

A monthly publication providing the latest information on The Kidz Club's Prescribed Pediatric Extended Care services and education.

NUTRITION • PROGRAMMING • PPEC EDUCATION • THERAPY



REMINDERS/ANNOUNCEMENTS

HOLIDAY CLOSURES

We will be closed on Saturday, August 31 and Monday, September 2 in observance of Labor Day.



It is important to remember that The Kidz Club is not a daycare. It is a PPEC. PPEC stands for Prescribed Pediatric Extended Care.

OUR SERVICES ARE PRESCRIBED BY YOUR CHILD'S MEDICAL PROVIDER, which means regular attendance is expected and is vital to your child's overall health.

SCHOOL AGE PARENTS/GUARDIANS

Make sure to add "Transportation to The Kidz Club PPEC" on your child's IEP.

You should do this even if you do not plan to utilize school transportation to our center this year. By putting and keeping this on your child's IEP, this will help prevent any barriers to services for your child in the future.



PPEC^{ed}. PPEC Education Flu Prevention

The Centers for Disease Control and Prevention estimates that 27-54 million people were infected with the flu virus during the 2023-2024 flu season.

Flu is an illness that is caused by a respiratory virus. When someone with flu coughs or sneezes, the flu virus gets into the air and those nearby can inhale it. The virus can also be spread by touching surfaces that are contaminated with the flu virus, and then touching your eyes, nose, and mouth.

SYMPTOMS • PREVENTION • TREATMENT

Kids with chronic health conditions at greater risk.

Any child can develop severe, life-threatening influenza. But some are at especially high risk for developing complications from the flu. They include children with an underlying chronic medical condition, such as lung, heart, or kidney disease, an immune system condition, cancer, diabetes, some blood diseases or conditions of the muscular or central nervous system.

LEARN MORE

It is best to receive the flu vaccine by the end of October. **Contact your child's provider to schedule their flu shot for the 2024-2025 flu season.**

Photo of the Week

Take a look at some of last month's Photo of the Week submissions.



Our Photo of the Week contest starts each Friday. Be sure to like and follow our main The Kidz Club Facebook page to vote!

FOLLOW

Resource Spotlight



'Ween Dream

'WEEN DREAM is an all-volunteer 501(c)(3) nonprofit that gives free Halloween costumes to children in need across America.

Costumes are given to kids, or 'WEENSTERS, from all over America who are faced with unique challenges.

A child is a 'WEENSTER if they:

- have special needs, physical and/or mental disabilities
- are in the foster care system, homeless, or reside at a shelter
- are living at or below the poverty line or in low-income housing
- are living with serious medical issues
- and those who have experienced a recent trauma or natural disaster

2024 Costume Applications Open August 31

LEARN MORE

Programming Corner

At The Kidz Club, we take a holistic approach to the care of each child. Apart from skilled nursing, we also provide comprehensive programming. Programming refers to the intentional planning and organization of activities and experiences for children.

Activity

Paper Plate Animals

YOU WILL NEED:

- paper plates (large and small)
- paint + paintbrush
- cardstock paper
- googly eyes
- black marker
- glue



Details

Create koalas, cows, giraffes, and pandas with paper plates, cardstock and paint. Let your child's imagination run wild!

Benefits

This activity promotes hand-eye coordination, fine motor control, and creativity.

This Month's Curriculum Theme: Animals

VIEW LESSON PLANS

Try these activities at home

to support your child's learning this month

Gross Motor

Elephant Swing • Penguin Walk • Tiger Crawl

Details

Elephant Swing: Have your child put their arms together in front of their body, then swing from side to side as if their arms are an elephant trunk.

Penguin Walk: Keep arms straight by their side and take short, quick steps. Encourage them to try walking on their heels to waddle like a penguin on ice.

Tiger Crawl: Have your child crawl on their arms and knees. Tell them to stay as low to the ground as they can, like a stealthy tiger.

Benefits

Games such as these encourage the use of large muscle groups.

Nutrition

The Kidz Club **RECIPE CARD**

Prescribed Pediatric Extended Care

Cheesy Bean Tostada



This month's recipe comes from the kitchen of: Sherrie Bostian, Food Service Provider at The Kidz Club PPEC Sarasota

Ingredients

- ¾ cup refried beans
- 6 corn tortillas
- ¼ cup + 2 Tbsp shredded cheddar cheese

Directions

1. Preheat oven to 400° F
2. Spread 2 tbsp beans on each tortilla
3. Sprinkle 1 tbsp cheese evenly over the beans on each tortilla
4. Place on ungreased baking sheet and bake for 7 minutes or until the cheese is melted.
5. Serve with fresh fruit or a green salad.

Refried beans are a good source of protein and fiber!

Enjoy

GET A PRINTABLE RECIPE CARD

Therapy



Did you know that gross motor skills can impact your child's handwriting?

Efficient control of the larger muscle groups in the neck, shoulder and core is necessary to maintain stability for the fingers and hands to complete handwriting tasks.

Here are some gross motor activities you can do at home that are beneficial to handwriting development:

1. Hanging – practice chin ups, pull ups, or swing from monkey bars to increase muscle strength in the shoulders.
2. Climbing – use all four extremities to climb the ladders and ropes on the playground.
3. Pushing and pulling – pull a heavy wagon or push a child on a swing. This helps the shoulders learn to coactivate to produce accurate amounts of force and stability.
4. Weight bearing– animal walks, wheelbarrow walking, crawling, planks, and wall push-ups all help to increase muscle strength and improve coactivation of all postural muscles.
5. Uneven surfaces – grab a pillow for your child to sit or stand on while playing games or watching TV. This helps to absent-mindedly activate the core.
6. Large art projects – hang some paper on a wall or easel where the child is required to reach up, left, and right while painting/drawing.