



We're dedicated to helping you be happy, healthy and successful in your journey of being a parent!

## Monthly Quote

“The greatest healing therapy is friendship and love.”

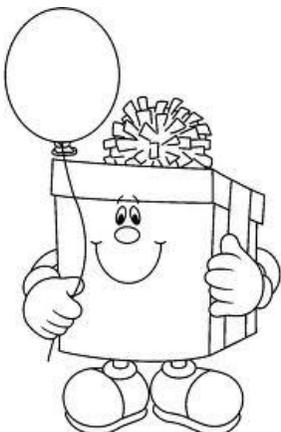
— Hubert Humphrey, 38th Vice President of the United States

## Current Events

Feb 14 <sup>th</sup>	Valentine's Day Valentine's Day Party
Feb 17 <sup>th</sup>	President's Day Center is OPEN

## February Birthdays Happy Birthday

Feb 5 <sup>th</sup>	Ben K.
Feb 8 <sup>th</sup>	Ethan L.
Feb 24 <sup>th</sup>	Jacob O.
Feb 28 <sup>th</sup>	Lainey O.



## Are you looking for some Great Parenting Ideas?!

Below you will find some great ways to ease the morning routine. Some of these may help you in your morning routine and some may not. Hopefully each family can take one idea away with them and have it help them with their morning routine.

### 1. Get Up Early

As a parent, you probably already are waking at an hour many people don't realize exists. However, even waking up an extra 15 minutes earlier can make things run more smoothly. You can start out by figuring out how much time you need to get everyone up, fed and dressed, and then set your alarm for 15 minutes before that. Use this extra 15 minutes in the morning as a cushion. On a good morning, you will have an extra 15 minutes to play together or savor your coffee.

### 2. Making Everyone Help.

Have someone assigned to packing the lunches the night before. This way it is packed and ready in the morning. Have your child carry their back pack, lunch, or any other item that is theirs into school, even if it means that you have to walk a little slower.

### 3. Tag-Teaming.

You can shower while your spouse or partner gets breakfast for the children. Then the other can shower while get other items ready.

### 4. Encouraging Independence.

Give your older toddler or child instructions. Have your oldest put on his shoes and climb into his car seat. It may not always be the fastest but it does free you to take care of the kid who can't help himself.

### 5. Using Our Appliances.

Using slow cookers can help save some time in the evening. You can freeze leftovers from extra large weekend meals or prepare freezer meals on the weekends to help you during the week. Drop them in the crock pot in the morning and by evening you have a home cooked meal on the table.

### 6. Putting Everything in Place.

Nothing throws off a schedule faster than lost keys or a missing blanky. All bags should be packed the night before and put in their respective homes --lunches and bottles in the fridge; purse and diaper bag in the bedroom. In the morning, gather everything up and place into the car so it can't be left in the out-the-door whirlwind.

### 7. Giving two-minute warnings.

Kids handle transitions from one thing to the next better when they know what's coming. Give your children a steady countdown to time to go or time. This will also help you stay on track.

### 8. Making Every Minute Count.

Quality time is any time you and your kids are in the same place. It's easy to feel like you have no time with your kids when you are rushing from home to work and back again. Take time to notice that you really do have time. Sing songs in the car and play I-spy to practice colors. Enjoy every minute!

## Car Safety and Parking Lots

Leaving kids in a car can be very dangerous. It does not matter what the season is. Winter months bring cold and snow and snow can block a car's exhaust pipe; warming up a car can cause carbon monoxide to back up into the car. Carbon monoxide is an invisible gas that has no smell, taste or color but is poisonous and dangerous. Children left alone in cars will also face the year-round danger of injury and abduction.

The following are some tips to keep your kids safe in the car...

Take kids inside: Always take children inside with you when doing errands or visiting friends and family. In addition to weather related injuries children may be harmed in several other ways as well, including:

- Becoming trapped in a car
- Accidentally setting the car on fire by playing with matches or a cigarette lighter
- Getting strangled by a power window, sunroof, or other accessory.
- Being injured or abducted by a stranger in the course of a car theft.
- Being hit by a car in the driveway or parking lot.

