*updated on 7.2.2026

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



LAKE WALES YMCA EARLY LEARNING CENTER PARENT HANDBOOK

2026-27 VPK, SUCESS AFTER SCHOOL, & EARLY LEARNING PROGRAM(ELP)

LEADERSHIP

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HOURS OF CARE:

VPK Program:
Monday - Friday: 8:30am - 11:30am

VPK Wrap Around Care & ELP:
7:30am - 5:30pm

Success afterschool: School release time until 5:30pm.

Holiday Camp: 7:30am-5:30pm



WELCOME LETTER

Dear Parents, Welcome to the YMCA! Our programs offer opportunities for positive growth and development in an environment that is safe, fun and educational. Trained YMCA staff conduct our programs and serve as positive role models, engaging children in healthy activities that focus on the Y's core values of caring, honesty, respect, and responsibility. As the leading nonprofit for strengthening community, the Y is for youth development. We strive to nurture confident, engaged children today – leading to healthy, contributing adults tomorrow.

Thank you for choosing the YMCA,
YMCA Child Care Staff



MISSIONS & VALUES

We have a strong commitment to quality. The guidelines outlined in this parent handbook assist us in achieving and maintaining quality standards. Thank you for your support and assistance. The mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all. The YMCA Childcare Programs are built on the YMCA purpose and commitment to nurture the potential of children, promoting healthy living and fostering a sense of social responsibility. We believe that all children deserve the opportunity to discover who they are and what they can achieve. That is why we provide a safe, nurturing environment for children to learn, grow and develop social skills.

REGISTRATION INFORMATION

In order to register for or attend any YMCA program, all fees must be current with no outstanding balances.

Volunteer Pre-K:

***To obtain your childs voucher please visit https://elcpolk.org**

Children must be 4 years of age on or before September 1st for the school year they are attentding to qualify for VPK. Our VPK Program operates from 9am-12pm and it is designed to prepare every child for kindergarten and build the foundation for their educational success. Our VPK program gives each child an oppurtunity to preform better in school and throughout life with quality programs that include high literacy standards, accountability, appropriate curricula, substantial instruction periods, manageable class size and qualified instructors.

VPK Wrap Around Care:

VPK Wrap Around Care is a service designed to support families by extending care beyond. Our Wrap Around program offeres structured activities, meals, rest time, and additional learning experiences that promote social, emotional, and cognitive development. This service helps accommodate the schedules of working families while maintaining continuity in care and education for children throughout the day.

Success Afterschool:

Our successful afterschool program provides a safe, structured, and engaging environment for students outside of regular school hours. It supports academic growth, social development, and emotional well-being by offering homework help, enrichment activities, and opportunities for physical activity and creativity. The program fosters positive relationships between students, staff, and families, contributing to improved behavior, attendance, and academic performance. By addressing the diverse needs of children and working closely with schools and communities, the program creates a positive impact both inside and outside the classroom

Holiday Camp:

The Holiday Camp is a structured, engaging program designed to provide children with a safe, enriching environment on days when schools are closed. This camp offers a variety of age-appropriate activities including arts and crafts, sports and educational games.

Early Learning Program:

(Infants, 1, 2, 3 & 4 years old):

Our Early Learning Program (ELP) provides a nurturing, developmentally appropriate environment designed to support the growth and learning of children ages 1 to 4 years old. Grounded in evidence-based early childhood education practices, the program focuses on fostering cognitive, social-emotional, physical, and language development through hands-on experiences, structured play, and individualized attention.



PAYMENT PROCEDURES

As the parent/guardian registering a child in the YMCA of West Central Florida, VPK Wrap Care, Afterschool or ELP program you are responsible for abiding by the fee agreement and fee schedule.

YMCA VPK, Success afterschool & ELP Program

Althought the VPK program is free, families are still required to complete the registration process to secure their child's spot for the entire school year. Please note that a completed registration is necessary for enrollment. The only accepted form of payment or any additonal services or fees is:

-Auto draft: Automatic deductions will be made from a credit/debit card or bank draft through EFT

-Each week on Thursday prior to service

Withdrawal from the program requires at least 2 weeks notice. If payment is declined or not made by Thursday at 5:00pm, there will be a late fee of $30.

