

| Child's Name |            | S Name Child's Date of Birth  |
|--------------|------------|---|
|              |            |   |
|              |            | Please check the box to indicate your program selection X   |
|              | Spo        | make every effort to accommodate your requests but cannot guarantee your first choice will be available.  |
| П            | <u>Cł</u>  | nild Care Program: Babies, Toddlers, PreK-2 8:30am-12:00pm  |
| _            |            | 12 months - 36 months (must be 1 year old by September 1 <sup>st</sup> )  Please indicate your 1 <sup>st</sup> , 2 <sup>nd</sup> , & 3 <sup>rd</sup> choice |
|              |            | o 2 days a week (Tuesday and Thursday)  |
|              |            | o 3 days a week (Monday, Wednesday and Friday)  |
|              |            | 5 days a week (Monday-Friday)   |
|              | •          | Early Drop off available 8:00-8:30am; Extended Care available daily until 4:00pm  |
|              | Pre        | <u>eK-3 Program</u> 8:30am-12:00pm  |
|              |            | 3 years old before September 1st  |
|              | •          | All children must be potty trained by start of class  |
|              | •          | Please indicate your 1st, 2nd choice  o 3 days a week (Monday, Wednesday and Friday)  |
|              |            | o 3 days a week (Monday, Wednesday and Friday) o 5 days a week (Monday-Friday)  |
|              | •          | Early Drop off available 8:00am-8:30am; Extended Care available daily until 4:00pm  |
|              | <u>V</u> P | PK Program 8:30am-12:15pm   |
|              | ١.         | Certificate of Eligibility from Hillsborough County required  |
|              |            | 4 years old before September 1st  |
|              | •          | 5 days a week (Monday-Friday)   |
|              | •          | Early Drop off available 8:00am-8:30am; Extended Care available daily until 4:00pm  |
|              | <u>V</u> F | PK Enrichment Program 2 days/week 12:00pm-2:00pm  |
| L            | J.         | Please indicate your 1st, 2nd choice  |
|              |            | o Tuesday and Thursday  |
|              |            | o Wednesday and Friday  |
|              | <u>Ki</u>  | ndergarten Program 8:15am-2:00pm  |
|              | ١.         | 5 years old before September 1st  |
|              | •          | 5 days a week (Monday-Friday)   |

Early Drop off available 8:00am-8:30am; Extended Care available daily until 4:00pm

# LAKE MAGDALENE CHRISTIAN SCHOOL REGISTRATION FORM

Office Use Only

| STUDENT'S Name:  | Male Female  |
|--|--|
| Name you prefer your child to be called at school  | ol:  |
| Date of Birth:   |  |
| Home Address:  |  |
| City/State/Zip:  |  |
| Race: [] White, Non Hispanic [] Black, Non Hispanic [] Hispanic [],  | Asian/Pacific Islander [ ] American Indian/Alaska Native [ ] Multiracial                     |
| Language spoken at home  |  |
| T-Shirt size for School Shirt: (circle size) 2T 3T 4T  | YS YM YL AS AM   |
| FAMILY INFORMATION   |  |
| Mother's Name:   | Father's Name:   |
| Primary Phone #:   | Primary Phone #:   |
| Alternate/Work #   | Alternate/Work #:  |
| Occupation:  | Occupation:  |
| Employer:  | Employer:  |
| CUSTODY OF CHILD: (circle one)  BOTH PAREN   |  |
| Please note: If parental rights change during the year, legal  |  |
| If parents are divorced or separated and have joint of parent not living at child's address:                             |  |
| Name:  | Address:   |
| SIBLINGS: Name, Age & School   |  |
| Parents members of Lake Magdalene Church? Yes  | No   |
| Previous preschool/daycare experience:   |  |
| EMERGENCY CONTACTS: Child will be released on  | ly to the custodial parent or legal guardian   |
| and the persons listed below. The following people wipickup the child from school in case of illness, accide Name  Phone | ill also be contacted and are authorized to nt or emergency if the parent cannot be reached: |
| 1  |  |
| 2  |  |
| 3  |  |
| Ť <u></u>  |  |

# Please read and initial each of the areas below:

# NO REFUNDS

| I am aware and acknowledge that all FEES AND INITIAL HERE:   | TUITION are NON-REFUNDABLE & NON-TRANSFERABLE.   |
|--|--|
|  |  |
| PHOTO RELEASE PERMISSION   |  |
|  | or video my child and use the images for bulletin boards, special  |
|  | chool programs, tracking student progress and the school website or Facebook.  |
|  | e or likeness as described above and hereby waive and release the Church, School   |
| or other parents from any and all liability whatsoever that  | t may arise in connection with such use.   |
| I do give consent I  | do not give consent  |
| MEDICAL INFORMATION  |  |
| ALLERGIES:   | EPI Pen Required?  |
| MEDICAL CONDITIONS:  |  |
|  |  |
| Describe any physical/emotional/beho   | avioral/developmental concerns:  |
| that LMCS needs to know more about?  |  |
| MEDICAL TREATMENT PERMISSION   |  |
| personnel to submit my child for emergency<br>I accept financial responsibility for payment          | reby give permission to Lake Magdalene Christian School  r treatment at a hospital in the event that I cannot be reached.  of any costs incurred in providing emergency medical treatment for my  lication is accurate and complete and I will notify the school of change |
| STUDENT'S PHYSICIAN:   | PHONE:   |
|  | PHONE:   |
| All applicants are considered regardless of race, g right to dismiss any student/family who does not | ender, color, creed, or national or ethnic origin. The School reserves the trespect its spiritual standards or cooperate in the education process.   |
| FOR OFFICE USE ONLY:   |  |
| Registration Fee/Tuition: Date   | : Receipt/Check #:   |
| negistration ree/ruition Date  |  |



