

EACN NEWS



December, 2022

Dear Parents,
EACN just finished up Parent/Teacher Conferences. Please know that if you ever have a concern about your child's progress (at any time during the year), we have several therapists in the building that we can consult with. Children of all ages sometimes need support for a variety of reasons. Early Intervention is key to success for young children. We are here to help in any way, so please do not hesitate to ask! The weather is certainly changing, and we are now seeing an uptick in illness. We did not see any COVID-19 cases in the first quarter of the year, but COVID-19 could easily rear its ugly head again. EACN has seen RSV, Flu and the Stomach Bug. Please be cautious and keep your child home when they are sick. We keep the most recent COVID-19 guidelines at the front desk (last letter was dated September 21st), so now would be a good time to review the protocols again.

As a reminder, EACN will need a note to return to school if a child is seen at a hospital or urgent care for any reason. A doctor's note to return is required from your primary for any communicable disease. We will continue to notify you if there is any illness in the classroom. Lastly, I wanted to extend many thanks for all of your support with our two fundraisers (Classroom cash and the Poinsettia Sale). The teachers will put their money toward much needed supplies and special projects. I hope you all have a wonderful and safe holiday!
Sincerely,
Karie Kelchlin
Director, EACN

EMERGENCY CONTACT INFO CLOSINGS DUE TO WEATHER

If EACN needs to close the Center, the closing will be posted on Ch. 2 WGRZ, Ch. 4 WIVB and Ch. 7 WKBW. EACN often remains open if the East Aurora School District closes. We close only if there is a driving ban in the Town of Aurora or if we feel blizzard conditions will threaten the safety of the children and our staff. Please check our website at www.eacnchildcare.com

for up-to-date closing information. Thank you!

AMAZON FOR EACN!

For all of you who shop at Amazon, EACN is participating in Amazon Smile (www.smile.amazon.com), a program which pays a percentage back to the charity of your choice. Please see the link for directions on how your shopping can benefit us!
<http://smile.amazon.com/ch/16-1133503>

Please remember to designate East Aurora Community Nursery. Happy holiday shopping!

REFER A FRIEND THE VALUE OF EACN

The trust and confidence you, the parents, place in us each and every day means a great deal. The highest compliment one can pay is the referral of family and friends. Should a child be enrolled as a result of your referral, the \$50 registration fee will be waived for the enrollee and after the referred child(ren)'s first month, a \$50 credit given to you.

MARK YOUR CALENDARS!

EACN closed - December 23rd,
26th, January 2nd



LIMITING STRESS FOR CHILDREN DURING THE HOLIDAYS

Here are some tips to de-stress your family time, so everyone can have a wonderful and magical time.

- Don't make your kids sit on Santa's lap. If they are afraid, don't push it. There's always next year!
- Remember the importance of routine - do everything you can to get your kids to bed at their normal time!
- Be mindful of what the children are eating. Between all the extra sugary holiday snacks and the lack of time to sit down to regular meals, it can be easy for kids to miss healthy meals.

Get your child moving! Taking play outside can make a day with your children fun and special.

FUN SENSORY RECIPES TO BEAT CABIN FEVER!

CINNAMON DOUGH:

2 cups flour
1 cup salt
 $\frac{3}{4}$ to 1 cup warm water
5 tsp Cinnamon
*Mix flour, salt and cinnamon, make a well in center and pour in water. Mix with hands until dough forms a ball. Knead on lightly floured board until smooth. Wrap in plastic and refrigerate 20 minutes before using. Excellent for cookie cutter ornaments.

GOOP:

$\frac{1}{2}$ cup cornstarch
 $\frac{1}{2}$ cup water
Food coloring

- Mix cornstarch with water



PLAYDOUGH:

2 cups flour
1 Cup Salt
3 Tbs. Cream of Tartar
2 Tbs. Oil
2 Cups boiling water

KINETIC SAND:

2 Cups Sand
 $\frac{1}{2}$ Bottle Shaving Cream
1 Box Baking Soda
*Add Shaving Cream to sand. Slowly add baking soda until the sand sticks together but not to your hands.

MUD:

3 parts Corn Starch
1 part Cocoa Mix
Add water a little at a time



SLIME:

$\frac{1}{2}$ cup Elmers Glue
1 Cup Shaving Cream
1 Tbs. Contact Solution
Baby Oil
Add glue to a bowl. Add shaving Cream until there is no more glue. Add contact solution, and a bit of Baby Oil to make less sticky.