Service will be disrupted for non-payment. ELC and VPK parents are responsible for fees not paid by the Early Learning Coalition due to absences (3 absences per month are allowed).

Holiday Camp

Program fees for Holiday Camp are due to prior care beginning. Holiday Camp fees can be paid online or in person. All fees must be current to participate in YMCA programs. The YMCA follows the Polk County school Calendar.

Receipts

Please keep your payment receipts. Receipts are kept in your YMCA account and should be kept for your records. Fee reports or copies of receipts are available for an additional fee. Payment receipts and information can be found in the online YMCA account.

Document Request

The Lake Wales YMCA Early Learning Center provides copies of documents for custody, court, employment, or educational purposes. Request for copies of documents can be made on the Document Request form. There is a fee of $3.00 per sheet due at time of request

Refunds

Refunds are not provided for emergency closings due to weather or other unforeseen situations. If a child attends one (1) day in a program the full weekly fee will be assessed. Refunds and credits are not provided for days missed. Program transfers are not available. Registration fees are non-refundable. Please note that the charges will still apply even if your child is absent during the week.

Financial Assistance

The YMCA offers financial assistance.

No qualified person is denied YMCA services due to the inability to pay established fees. Those not able to pay the full fee may receive financial assistance based on their ability to pay and the YMCA's ability to fund a subsidy. Assistance is available because of the generosity of YMCA donors. For a financial assistance request form please visit us at www.ymcawcf.org or pick-up one at a YMCA location. Those applying for financial assistance must first apply and show proof of being denied for School Readiness assistance through ELC https://elcpolk.org/families/school-readiness

Subsidized Care (ELC)

Parents who work or go to school may qualify for government-subsidized care, called School Readiness, which is designated by the state through the Early Learning Coalition of Polk County. Parents will be responsible for payments that exceed the allotted amount and for any unexcused absences. Additional fees may be required. Once you have obtained an ELC certificate, please reach out to the Program Director to confirm the rate you will be paying.

Annual Registration Fees (Non-Refundable)

ELP (Early Learning Program): $100
VPK Wrap Around Care: $55
Success Afterschool: $25
Holiday Camp: $25 - If not previously enrolled in another program
*Registration fee does not apply to VPK

Weekly Rate Fees

Preschool:
Infant: $280
1 yr old: $250
2 yr old: $215
3 yr old: $180
4 yr old: $150
VPK Wrap Around Care : $120
Success Afterschool: $110
Holiday Camp: $30/Day

Attendance Policy

Sign in:

Children attending VPK, Early Learning Program, Success Afterschool or Holiday Camp at the Lake Wales YMCA Early Learning Center must be signed in by an adult each day upon arrival. Additionally, ELC/VPK participants are required to sign a monthly attendance sheet. VPK participants are required to sign a monthly parental choice certificate.

Sign out:

Children may only be signed out by adults (18 or older) authorized by the parent/guardian on the emergency pick-up form. A valid, state-issued photo ID or Passport is required. Please list all adults who may need to pick up your child. Only parents/guardians who completed the registration form may make changes to the list. Changes must be made in person or online through Daxko- no phone calls, faxes, or notes will be accepted. A full signature (no initials or nicknames) is required when signing a child in or out.

School Readiness:

ELC parents are responsible for fees not paid by the Early Learning Coalition due to absences (3 absences per month are allowed). Parents will be responsible for payments that exceed the allotted amount and for any unexcused absences.

PAYMENT PROCEDURES

Return Check Fee

Non-sufficient funds and returned checks, or closed account returns will incur a $25 minimum fee. There may be additional fees assessed by your financial institution and/or electronic transfer. Return fees and balances are due within three business days. Non-payment may result in a disruption of care.

Late Pick Up Fee

Children picked-up after 5:30pm will result in a late fee of $1.00 per minute, per child. Late fees will be added to the account and must be paid at the time of the next weekly payment. Failure to abide by the above fee agreement will result in termination of care. If for some reason a child is not picked up after 30 minutes, law enforcement
will be notified.

