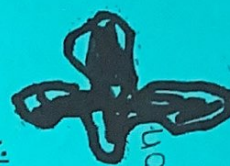




Eddison

From our Center to your Home

Magnify the Lord with me and let us exalt His name together.



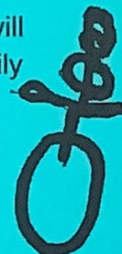
Houston

Dear Families, We are at the verge of entering the Spring time and as day light saving time started, we should start practicing to wake up an hour early. Spring is also a good reminder of life happening in the nature as we start planting seeds and trimming our plants and trees as they get new lease of life. In our Christian faith Spring is also a good reminder of entering into Easter time [Christ's resurrection]. At CDC Spring time is an exciting time for our children as they get to spend outdoors more and also plant seeds and watch the plants grow and provide fruits, vegetables and flowers. They do plenty of spring art and craft projects and get ready for Easter. If you have time please join your children in spring activities. Giving a little bit of your time for your children at their school will do wonders in your child and at the same time you get to see what goes on daily in your child's classroom. Remember, we were talking about home school partnership in the last News Letter. Your participation in your child's classroom activities is one of the ways you can develop that partnership. This will also enable you to see how your child is progressing in all areas of development through our program.



Haidyn

Keilani



Grayson



Arialli

Spring is a great time to be outdoors and at the same time, it's a nasty allergy season. On the next page, important allergy information is available for your view, please have a look at it.

April is a very important month as we will be celebrating 2 important events

1. **Easter** – Easter egg hunt and easter celebration – April 5<sup>th</sup> at 10 am. [ More details will follow]
2. **Immanuel CDC 20<sup>th</sup> anniversary** – Church Service – April 23<sup>rd</sup> [Our actual day of Center opening]
3. **Carnival** – April 28<sup>th</sup> – 1 – 5 pm. Lots of fun activities for children and families



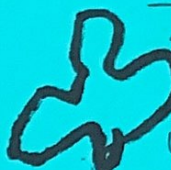
Carter



Emmaline

Center closures reminder – April 7<sup>th</sup> Good Friday

April -28<sup>th</sup> – 20<sup>th</sup> Anniversary Celebrations and Carnival



Gabriel

Don't forget to fill up the parent participation form for your child's classroom. Looking forward to seeing you all participate in your child's classroom for various activities.

Thank you for your cooperation in all matters,

Hadassah Ratna Raj , Director ICCDC.



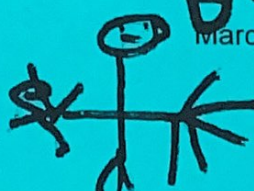
Annelia



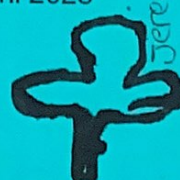
Macie

BOOKS

March/April 2023



Jeremiah





### Spring Allergies in Children

The coming of spring brings new life, beautiful flowers, luscious greenery, and warm sunshine. It also means your children will be spending more time outdoors enjoying the fresh air. This is meant to be healthy and nourishing, but sometimes it can leave your child feeling miserable with allergies.

#### Symptoms of an Allergy

Seasonal allergies can develop anytime in childhood or adulthood, though they usually start to develop in children between the ages of 2 and 5. Similar to a spring cold, allergies can be quite deceiving at first, so look for the following symptoms that may warrant a visit to the doctor:

A family history of allergies or skin sensitivity.

Congestion that won't quit - a runny nose that doesn't improve after a week or so

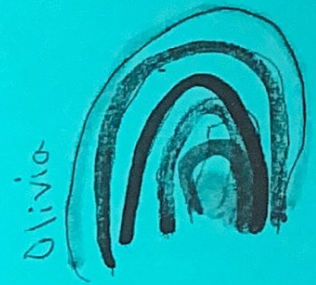
Watery or itchy eyes.

Symptoms unaccompanied by a fever or body ache.

A rash that may appear anywhere on the body.

A noticeable increase in symptoms on high pollen days.

If these symptoms occur and persist, an allergy specialist may need to evaluate your child.

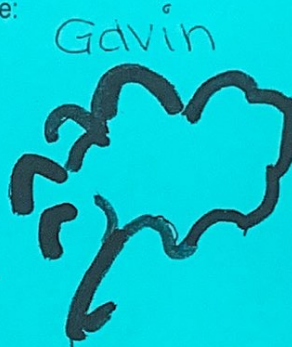


#### Common Allergy Causes

Some trees and plants create more allergy triggers than others. Allergies tend to be worse on windy days when pollen and grasses are blown around in the breeze. Likewise, hay fever can cause allergy symptoms.

Some of the most notorious culprits of pollen allergy are:

- Alder tree
- Ash Tree
- Elm Trees
- Pine Trees
- Poplar Trees
- Willow Trees
- Grasses like Bermuda, sweet vernal, and salt grass.



#### How to Treat Allergies in Children

After an initial visit to the doctor, he or she may prescribe a safe medication for your child. In the meantime, you can treat allergy symptoms at home safely and effectively:

- Keep kids inside on high-pollen or windy days.
  - Use a saline solution to flush out the nasal cavities.
  - Encourage warm baths or steam treatments to break up and drain mucus.
  - Invest in a humidifier for the child's bedroom.
  - Have your child try spicy foods, like cayenne pepper, onions, and ginger. Spicy foods are known to help thin mucus and clear out nasal passages.
  - Stock your home with plenty of moisture-rich tissues to prevent a raw nose.
- Encourage your older children to drink warm tea with honey and lemon to relieve sinus congestion and a sore throat.

[ Journal of Pediatric Associates ,2022]