

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

ANNUAL PAPERWORK

Each year families are required to complete an annual paperwork update. This update was due by December 31, 2024. If you have not completed this, please do so as soon as possible. If you have any questions, please contact your center leadership team.

HOLIDAY ANNOUNCEMENT
MLK DAY: JANUARY 20, 2025
WE ARE OPEN!

With several schools closed, we wanted to remind you that our centers will be open on Martin Luther King Jr. Day! We can’t wait to welcome all our kids for a day filled with fun and excitement!



PPECed. **PPEC Education**
Winter Car Seat Safety

Winter is a tricky time for car seats. As a general rule, bulky clothing, including winter coats and snowsuits, should not be worn underneath the harness of a car seat.

WHY WINTER COATS CAN BE DANGEROUS IN CAR SEATS

In a car crash, fluffy padding in a coat immediately flattens out from the force, leaving extra space under the harness. A child can then slip through the straps and be thrown from the seat.

**HOW TO KEEP YOUR CHILD WARM & SAFE
IN THEIR CAR SEAT**

Note: The tips below are appropriate for all ages. In fact, wearing a puffy coat yourself with the seat belt is not a best practice because it adds space between your body and the seat belt.

**Store the carrier portion of infant seats inside
the house when not in use.**

Keeping the seat at room temperature will reduce the loss of the child’s body heat in the car.

Get an early start.

If you’re planning to head out the door with your baby in tow on winter mornings, get an early start. You have a lot to assemble, and your baby may not be the most cooperative. Plus, driving in wintry conditions often requires you to slow down and be extra cautious.

Dress your child in thin layers.

Start with close-fitting layers on the bottom, like tights, leggings or long-sleeved bodysuits. Then add pants and a warmer top, like a sweater or thermal-knit shirt. Your child can wear a thin fleece jacket over the top. In very cold weather, long underwear is also a warm and safe layering option.

[CLICK FOR MORE TIPS AND INFORMATION
FROM HEALTHYCHILDREN.ORG](#)

[CLICK FOR A VISUAL ON WINTER CAR SEAT SAFETY](#)

Photo of the Week

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



Be sure to like and follow our main The Kidz Club PPEC Facebook page to vote!

[FOLLOW](#)

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.

Fine Motor

Orange Peel Bird Feeder

Details

Orange
Bird seeds
String



How to make:

Encourage your child to carefully scoop out the inside of the orange. Put small holes in either side for the string. Help them thread the string through the holes in the orange peel. Assist with pouring a small amount of seeds into the orange. Hang the feeder on a tree branch or railing. See the delight when birds come to eat!

Gross Motor

Indoor Ice Skating

Details



Grab some paper plates or wax paper and ‘skate’ indoors. One foot per plate and skate wherever they want to go. It goes great on hardwood and carpet both, but we recommend doing it on carpet. It’s easier for kids to remove their socks so their feet naturally stick to the plates. This activity will use large muscle groups in the legs. It is good for balance!

This Month’s Curriculum Theme: Winter

try these activities at home
to support your child’s learning this month

Nutrition



RECIPE CARD

Chicken Noodle Casserole



Ingredients

- Rotisserie Chicken
- 2 and 1/2 dried egg pasta
- 1 and ¼ cup sour cream
- 1 can condensed cream of mushroom soup
- 1 can condensed cream of chicken soup
- 2 cups crumbled butter crackers
- 1 cup butter, melted

Directions

- Preheat the oven to 350°F
- Cube/shred the chicken and set aside
- Cook the egg pasta until just soft
- In a bowl combine the sour cream, mushroom, and chicken soups.
- Pour over the combined chicken and pasta.
- Crush crackers in a Ziploc bag. Mix in the butter and sprinkle over the top of the pasta mixture.
- Bake for 30 minutes until heated through completely.

We recommend serving with a salad. This recipe provides protein and complex carbohydrates.

Enjoy

[GET A PRINTABLE RECIPE CARD](#)

Therapy

Therapy Goals

In therapy, we’re focused on setting and achieving goals all year long! As we start the new year, take the opportunity to connect with your child’s therapists to ensure you’re up to date on their current PT, OT, and ST goals. Written copies of their goals can be found in their evaluation reports, which you’re welcome to request anytime!

Resource Spotlight

The Parker Lee Project

While the majority of children get things supplied through insurance, some items are not covered or not enough supply is provided. The Parker Lee Project can help fill that gap.

SUPPLIES OFFERED

- Enteral Supplies (feeding bags, extenders)
- Trach Supplies (care kits, ties, cleaning supplies, HMEs)
- Incontinence Supplies (different size diapers and briefs)
- Oxygen tubing and cannulas
- IV tubing and care supplies
- Formula
- General Supplies (Gloves, Alcohol Prep Pads, Medical Tape, 2x2 and 4x4 Gauze Pads)
- Diabetic Supplies
- Suction Catheters (ALL different styles and frenchs)
- Mouth Care (toothettes, oral swabs)

[SUPPLY REQUEST FORM](#)

The Parker Lee Project also accepts donations of supplies. To donate any unused, unopened medical supplies or equipment visit their website below to learn more.

[LEARN MORE](#)