



September 2009

Dear RightTime KiDS families,

Happy September! This has always been one of my favorite times of the year. New notebooks, pencils, backpacks. Seeing friends who you haven't seen all summer long. In the northeast, where I grew up, it also meant crisp, fall air and back-to-school sweaters. Here in the Triangle, many of our kids have been hitting the books since July 7th after a glorious 6-or-so day break from one school "year" to the next. In fact, my daughter is about to track out for three weeks. The one thing that never changes is change itself.

To that point, I have been trying to keep up with all the new social media I am told I need to be using to keep RightTime KiDS in people's thoughts. We have a facebook page, a twitter group, and now, a blog. I'm not 100% sure what to do with these things, but it's September, and I'm putting on my "back to school" face and learning. To those of you who have already joined us on these, thank you, and please bear with us while we get up to speed. To those of you still sitting it out, come on...we'll have fun and learn a little more about each other!

The big topic on many of our minds as our children head back to school is the flu. And **swine flu**, in particular. (I believe the politically correct term is H1N1). Here are some guidelines for preventing its spread, as well as RightTime KiDS' **preventive policies** to protect our families and staff:

What We Are Doing At RightTime KiDS:

- Sanitizing hands with alcohol-based hand cleaner in our lobby when entering and exiting
- Sanitizing hands before eating
- Making sure children are washing with soap and water after using the restrooms
- Reminding children and helping them with proper coughing and sneezing etiquette
- Calling parents of children who appear to be exhibiting signs of illness
- Sponsoring flu shots for each of our staff members who elect to have one

What You Can Do to Stay Healthy:

- 1) Stay informed. The CDC website will be updated regularly as information becomes available.
- 2) Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- 3) Take everyday actions to stay healthy.
- 4) Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- 5) Wash your hands often with soap and water, especially after you cough or sneeze.

- 6) Alcohol-based hands cleaners are also effective.
- 7) Avoid touching your eyes, nose or mouth. Germs spread that way.
- 8) Stay home if you get sick. CDC recommends that you stay home from work or school for 24 hours after you have been fever-free without the use of over-the-counter medicine, and limit contact with others to keep from infecting them.
- 9) Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- 10) Find healthy ways to deal with stress and anxiety.

Call 1-800-CDC-INFO for more information.

For more information, please visit the Center for Disease Control at: [CDC.gov](http://www.cdc.gov)

Here's a little song that Elmo likes to sing twice while washing with soap and water; you may wish to teach it to your younger children:

**Wash, wash, wash my hands,
Make them nice and clean!
Rub the bottoms and the tops
And fingers in between**

As always, please feel free to share your feedback with us by emailing feedback@RightTimeKiDS.com.

Warmest regards,
Lori Klein & the RightTime KiDS Team

Events/Updates at Your HOME Center!

Click the name of your center to find out about this month's "happenings!"

[CARY](#)

[GARNER](#)

[MORRISVILLE](#)

[NORTH RALEIGH](#)

STUFF WE LOVE....(AND SPECIAL OFFERS FOR RTK FAMILIES)

[Positive Parenting](#)

You will be "wow-ed"...imagine a world without whining/attitude. [2 FREE RTK Hours when you sign up](#) for Positive Parenting's Online Breakthrough Course. Yes, it really works; so effectively that we are asking every staff member to take the course.

[Snap Fitness](#)

Falls of Neuse at Durant Rd - RTK families get FREE enrollment, FREE equipment orientation, FREE consultation with a trainer and 10% off fees. Other locations in the triangle for your convenience.

[Nomie Baby](#)

Car Seat cover starting to look like a science project? You HAVE to try this easy on & off universal cover for car seats in beautiful colors and fabrics; and you don't need an engineering degree to put in on or take it off. Enter code "RTKIDS" at checkout for 10% off.

[Scott-Free](#)

IT'S NOT TOO LATE TO GET YOUR TICKETS TO THE PARTY OF THE SEASON ON SEPTEMBER 26TH! Click the link and give yourself a night out to raise money for at-risk kids; discount childcare at RTK the night of the party.

STAY CONNECTED!

JOIN OUR MAILING LIST

Check out our blog:



[Join Our](#)

We look forward to seeing you and your children soon!

Facebook Group

and "tweet" with us:



Email Marketing by

