

NCFC News

The Newsletter of Nativity Child and Family Center

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NCFC Students LIGHT UP the Christmas Program

NCFC students, families and friends enjoyed gathering on Tuesday, December 15 for our annual Christmas program. The evening was filled with performances by the many NCFC school age piano students, as well as songs, poems and even a puppet show presented by the other classes. Narrators from the school age program did a fabulous job telling the story of Jesus' birth bringing light to the darkness. It was such a joy to see the sanctuary filled with smiling faces of family and friends, and to hear the whispers of children watching and listening to their peers.

A night like the Christmas program could not have happened without everybody's involvement and support. Parents helped kids learn words to songs and poems. Teachers reinforced songs and poems by practicing again and again...and again. Kids worked tirelessly to sing and keep all the actions straight. **Thank you to all!** A special thanks to Bob Parrot from Nativity Lutheran Church and NCFC aide Bobby Mezzenga for coordinating sound and lights for the evening. What a joy to celebrate the Truth of the season together!



Winter Safety: Keep Kids Safe From Hypothermia, Frostbite, and Injury

By Catherine Holecko, About.com Guide

While it's important for your child to stay physically active in the winter, the colder months mean special winter safety precautions. The American Academy of Pediatrics offers this important advice:



What to Wear: Winter Clothing and Gear

Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Dress older babies and young children in one more layer of clothing than an adult would wear in the same conditions. Kids should wear:

- thermal long johns
- turtlenecks
- one or two shirts
- pants
- sweater
- coat
- warm socks
- boots
- gloves or mittens
- hat

Know the Signs of Hypothermia

Hypothermia develops when a child's temperature falls below normal due to exposure to cold. It often happens when a youngster is playing outdoors in extremely cold weather without wearing proper clothing. As hypothermia sets in, the child may shiver and become lethargic and clumsy. His speech may become slurred and his body temperature will decline. If you suspect your child is hypothermic, call 911 at once. Until help arrives, take your child indoors, remove any wet clothing, and wrap him in blankets or warm clothes.

Treat Frostbite

Frostbite happens when the skin and outer tissues become frozen. This condition tends to happen on extremities like the fingers, toes, ears and nose. They may become pale, gray and blistered. At the same time, the child may complain that her skin burns or has become numb. If frostbite occurs, bring the child indoors and place the frostbitten parts of her body in warm (not hot) water. 104° Fahrenheit (about the temperature of most hot tubs) is recommended. Warm washcloths may be applied to frostbitten noses, ears and lips. Do not rub the frozen areas.

After a few minutes, dry and cover him with clothing or blankets. Give him something warm to drink. If the numbness continues for more than a few minutes, call your doctor.

Winter Safety for Sports and Activities

Set reasonable time limits on outdoor play to prevent frostbite. Have children come inside periodically to warm up.



Ice Skating:

- Allow children to skate only on approved surfaces. Check for signs posted by local police or recreation departments, or call your local police department to find out which areas have been approved.
- Advise your child to: skate in the same direction as the crowd; avoid darting across the ice; never skate alone; not chew gum or eat candy while skating.
- Consider having your child wear a helmet while ice skating.

Sledding:

- Supervise children while sledding, and keep them away from motor vehicles.
- Keep young children separated from older children.
- Teach kids to sled feet first or sitting up, instead of lying down head-first, to prevent head injuries.
- Use steerable sleds, not snow disks or inner tubes.
- Sleds should be structurally sound and free of sharp edges and splinters, and the steering mechanism should be well lubricated.
- Sled slopes should be free of obstructions like trees or fences, be covered in snow (not ice), not be too steep (slope of less than 30°), and end with a flat runoff.
- Avoid sledding in crowded areas.



Sun Protection:

The sun's rays can still cause sunburn in the winter, especially when they reflect off snow. Make sure to cover your child's exposed skin with sunscreen.

Love and Logic Returns in 2010!

Thursdays: Feb. 4th, 11th, 18th, 25th, March 4th, 11th
6:30 – 8 pm

Love and Logic is a common sense approach to parenting that teaches easy-to-learn skills that create respect, responsibility, and good decision making in children of all ages. Learn how to set limits without anger, lectures, threats or repeated warnings. When children cause problems, learn proven methods to had the problem back to your child by replacing the anger and lecture with a strong dose of empathy followed by a logical consequence. Learn how to turn your words into gold with enforceable statements. This is the best parenting class you will ever take!

Registration Deadline: Monday, January 18, 2010

| | Nativity or NCFC Families | Non NLC or NCFC Families |
|---------------------------------|---|-----------------------------|
| 1 st Parent _____ | \$30 _____ | \$35 _____ |
| 2 nd Parent _____ | \$34 _____ | \$40 _____ |
| # of workbooks (optional) _____ | @ \$10 each: _____ | |
| Phone Number _____ | Total Due at registration: _____ | |
| Address _____ | Make checks payable to NCFC- no refunds | |
| City _____ Zip _____ | Payment must accompany registration. | |