*The Raptor System is Safe-Schools and visitor management system designed to protect students, staff, and campuses. It screens all visitors by checking government-issued IDs against national databases, including sex offender registries, to identify potential threats. The system tracks check-ins and check-outs and monitors volunteers. Its purpose is to enhance campus security and ensure a safer learning environment.

Drop off & Pick Up

To ensure the safety of your child, the YMCA follows the Florida Statutes regulating child care centers. Each child must be checked in and out by an authorized individual with a valid photo ID. Authorized individuals are indicated on the pick-up authorization form. For your protection, children will not be released to any person other than the individuals authorized on the pick-up authorization form listed in your YMCA account. Authorized individuals must be over the age of 18.

Staff will request photo identification at the time of pick-up until they are familiar with the parents/guardians/ authorized adults on the pick-up list. Changes to the pick-up list must be made online through the YMCA portal. Phone calls, faxes or emails are not accepted.

For your child's safety, should any person who appears to be under the influence of drugs or alcohol arrive to pick-up your child, our staff will be required to contact another person on your pick-up authorization list. If no one is available, we will be required to call law enforcement.

Maintaining a consistent schedule at the YMCA Early Learning Center is essential in providing a smooth and uninterrupted learning environment for all children. Our instructional day begins promptly at 8:30 AM, and the center closes enrollment for arrivals at 9:00 AM.

If your child arrives after 9:00 AM, a doctor's note will be required for entry. Children enrolled in VPK Only and VPK Wrap programs must arrive no later than 8:30 AM to ensure they receive the full instructional time required.

Children enrolled in extended care must arrive by or before 9:00 AM. We appreciate your cooperation and commitment to helping us maintain a structured and successful learning environment for all students.

Vacation Policy

Your child will be allowed to take 1 week (Mon-Fri) of vacation from the program without being charged. We will need to be notified at least 2 weeks prior to the week your child will not be attending or you will be charged for the week. A week will consist of all 5 consecutive days. Please note that there is a per-absence requirement that applies to subsidized care families (ELC). Proper documentation for ELC must be provided for any absences or vacations of more than 3 days per month.

Health Requirements (VPK & ELP ONLY)

By state law, all students must have a current Florida Certificate of Immunization form (blue card) and a current student health examination form and a current Florida physical examination form. These forms are available from yout child's pediatrician, a family doctor or the Florida health department.

Illness Policy

To ensure the health and well being of all children and staff in our programs, children that show signs of a communicable illness shall be removed from the program immediately and placed in an isolation area until the custodial parent or legal guardian picks up the child. The illness will be reported to the custodial parent or legal guardian once the child shows signs of illness.

Signs and symptoms of a suspected communicable illness include the following:

-Severe coughing, causing the child to become red or blue in the face or to make a whooping sound
-Difficult or rapid breathing
-Stiff neck Diarrhea (more than one abnormally loose stool within a 24 hour period)
-Temperature of 100 degrees fahrenheit or higher
-Conjunctivitis (pink eye)
-Exposed, open skin lesions
-Any other unusual sign or symptom of illness

If your child has any of the above symptoms please keep them at home to recover for at least 24 hours. The child will not be able to return to the afterschool program without medical authorization, or until the signs and symptoms of the disease are no longer present. A doctor's written release may be required at the discretion of the Director.

Children that have become ill during the school day cannot attend YMCA Success afterschool programs. Please assist us with keeping your child safe from germs and talk to them about proper hand washing. Proper hand washing is the single most effective way to stop the spread of infection.

Children with head lice may not attend the YMCA child care programs until completely nit and lice free.

Medications

A consent form for administration of medication must be completed by parent/guardian and given to Child Care Director, Associate Director, Coordinator or Site Manager prior to administration. All medication must be in original packaging and labeled indicating dosage as prescribed by physician, this includes over the counter medications. No medications may be sent with the child. The YMCA reserves the right to refuse medication and/or administration of medication.

