breast milk.

\*Vaccinate.....Not only your baby but yourself. Be sure to get a flu

shot to protect baby since they can't get a flu shot until 6 months of age.

\*Teach older children baby etiquette. Always wash your hands before playing with baby, cover coughs and sneezes, blow your nose into a tissue and throw it in the trash can.

\*Play by the rules. Be sure your baby is feeling well and fever free before taking them to child care. This will benefit all children your child is exposed to. This will also benefit your baby when someone else is sick.

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Heartland will be closed Friday, April, 2nd and Monday, April 5th for spring break. As noted in the parent manual, these are full tuition weeks.



### Upcoming Events

☺ April 2 — April 5 Closed  
Spring Break

## Did You Know?

Did you know our faculty takes part in at least 10 hours of early childhood trainings each year? This is in addition to CPR/ First Aid, Mandatory Child Abuse Reporting and Universal Precau-

tions. All of this is in addition to teachers degrees, certifications/ credentials. Educated teachers are very important to Heartland and that's one of the reasons we are a premier preschool.