### BEHAVIOR MANAGEMENT POLICY

Hillsborough County Ordinance 86-35, Section 1.06 (2), requires that parents are notified in writing of the disciplinary practices used by the child care facility. The parent's or legal guardian's signature verifies that the parents or guardians have been notified in writing of the disciplinary practices of the child care facility.

I have read the **Lake Magdalene Christian School Parent Handbook** (that is linked on the school website at lakemagdalenecs.org), which states on page 15 the disciplinary practices used by the child care facility.

## CHILD CARE FACILITY FOOD ORDINANCE

I grant permission for my child to participate in food related activities such as special occasions and learning activities that include food consumption. Restrictions will be strictly enforced for any student with food allergies documented in writing by parent or guardian.

### CHILD CARE FACILITY BROCHURE

My signature below verifies receipt of the brochure "Know Your Child Care Facility".

### INFLUENZA GUIDE TO PARENTS BROCHURE

My signature below verifies receipt of the brochure on the Influenza virus, "The Flu, A Guide for Parents".

### DISTRACTED ADULT BROCHURE

My signature below verifies receipt of the brochure "When Life Happens...Don't Be a Distracted Adult".

| Child's Name:     |  |
|-------------------|--|
| Parent's Name:    |  |
| Parent Signature: |  |
| Date:             |  |



# VOLUNTARY PRE-KINDERGARTEN (VPK) PARENT AGREEMENT

The State of Florida provides funding for Voluntary Pre-Kindergarten (VPK) in an effort to help young students be more prepared to enter Kindergarten. Our intent is for your child to gain the greatest possible benefit from this Pre-Kindergarten experience. In order to ensure the best possible experience for your child, enrollment calls for cooperation between school and family.

We ask each parent to carefully consider the following requirements for participating in our state funded Voluntary Pre-Kindergarten program. Your signature acknowledges that you agree to abide by each of these guidelines:

- I will provide Lake Magdalene Christian School with a "VPK Certificate of Eligibility" by 4:00 p.m. on June 1, 2025 (NO EXCEPTIONS) in order for my child to remain enrolled in the program. Proof of child's age and residency is required to receive the certificate. Register online at: www.elchc.org.
- 2. VPK funding pays the school for the hours of 8:30 a.m. 12:15 p.m., Monday through Friday from August 18, 2025 through April 17, 2026. I understand that the school year ends on May 21, 2026 and that 24 additional instructional days are available for my child. For my child to attend through May 21, 2026, I will need to pay \$650 on or before April 1, 2026.
- 3. My child, receiving VPK funding, will not be admitted into the building before 8:30 a.m. <u>unless registered</u> for the Extended Care Program.
- 4. <u>Unless registered</u> for the Extended Care Program, I understand that I will be charged a late pick-up fee of \$25 each time my child is not picked up by 12:15 p.m. The person who picks my child up late must sign a "Late Pick-Up Form" and will be given a copy. Late pick-up fees must be paid within 10 days. At the time of my 3<sup>rd</sup> late pick-up I will be REQUIRED to register for the Extended Care Program.
- 5. I agree to fully comply with the Voluntary Pre-Kindergarten (VPK) Attendance Policy. Lake Magdalene Christian School reserves the right to terminate my child's VPK enrollment for excessive absences.

  \*\*\*SEE THE ATTACHED "VPK ATTENDANCE POLICY" FOR DETAILS
- 6. At the end of each month, I am required by the State of Florida to sign the monthly Child Attendance Certificate. If I fail to sign the certificate by 4:00 p.m. on the 3<sup>rd</sup> day of the following month, it may result in termination of my child's enrollment in the VPK program.
- 7. I will submit all appropriate signatures, forms, payments and documentation by given deadlines.
- 8. I will work cooperatively with my child's teacher by agreeing to the School's Discipline Policy.
- 9. I will meet with my child's teacher within 1 week of any request to do so.

I understand that failure to comply with any of these guidelines may result in my child's dismissal from the VPK program at Lake Magdalene Christian School.

| Child's Name | Parent/Guardian's Signature | Date |
|--------------|-----------------------------|------|



# VOLUNTARY PRE-KINDERGARTEN (VPK) REGISTRATION DEPOSIT

A \$250 Registration fee is required at time of registration and will secure your child's VPK enrollment. This fee will be refunded in October <u>unless your child participates in Enrichment and/or the Extended Care Program.</u> These programs are NOT covered by VPK funding.