Make sure that you always put your keys in a safe spot out of the reach of children and know where they are at. Always lock your car, even at home, and remind friends and neighbors to do the same so children cannot get into cars on their own.

The first five people that see the front desk by February seventh will receive a reward on your account if you have read this whole newsletter. Pass the word along to anyone that transports your children... this includes your spouse or partner, babysitter, friends and family! Let others know and let's keep our children safe!

## Monthly Celebrations and Causes

**American Heart Month.** Heart disease kills ~630,000 Americans each year and is the leading cause of death for both men and women. American Heart Month urges Americans to live a healthy lifestyle and join the battle against heart disease.

**Black History Month.** Marking the February birthdays of Frederick Douglass and Abraham Lincoln, Black History Month remembers the struggles and contributions of African-Americans. This year marks key anniversaries of the Emancipation Proclamation (Jan. 1, 1863) and the March on Washington for civil rights (August 1963).

**National Hot Breakfast Month.** A healthy breakfast is important to good nutrition and health. It stabilizes blood-sugar levels, contributes to a balanced metabolism, and puts you in a better mood to confront the day. Start these chilly February mornings with a hot breakfast to get your day off on the right foot.

**Responsible Pet Owners Month.** Remember to spay or neuter your pet to prevent overpopulation, visit the veterinarian regularly, give your pet plenty of exercise, and offer your pet the kind of unconditional love he or she gives you.

**Groundhog Day, Feb. 2.** Will the groundhog see his shadow? Is winter almost over?

**Abraham Lincoln's Birthday, Feb. 12.** Birthday of the 16th president of the United States, born in a log cabin in 1809 in Kentucky.

**Darwin Day, Feb. 12.** Birthday of British naturalist Charles Darwin, whose theories on evolution changed the world.

**Valentine's Day, Feb. 14.** Show the people you love how much you care for them, with cards, flowers, and kindness.

**George Washington's Birthday, Feb. 22.** The hero of the American Revolution and the first president of the United States was born this day in 1732. Celebrated on the third Monday in February as Presidents Day.



## Valentine's Day Party

Our Valentine's Day Party will be held on February 14<sup>th</sup>. Classroom lists will be passed out for your child's valentine cards. The children will be decorating bags to take home their special cards.

A sign up sheet will be posted in each classroom for their fun snacks that they will be having. This time around we will be doing something different... we will not be decorating cookies; but will be having ice cream sundaes. The kids will be able to make their own sundae during their party.

Come join the fun... we will have lots of games, crafts and treats.

## Are you receiving our text messages?

Did you know that Brandi's Place can communicate with parents via text messages? This provides an instant communication for events coming up, reminders and emergencies. This is a free service provided to you by Celly; however standard text rates apply for your phone usage. Many schools and local organizations use this same service. You may already receive text messages by Celly from other companies. Brandi's Place does not send out messages frequently, only in the event of an emergency, closing, events, etc.

To receive text messages from Brandi's Place simply follow these directions:

Text to: 23559

Type: @brandisplacesc

Then Send

You will receive a text asking to create a user name  
Create your user name and send it

You will then be prompt to give a "short bio"

Please put in a short description of who you are such as "Emily's mom" or your name

A text message will then be sent back to you stating that we are a private group and your request will be approved shortly.

Directors will be alerted that you were added and will approve your request.

Due to security measures this forum is locked. Only Brandi's Place families will be allowed to receive communications.

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## Have you turned in your updated forms?

Updated forms were sent out at the beginning of January. These forms must be turned into the front desk as soon as possible. To keep our forms current, we will be sending these out each year. Please do not forget to update us throughout the year if anything changes. This includes but is not limited to:

- Immunizations
- Allergies
- Medications
- Change of Address
- Change of phone numbers (cell, house, work)
- Change in emergency contacts
- Doctors

If your family misplaced their form and needs a new form, please see the front desk so that we can get your families records updated.