Personal Items/Electronic Devices

We want you and your child to have a positive experience in our YMCA program. Personal items such as cell phones, tablets, toys, games, trading cards and other similar materials are not permitted. Varied activities are provided to keep your child engaged without these items. We also do not want your child's items to be lost, stolen or broken, as the YMCA will not be held responsible. Please have your child leave these items at home unless directed by YMCA staff.

Safety

The safety of your child is our most important concern at the YMCA of West Central Florida. In order to insure their safety our staff members have each agreed to follow the following rules:

- Staff will portray a positive role model for youth by maintaining an attitude of respect, loyalty, patience, courtesy, tact, and maturity.
- Staff may not be alone with children they meet in YMCA programs outside of the YMCA. This includes babysitting, sleepovers, and inviting children to their home.
- Staff are not to transport children in their own vehicles.
- Staff are not to contact your child outside of YMCA business or exchange contact information, i.e. email address, social media, phone numbers, etc.

If, at any time, you become aware of any of our staff not observing these rules or if you have any questions relating to our safety procedures, please contact the Chief Strategy Officer of Child Care Services at (863) 267-9622. We appreciate your confidence in the YMCA to provide care for your child and your assistance in keeping them safe.

Injury Procedure

1) Administration of immediate first aid, if necessary
2) Injuries will be reported to parent/guardian
3) Paramedic/Medical Professional

Please remind your child to report all injuries, no matter how small, to their counselor (YMCA staff) immediately.

Emergency Procedure

Our schedule and/or program may be altered due to emergencies, such as severe weather. Typically, if the public school system closes the YMCA will also be closed. The YMCA will make reasonable efforts to provide child care in an emergency situation at select sites if it is safe to do so. Refunds are not provided for emergency closings. Be sure to save the YMCA's number in your phone and monitor your email and voicemail as these are our best way of communicating important information quickly.

Transportation

The parent/guardian is responsible for transportation to and from the program on holiday camp days. If your child is transported by the YMCA for afterschool care, your child will be transported in a licensed vehicle by certified drivers. Children must be at least 5 years old to be transported in a YMCA vehicle.

Dress Code for ELP, VPK, & Holiday Camp

Please dress your child in comfortable play clothes each day. For safety reasons, the following footwear is not permitted:

-Sandals
-Open-toed shoes
-Backless shoes
-Shoes with wheels (e.g., Heelys)
-Crocs
-Bare feet

*Children must wear closed-toed shoes to attend. If a child arrives without appropriate footwear, they will not be allowed to stay. Parents MUST provide us with closed toed shoes before signing in.

YMCA Disciplinary Procedures

In keeping with the YMCA mission and character values of caring, honesty, respect and responsibility, appropriate behavior is expected of all program participants AND parent/guardians. Respectful interactions with other participants and staff are at the core of the Y mission and essential to having a successful experience for all. Childcare personnel will use positive techniques such as redirection and collaboration between staff and parents/guardians to guide behaviors and set appropriate limits that encourage children to make positive choices. Based on the behavior exhibited, the following sequence is referenced:

1) Verbal warning and documentation
2) Written warning and documentation
3) Temporary suspension or removal from the program
4) Termination from the program

Based on the severity if the child's or adult's negative behavior, these steps may be accelerated or skipped.

FL Department of Children & Families Statute on Discipline

As stated in Florida Statute 402.305: "Minimum standards for child discipline practices shall ensure that age-appropriate, constructive disciplinary practices are used for children in care. Such standards shall include at least the following requirements:

1) Children shall not be subjected to discipline which is severe, humiliating, or frightening
2) Discipline shall not be associated with food, rest, or toileting
3) Spanking or any other form of physical punishment is prohibited

Prior to admission of a child to a child care facility, the facility shall notify the parents in writing of the disciplinary practices used by the facility."

Character development assistance forms may be completed as the YMCA staff work with your child on enhancing caring, honesty, respect, and/or responsibility.

To better serve your child, we request your assistance and support in helping to build character and provide a safe environment for all children. Communication is strongly encouraged between staff and parents/guardians.

