



PARENT CONNECTION

“What’s the Latest with the Flu”

The 2015-2016 influenza season (flu) is here. As you know, influenza infection can be serious, resulting in hospitalization or death of some children every year. Influenza immunization is the best strategy to reduce infection and spread. Therefore, it’s critically important for everyone to get vaccinated for seasonal influenza now.

Annual influenza vaccine is recommended for all people 6 months of age and older. The best way to protect young children from getting infected is for all family members and people who take care of the child to get immunized.

Once flue starts circulating, it can be challenging to keep germs from spreading. While you can catch the flu any time of the year, the virus is most common in the US between October and May and usually peaks around January, February, and March.

The quadrivalent vaccine protects against the 3 strains from the trivalent vaccine and adds a different influenza B strain. The American Academy of Pediatrics (AAP) does not recommend one vaccine over another this season. Just be sure everyone gets immunized!



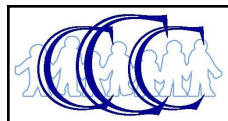
Pom-Pom Snow Globe

Materials: mini pom-pom • paint • toilet paper roll • card stock paper

Directions: Cut the end off a toilet paper roll for the base of the snow globe. Take a dark blue piece of card stock paper and cut it into a circle. Grab a pompom with a clothespin and have the kids use it as a paintbrush to make a snowman and snowflakes. Then let kids glue on snowman pieces (hat, scarf, buttons, etc.). Cut two slits in the cardboard tube and stick the circle in.



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WINTER BOOKS FOR KIDS

Ten on the Sled
by Kim Norman

Snowmen at Night
by Carolyn Buehner

Snow Party
by Harriet Ziefert

Red Sled
by Lita Judge

The First Day of Winter
by Denise Fleming