Immunizations are updated in September and are due to the Health Department by October 1<sup>st</sup> of every year. We will send out notification as that time nears if your child is missing their immunizations. Our goal is to be at 95% or higher. We have met this in the past years and would like to continue the great work. Parents will need to fill out a waiver form for any immunizations that they do not receive.

## Sickness...

Keep in mind that we clean our rooms daily and our toys are sanitized every day. Sometimes we do this twice a day. We try our best to keep those pesky germs out of the classrooms.

Help us to keep out the germs as well... We will call if your child has a fever of 100 degrees or higher, if they have vomited or has reoccurring diarrhea. These are all signs that they need to go home. Once a child has gone home the room is sanitized again. Please keep in mind that if we call you to have your child picked up, they need to be picked up as soon as possible.

We will try to call parents first and then move to your emergency contacts if we have not reached anyone.

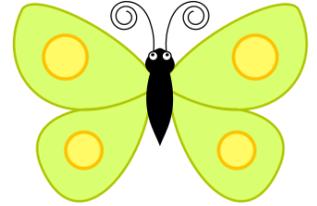
## Reminders:

- Tuition is always due on Thursday. Late fees will be added at the end of the day on Thursday. Keep in mind, for a very small fee you may call in a credit card payment if needed.
- If you would like your account to be automatically charged every Thursday, please see the front desk for a form to fill out. This carries the same 4% charge as if you were to call in a payment.
- Tax papers were handed out in January. There is a \$5 fee for any replacements needed.
- We have weekly drawings for our parents. Don't forget to put your name in the bucket for a chance to win fun things. A list of items being given away are on the table in the front entryway.
- Your child's items MUST be labelled with their names and/or initials on them. This includes but is not limited to hats, mittens, scarves, boots, blankets, pillows, cups, etc.
- Car seats left during the day in the front lobby must be labelled with your child's name on them.

## Holiday Closings

Brandi's Place will be opened on President's Day. The next scheduled day off for the center will be on May 27<sup>th</sup> (Memorial Day). Brandi's Place is open on Good Friday and during Spring Break. Our latchkey children are welcomed on these days that the school is closed and Brandi's Place is opened. Let a director know as soon as you know that they will be in attendance for staffing purposes.

We will start working on our summer program for school age children after Spring Break and sign ups will begin shortly after that. Our summer program will be opened up to our current families before it is opened up to the public. Watch for more information as the time gets closer.



**Happy Valentine's Day!!!**

### Winter Weather!

January has been a busy, busy month for Mother Nature. There have been many school and business closings. Brandi's Place has only ever had to close twice in the 9 ½ years that we have been opened. We will only close when there is a State of Emergency, Road Advisory or any other circumstance when emergency personnel tells everyone to stay off the roads. At this time it will be posted on ABC Channel 12 News website under the school closing, a text message will go out to all families that are signed up under the account; it will be on Cars108 as well as our facebook page. We take every opportunity we can to notify you and your family and to keep you and our staff safe in these bad weather conditions by giving you as much notice as we can. When the roads are bad, please remember to buckle up, take your time, drive slow and watch for the other cars. We want all of our families to arrive to their destination safely!



#### From the front desk...

*We hope you enjoy this issue of The Happy Parent. It is our goal here at Brandi's Place to help you be happy, healthy and successful in your journey of being a parent.*

*It is our pleasure to bring you this monthly publication filled with a little bit of humor as well as communication and parenting tips. Enjoy!*

Remember to sign your envelope and return it to the bucket at the front desk.

**Happy Valentine's Day!**

### How to Get Children through a Big Family Dinner



Many parents have experienced the "worst case scenario" when it comes to having their children attend a big family dinner. The good news is that you are not alone, and many parents

have come up with little tips to help prevent embarrassing meltdowns from the little ones at the dinner table.

One good tip is to set up a kids' table and make sure that it has attractive and fun healthy snacks that will keep youngsters amused and feeling as though they have their own special place for the meal.

Another good piece of advice, if there are a lot of children, is to make sure they are allowed plenty of playtime before the meal begins, preferably right up until it starts. Then, once they have eaten, allow them to go off and play again before coming back for dessert, thus ensuring that they do not get bored and irritated by being confined to their seats.