Court Ordered Documents

At the time of enrollment, parents must provide all court-ordered paperwork if any parties are not able to have contact with a child enrolled in the YMCA program. Paperwork must be an official court-ordered document and indicate who is the primary residential parent or if both parents have shared parental custody. These documents must be updated annually.

Our Commitment to Protecting Children

Serving the youth in our community is a vital part of our mission, and we are committed to creating a safe environment for the thousands of children and teens we serve every year. At our Y, we take the following actions to keep children safe in our facilities and programs.

- All Ys in the US are required to implement child sexual abuse prevention practices and policies to remain a member in good standing with the National Council of YMCAs.
- We engage external experts in abuse prevention.
- We partner with passionate local Y leaders who facilitate peer-to-peer learning.
- We work closely with strategic partners to advance federal policies

We also practice and advocate for the three habits of child abuse prevention: KNOW, SEE, RESPOND. Because when we know and understand how abuse happens, see the warning signs, and are prepared to respond quickly to prevent it, we create a culture of child abuse prevention that results in even safer environments for children to reach their full potential.



HOLIDAY CAMP & CLOSURE DATES

Holiday Camp:

A full day of care offered for VPK and Success Afterschool children. This does not impact ELP.

- October 16
- November 23–25
- December 21–23
- December 28–30
- January 4–5
- February 15
- March 15–19

Closure Dates:

*The Lake Wales YMCA Early Learning Center will be closed for all ages on the following days.

- July 3
- September 7
- November 26–27
- December 24–25
- December 31–January 1
- March 26
- May 31



Parent's Role

A parent's role in quality child care is vital:

- ☐ Inquire about the qualifications and experience of child care staff, as well as staff turnover.
- ☐ Know the facility's policies and procedures.
- ☐ Communicate directly with caregivers.
- ☐ Visit and observe the facility.
- ☐ Participate in special activities, meetings, and conferences.
- ☐ Talk to your child about their daily experiences in child care.
- ☐ Arrange alternate care for their child when they are sick.
- ☐ Familiarize yourself with the child care standards used to license the child care facility.



More information and free resources:

MyFLFamilies.com/ChildCare



This child care facility is licensed accordingto the minimum licensure standards included in section 402.305, Florida Statutes (F.S.), and Chapter 65C-22, Florida Administrative Code (F.A.C.).
License Number: _____
License Issued on __/__/__
License Expires on __/__/__
For more information regarding the compliance history of this child care provider, please visit: MyFLFamilies.com/childcare

FLORIDA DEPARTMENT OF CHILDREN AND FAMILIES

OFFICE OF CHILD CARE REGULATION AND BACKGROUND SCREENING
MYFLFAMILIES.COM

To report suspected or actual cases of child abuse or neglect, please call the Florida Abuse Hotline at 1-800-962-2873.

CF/PI 175-24, 03/2014
This brochure was created by the Florida Department of Children and Families, Office of Child Care Regulation and Background Screening pursuant to s. 402.3125(5), F.S.,



Know Your Child Care Facility

MyFLFamilies.com/ChildCare

General Requirements

Every licensed child care facility must meet the minimum state child care licensing standards pursuant to s. 402.305, F.S., and ch. 65C-22, F.A.C., which include, but are not limited to, the following:

- ☐ Valid license posted for parents to see.
- ☐ All staff appropriately screened.
- ☐ Maintain appropriate transportation vehicles (if transportation is provided).
- ☐ Provide parents with written disciplinary practices used by the facility.
- ☐ Provide access to the facility during normal hours of operation.
- ☐ Maintain minimum staff-to-child ratios:

Age of Child	Child: Teacher Ratio
Infant	4:1
1 year old	6:1
2 year old	11:1
3 year old	15:1
4 year old	20:1
5 year old and up	25:1

Health Related Requirements

- ☐ Emergency procedures that include:
  - Posting Florida Abuse Hotline number along with other emergency numbers.
  - Staff trained in first aid and Infant/Child CPR on the premises at all times.
  - Fully stocked first aid kit.
  - A working fire extinguisher and documented monthly fire drills with children and staff.
- ☐ Medication and hazardous materials are inaccessible and out of children's reach.

