

Mayo Employee Back-Up Child Care Center News



From the Front Desk

Now that the weather has turned colder and the snow has begun please make sure your child brings appropriate outside gear and extra clothing. We ask that you label your child's snow pants and boots as many friends bring the same kind, and to help avoid mix ups. Licensing requires we need to take children outside every day weather permitting. We do check the Child Care Weather Watch to make sure it is safe.

Through our Staying Healthy campaign we are doing our best to help keep everyone healthy. Please help your child wash their hands upon entry to the classroom. Just a reminder that ill children need to be out of the center symptom free without the aid of medication for 24 hours.

Now is a great time to update your child's file. Some items to think about:

- ✓ Have there been any changes of phone numbers since you enrolled?
- ✓ Is your child due for updated immunizations or a Health Care Summary?
- ✓ Is your account missing any required paperwork?
- ✓ If your child has a severe allergy or medical condition do we have a care plan on file or does it need to be updated?

***We look forward to your
family's next visit soon!***

Important Dates

Outer Space Week-December 26-29

Center CLOSED-Monday, December 25

Center CLOSED-Monday, January 1

High Demand Days

December 22-January 2- Winter Break

January 15- Martin Luther King Jr. Day

January 26-Teacher Work Day

February 19- President's Day

Register & Reserve Back-Up Care

Your child must be fully registered before a reservation can be made. Our online system makes it simple to:

- Edit/update registrations
- Request a reservation
- Cancel a reservation
- Make co-pay payments
- Print daily information sheets

www.careadvantage.com/mayoclinicmn

Mayo Employee Back-Up Child Care Center

3535 40th Ave NW, Suite 100, Rochester, MN,
55901

507.282.2707 |

mayo.rochester@brighthorizons.com


Back-Up Care Advantage®
A Bright Horizons Solution at Work

READY FOR SCHOOL NEWS

Fine Motor Skills: No Small Thing

Fine motor skills, the coordinated movements and actions of the small muscles of the hands, are essential for performing everyday tasks that enable us to be independent people. We can do basic activities, such as dressing, using technology, writing, painting, drawing, cutting, doing puzzles, and even scratching the spot where it itches.

Imagine what it must be like to be an infant who can't grasp a toy; a toddler who can't feed himself; a preschooler who can't put on her jacket; or a kindergartener who can't hold a pencil? Lacking age-appropriate small-muscle skills can lead to frustration, influence a child's self-esteem, affect his peer relationships, and impinge on his ability to achieve independence.

Because of the richness of children's experiences at home and childcare, children use their small muscles spontaneously throughout the day. Still, as parents and educators, we sometimes wonder what we can do to enhance fine motor skill development. Below are a few suggestions:

- Give children ample time and guidance, and encourage them to do things for themselves.
- Encourage babies, toddlers, and young children to hold books, turn pages, and point to pictures.
- Encourage children to participate in household chores, including sorting flatware, folding laundry, matching socks, watering plants, weeding gardens, or cooking.
- Play games, such as peek-a-boo with infants, dump-and-fill activities with toddlers, and age-appropriate board games with preschoolers. Have fun with play dough and other substances that encourage small muscle development.
- Play clapping, tapping, and finger movement games, such as, "Head, Shoulders, Knees, and Toes."
- Make cards and gifts for people. Young children can decorate picture frames or boxes, paint pictures, or make dough sculptures. Older preschool children might string beads, cut pictures out of magazines to create collages, weave pot holders, or draw on fabric.
- Capitalize on opportunities for children to use their small muscles during hygiene practices like bath time to squeeze sponges, use basters, or pour with different size pitchers.

BRIGHT HORIZONS NEWS

Making a Difference with Your Holiday Shopping

Without spending any additional money, you can make a big impact on the life of a child experiencing homelessness or other crises. This holiday season, when you buy books, toys, music, and more on Amazon, part of your purchase will be donated to the Bright Horizons Foundation for Children from Amazon.com.



Just click on [this Amazon link](http://amzn.to/2c8XMKM) and shop as normal. (<http://amzn.to/2c8XMKM>)

Visit our [FAQ](https://www.brightspaces.org/amazon-faq/) for more information about this program. (<https://www.brightspaces.org/amazon-faq/>)

Make sure to save this Amazon page as a favorite and then share it with your family and friends! It works all year.

Looking for a great gift idea for someone on your shopping list? Make a donation to the Bright Horizons Foundation for Children in their honor and send a special holiday ecard to let them know. Each time you send an ecard, not only are you sending a personalized message of love, hope, thanks, or support to your friends, colleagues or family, you are also helping make a difference for children and families in crisis.

Bright Horizons Foundation for Children - <https://www.brightspaces.org/>

E-cards - <https://www.brightspaces.org/give/ecardshonor-memorial/>

The Bright Horizons Foundation for Children is a nonprofit organization focused on brightening the lives of children, youth, and families in crisis, especially those who are homeless.



Check out all the places you can connect with us!