


A child's drawing on pink paper. At the top is a large pink heart. Below it is a row of five smaller pink hearts. To the right, the name 'Joelle' is written vertically in green. Below 'Joelle' is a small pink heart. To the right of the heart is the phrase 'My teachers are' written vertically in green. In the center is a stick figure with orange hair, wearing a white shirt with a drawing of a person. Below the figure is the name 'Freya' in black. At the bottom are the words 'Honey' and 'Heather' in black, with 'Heather' underlined. The background has some faint, illegible text from the reverse side.

Blessed is the Nation whose God is the Lord

Important Reminders for the summer months – All children need Sunscreen/ All clothes that children wear should be light, must cover their knees and shoulders [no tank tops or small shorts]. Children must wear only comfortable shoes that cover both the front and back of the feet. No flipflops or open toed footwear

La' Niyah April / May 2024


 Bellamy → My teachers are nice
Happy Mother's Day to all our mothers at CDC
 Dr. Ratna Rajaratnam, Director | CCDC
 Avery
 My teachers are sweet
 Juliana
 My teachers love
 La'Niyah
 My teacher is kind & sweet
 April / May 2024
 Addalyn
 My teacher is beautiful
 Heather
 My teachers play with me

Sunflower's Classroom

Happy Mother's Day! ♡

Protecting Your Child from Dehydration and Heat Illness

Here are some tips to help during summer months to avoid dehydration in your family.

1. What puts my child at risk of dehydration? The same things that put you at risk for dehydration: prolonged exposure to high temperatures, direct sun, and high humidity, without sufficient rest and fluids. The difference is that a child's body surface area makes up a much greater proportion of their overall weight than an adult's, which means children face a much greater risk of dehydration and heat-related illness.

2. What signs of dehydration should we watch for? Early signs of dehydration include fatigue, thirst, dry lips and tongue, lack of energy, and feeling overheated. But if kids wait to drink until they feel thirsty, they're already dehydrated. Thirst doesn't really kick in until a child has lost 2% of their body weight as sweat. Untreated dehydration can lead to three worse types of heat illness:

Heat cramps: Painful cramps of the abdominal muscles, arms, or legs.

Heat exhaustion: Dizziness, nausea, vomiting, headaches, weakness, muscle pain, and sometimes unconsciousness.

Heat stroke: A temperature of 104 F or higher and severe symptoms, including nausea and vomiting, seizures, disorientation or delirium, lack of sweating, shortness of breath, unconsciousness, and coma. Both heat exhaustion and heat stroke require immediate care. Heat stroke is a medical emergency that, when untreated, can be deadly. Any child with heat stroke should be rushed to the nearest hospital.

3. What can I do to prevent dehydration in my child? Make sure they drink cool water early and often. Send your child out to practice or play fully hydrated. Then, during play, make sure your child takes regular breaks to drink fluid, even if your child isn't thirsty. A good size drink for a child, according to the American Academy of Pediatrics, is 5 ounces of cold tap water for a child weighing 88 pounds, and nine ounces for a teen weighing 132 pounds. One ounce is about two kid-size gulps. Children should be outdoors jogging, riding a bike, and otherwise slowly building up their fitness and ability to handle the heat. The fitter children are, the sooner their bodies will start to sweat after beginning to exercise -- and that's a good thing! Know that dehydration is cumulative. If your child is 1% or 2% dehydrated on Monday and doesn't drink enough fluids that night, then gets 1% or 2% dehydrated again on Tuesday, that means your child is 3% or 4% dehydrated at the end of the day. "They may be gradually developing a problem, but it won't show up for several days." You should always monitor your child's hydration." One way to do this: weigh your child before and after practice. If their weight drops, they're not drinking enough during their workout. **A simple rule of thumb: if your child's urine is dark in color, rather than clear or light yellow, they may become dehydrated.**

4. If my child develops heat illness, what can I do to treat it? The first thing you should do with any heat illness is get the child out of the sun into a cool, comfortable place. Have the child start drinking plenty of cool fluids. The child should also take off any excess layers of clothing or bulky equipment. You can put cool, wet clothes on overheated skin. In cases of heat cramps, gentle stretches to the affected muscle should relieve the pain. Kids with heat exhaustion should be treated in the same way but should not be allowed back on the field the same day. Monitor your child even more carefully. If your child doesn't improve, or can't take fluids, see a doctor.

Heat stroke is always an emergency and requires immediate medical attention.

My Mom is:

Addy: Beautiful Israel: Beautiful
Huxen: Beautiful Maya: Loving
Milo: Nice Alison: Beautiful
Natalia: Nice Xander: Gorgeous

WebMD, 2022

Xander

Alison