Training Requirements

- ☐ 40-hour introductory child care training.
- ☐ 10-hour in-service training annually.
- ☐ 0.5 continuing education unit of approved training or 5 clock hours of training in early literacy and language development.
- ☐ Director Credential for all facility directors.

Food and Nutrition

- ☐ Post a meal and snack menu that provides daily nutritional needs of the children (if meals are provided).

Record Keeping

- ☐ Maintain accurate records that include:
  - Children's health exam/immunization record.
  - Medication records.
  - Enrollment information.
  - Personnel records.
  - Daily attendance.
  - Accidents and incidents.
  - Parental permission for field trips and administration of medications.

Physical Environment

- ☐ Maintain sufficient usable indoor floor space for playing, working, and napping.
- ☐ Provide space that is clean and free of litter and other hazards.
- ☐ Maintain sufficient lighting and inside temperatures.
- ☐ Equipped with age and developmentally appropriate toys.
- ☐ Provide appropriate bathroom facilities and other furnishings.
- ☐ Provide isolation area for children who become ill.
- ☐ Practice proper hand washing, toileting, and diapering activities.



Quality Child Care

Quality child care offers healthy, social, and educational experiences under qualified supervision in a safe, nurturing, and stimulating environment. Children in these settings participate in daily, age-appropriate activities that help develop essential skills, build independence and instill self-respect. When evaluating the quality of a child care setting, the following indicators should be considered:

Quality Activities

- ☐ Are children initiated and teacher facilitated.
- ☐ Include social interchanges with all children.
- ☐ Are expressive including play, painting, drawing, story telling, music, dancing, and other varied activities.
- ☐ Include exercise and coordination development.
- ☐ Include free play and organized activities.
- ☐ Include opportunities for all children to read, be creative, explore, and problem-solve.

Quality Caregivers

- ☐ Are friendly and eager to care for children.
- ☐ Accept family cultural and ethnic differences.
- ☐ Are warm, understanding, encouraging, and responsive to each child's individual needs.
- ☐ Use a pleasant tone of voice and freqently hold, cuddle, and talk to the children.
- ☐ Help children manage their behavior in a positive, constructive, and non-threatening manner.
- ☐ Allow children to play alone or in small groups.
- ☐ Are attentive to and interact with the children.
- ☐ Provide stimulating, interesting, and educational activities.
- ☐ Demonstrate knowledge of social and emotional needs and developmental tasks for all children.
- ☐ Communicate with parents.

Quality Environments

- ☐ Are clean, safe, inviting, comfortable, child-friendly.
- ☐ Provide easy access to age-appropriate toys.
- ☐ Display children's activities and creations.
- ☐ Provide a safe and secure environment that fosters the growing independence of all children.



What is the influenza (flu) virus?

Influenza ("the flu") is caused by a virus which infects the nose, throat, and lungs. According to the US Center for Disease Control and Prevention (CDC), the flu is more dangerous than the common cold for children. Unlike the common cold, the flu can cause severe illness and life threatening complications in many people. Children under 5 who have the flu commonly need medical care. Severe flu complications are most common in children younger than 2 years old. Flu season can begin as early as October and last as late as May.



How can I tell if my child has a cold, or the flu?

Most people with the flu feel tired and have fever, headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. Because the flu and colds have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

Florida Department of Children & Families

For additional information, please visit www.myflorida.com/childcare or contact your local licensing office below:

CF/PI 175-70, June 2009

This brochure was created by the Department of Children and Families in consultation with the Department of Health.

INFLUENZA VIRUS



"The Flu" A Guide for Parents

the 2009 legislative session, a
was passed that requires child
ilities, family day care homes
e family child care homes
parents with information
g the causes, symptoms, and
ssion of the influenza virus
every year during August and
ber.

ture below verifies receipt of the
on *Influenza Virus, The Flu, A*
Parents:

_____

Name: _____

ceived: _____

re: _____

mplete and return this portion of
ure to your child care provider, in
them to maintain it in their records.



