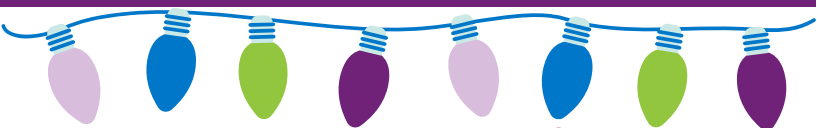


Portland Events

12/4 National Cookie Day
12/7 National Cotton Candy Day
12/13 National Cocoa Day
12/20 Polar Express Day. PJ's day
12/21 Ugly Sweater Day/Santa Visit
12/22 Favorite Holiday Character Day
12/23 Holiday Socks and Shirt Day

Reminders



The Kidz Club
will be closed
on 12/24, 12/25,
12/30, and 12/31



**Santa
Visit!**
12/21



December

Pediatric Feeding Disorder Month

Observing this month helps to bring awareness to this misunderstood, yet common, condition.

- Overall, PFD effects 20% of children and 80% of those with developmental disabilities
- A single swallow uses 26 muscles and 6 cranial nerves to move food and liquid through the body
- Treatment of PFD improves nutritional status, growth, feeding safety and quality of life

RSV

Respiratory syncytial virus

RSV is a common respiratory virus that usually causes mild, cold-like symptoms (CDC, 2021). Most children will have RSV at least once before turning two years old. For most healthy children, RSV is like a cold, but some children get very sick with RSV (Healthychildren.org 2021).

SYMPTOMS

- Fever (>100.4)
- Cough
- Congestion
- Sneezing
- Runny nose
- Fussiness
- Poor Feeding



PP
EC ed.

Therapy Spotlight



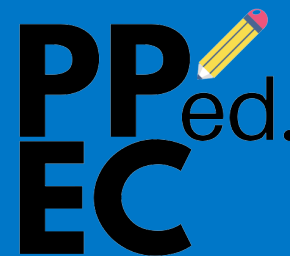
**SCIENTISTS HAVE DETERMINED THAT IT
TAKES APPROXIMATELY 400
REPETITIONS TO CREATE A NEW
SYNAPSE IN THE BRAIN- UNLESS IT IS
DONE WITH PLAY,
IN WHICH CASE, IT TAKES BETWEEN 10
AND 20 REPETITIONS!**

-DR. KARYN PURVIS

#CHILDEDCHALLENGE

 **meaningful SPEECH**

RSV



Respiratory syncytial virus (RSV) is a common respiratory virus that usually causes mild, cold-like symptoms (CDC, 2021). Most children will have RSV at least once before turning two years old. For most healthy children, RSV is like a cold, but some children get very sick with RSV (Healthychildren.org 2021).

SYMPTOMS

- **Fever (100.4 or higher)**
- **Cough**
- **Congestion**
- **Sneezing**
- **Runny nose**
- **Fussiness**
- **Poor Feeding**

Symptoms usually last 5-7 days and are worse on days 3-5.

HOW DOES IT SPREAD?

- An infected person coughs or sneezes and virus droplets get into the eyes, nose, or mouth
- Touching a surface that has the virus on it and touching your face
 - RSV can survive up to 6 hours on surfaces such as toys, keyboards, and doorknobs
- Direct contact such as kissing the face of someone infected with RSV

WHO IS AT HIGHER RISK?

- Infants < 12 weeks old at the start of RSV season (late fall)
- Premature or low birth weight infants
- Those with chronic lung disease, heart defects or weak immune systems

PREVENTION

- Cover your coughs and sneezes
- Thoroughly wash your hands often, using soap and warm water
 - RSV can survive 30 minutes or more on unwashed hands
- Avoid close contact with others such as sharing cups and utensils, shaking hands, and kissing

CALL YOUR CHILD'S PROVIDER OR SEEK MEDICAL ATTENTION FOR:

- Symptoms of bronchiolitis
 - Fast breathing, flaring of nostrils, head bobbing with breathing, rhythmic grunting during breathing, belly breathing, tugging between their ribs and/or neck, wheezing
- Symptoms of dehydration (less than 1 wet diaper every 8 hours)
- Pauses or difficulty breathing
- Gray or blue color to tongue, lips, or skin
- Significantly decreased activity or alertness



<https://www.cdc.gov/rsv/about/prevention.html>
https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/RSV-When-Its-More-Than-Just-a-Cold.aspx?_gl=1*hjn4vg*_ga*OTcwMTYyMzA4LjE2MTUzMzE1NDYyMA..*_ga_FD9D3XZVQQ*MTYzNjc3MTUyMC4xNi4xLjE2MzY3MzE1NDYyMA..*_ga=2.20497400.1303128488.1636731521-970162308.1615302210