What should I do if my child gets sick?

Consult your doctor and make sure your child gets plenty of rest and drinks a lot of fluids. Never give aspirin or medicine that has aspirin in it to children or teenagers who may have the flu.

CALL OR TAKE YOUR CHILD TO A DOCTOR RIGHT AWAY IF YOUR CHILD:

- Has a high fever or fever that lasts a long time
- Has trouble breathing or breathes fast
- Has skin that looks blue
- Is not drinking enough
- Seems confused, will not wake up, does not want to be held, or has seizures (uncontrolled shaking)
- Gets better but then worse again
- Has other conditions (like heart or lung disease, diabetes) that get worse



How can I protect my child from the flu?

A flu vaccine is the best way to protect against the flu. Because the flu virus changes year to year, annual vaccination against the flu is recommended. The CDC recommends that all children from the ages of 6 months up to their 19th birthday receive a flu vaccine every fall or winter (children receiving a vaccine for the first time require two doses). You also can protect your child by receiving a flu vaccine yourself.

What can I do to prevent the spread of germs?

The main way that the flu spreads is in respiratory droplets from coughing and sneezing. This can happen when droplets from a cough or sneeze of an infected person are propelled through the air and infect someone nearby. Though much less frequent, the flu may also spread through indirect contact with contaminated hands and articles soiled with nose and throat secretions. To prevent the spread of germs:

- Wash hands often with soap and water.
- Cover mouth/nose during coughs and sneezes. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Limit contact with people who show signs of illness.
- Keep hands away from the face. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.





When should my child stay home from child care?

A person may be contagious and able to spread the virus from 1 day before showing symptoms to up to 5 days after getting sick. The time frame could be longer in children and in people who don't fight disease well (people with weakened immune systems). When sick, your child should stay at home to rest and to avoid giving the flu to other children and should not return to child care or other group setting until his or her temperature has been normal and has been sign and symptom free for a period of 24 hours.

For additional helpful information about the dangers of the flu and how to protect your child, visit: http://www.cdc.gov/flu/ **or** http://www.immunizeflorida.org/

A change in daily routine, lack of sleep, stress, fatigue, cell phone use, and simple distractions are some things parents experience and can be contributing factors as to why children have been left unknowingly in vehicles...



FLORIDA DEPARTMENT OF CHILDREN AND FAMILIES

MYFLFAMILIES.COM

When life happens...Don't be a

DISTRACTED ADULT





FACTS ABOUT HEATSTROKE:

It only takes a car **10 minutes to heat up 20** degrees and become deadly.

Even with a **window cracked,** the temperature inside a vehicle can cause heatstroke.

The body temperature of a child increases **3 to 5 times faster** than an adult's body.



PREVENTION TIPS:

- Never leave your child alone in a car and call 911 if you see any child locked in a car!
- Make a habit of checking the front and back seat of the car before you walk away.
- Be especially mindful during hectic or busy times, schedule or route changes, and periods of emotional stress or chaos.
- Create reminders by putting something in the back seat that you will need at work, school or home such as a briefcase, purse, cell phone or your left shoe.
- Keep a stuffed animal in the baby's car seat and place it on the front seat as a reminder when the baby is in the back seat.
- Set a calendar reminder on your electronic device to make sure you dropped your child off at child care.
- Make it a routine to always notify your child's child care provider in advance if your child is going to be late or absent; ask them to contact you if your child hasn't arrived as scheduled.

During the 2018 legislative session, a new law was passed that requires child care facilities, family day care homes and large family child care homes to provide parents, during the months of April and September each year, with information regarding the potential for distracted adults to fail to drop off a child at the facility/home and instead leave them in the adult's vehicle upon arrival at the adult's destination.

My signature below verifies receipt of the Distracted Adult brochure

Parent/Guardian:

_____

Child's Name:

_____

Date:

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Please complete and return this portion of the brochure to your child care provider, to maintain the receipt in their records.