The 4-year old Enrichment Program extends your child's day from 12:15 p.m. until 2:00 p.m. two days each week on either Wednesday/Friday OR Tuesday/Thursday. The Enrichment Program begins the first week of school and continues through May and provides a Social Studies curriculum. Monthly tuition for Enrichment is \$175, payable each month on the first.

<u>The Extended Day Program</u> enables your child to receive Early Drop Off between 8:00 a.m.—8:30 a.m. and afternoon care between 12:15 p.m.—4:00 p.m., Monday—Friday. A flat rate of \$10.00 will be charged for Early Drop Off between 8:00 a.m.—8:30 a.m. The flat rate applies for ANY number of minutes used during this time. Extended Care usage between 12:15 p.m.—4:00 p.m. is billed at \$12.00 per hour, automatically charging for the first hour, regardless of the actual time used. Any additional Extended Care charges will be calculated by the quarter-hour.

Please choose ONE of the following options indicating how you would like to apply the \$250 VPK

| Registration | Fee:   |
|--------------|--|
|              | wish to register my child for the Enrichment Program <u>and</u> the Extended Care Program was VPK Registration. Fee will be used as the Registration Fee required for these programs. (Extended Care registration is included with Enrichment Program registration). |
|              | wish to register my child for the Extended Care Program only.<br>My VPK Registration Fee will be used as the Registration Fee required for this program.<br>(My child will NOT participate in the 4-year old Enrichment Program.)                                    |
|              | Refund the VPK Registration Fee to me.<br>(My child will NOT participate in the Enrichment Program or Extended Care Program.)  |
|              | Please apply the \$250 to the May tuition of \$650, for the final month of PreK-4 no<br>covered by VPK funding.<br>(My child will NOT participate in the Enrichment Program or Extended Care Program.)   |
|              | MILY PARTICIPATING IN THE VPK FUNDED PROGRAM IS NOT ELIGIBLE FOR MULTIPLE CHILL DUNTS ON FEES PAID AT REGISTRATION.  |
|              | PK REGISTRATION FEE IS NEITHER REFUNDABLE NOR TRANSFERABLE SHOULD YOUR CHILD<br>ATTEND Lake Magdalene Christian School.  |
| Child's Nar  | Parent/Guardian's Signature Date   |



# VOLUNTARY PRE-KINDERGARTEN (VPK) ATTENDANCE POLICY

VPK funding by the State of Florida is based on child attendance. The state of Florida has set specific attendance guidelines for children receiving VPK funding.

- A child is considered "in attendance" if they are present for <u>ANY</u> portion
  of the instructional day. Their attendance will be counted as a full day. If
  arriving late or if picking up early go to the preschool office to sign your
  child in or out.
- Children must attend the <u>FIRST</u> AND <u>LAST</u> VPK instructional day in order for the school to receive full payment from the state.
- A child is permitted to be absent no more than 20% of the VPK instructional days (maximum of 28 absences during the VPK calendar year).
- When and if your child is absent a total of 20 days, you will receive a reminder of this policy. When your child's absences exceed 28 VPK instructional days, the school will not be paid for any additional absences. You may be asked to withdraw your child or you may be granted the opportunity to keep your child enrolled by paying the regular 5-day monthly tuition.

| I understand that failure to comply with the VPK ATTENDANCE POLICY will result in dismissal from Lake Magdalene Christian School. |
|---|
|   |

Child's Name

Parent/Guardian's Signature

Date



# **VPK ENRICHMENT PROGRAM**

Send Your Child on a Trip Around the World...

Let them learn about other countries, cultures and traditions!

This popular program provides a multi-cultural themed academic curriculum studying various countries. Areas of study include social studies, art, music and movement, cooking, cultural games, drama and literature.

Enrichment extends your child's school day from 12:15pm-2:00pm two days each week. Your child may attend on either Tuesday and Thursday <u>OR</u> Wednesday and Friday. The Enrichment Program begins the first week of school and continues through the last full day of school.

The cost of the program is \$175.00 per month. Enrichment tuition is payable on the first of each month beginning September 2025 through May 2026. August tuition will be prorated. Staffing and scheduling necessitates that you commit to the full year if you wish to participate in the program. Enrollment is limited.

Please complete the registration form below to enroll your child and include it with your registration packet.

| Child's Name:  |  | Date of Birth:   |
|--|--|--|
| Parent's Name:   |  | <u> </u>   |
| Primary Phone:   | Email Address:   |  |
| enrollment from August through<br>due beginning September 1, | tering for the VPK Enrichment<br>May. I also understand that tuiti<br>2025 through May 1, 2026. Ev<br>days, but preferences are not gu<br>stration forms are received. | on of \$175.00 per month will be<br>rery attempt will be made to |
| Please select your preference:                               |  |  |
| Tuesday/Thursday   | Wednesday/Friday   | No Preference  |
| Parent/Guardian:   | (Signature)  | Date:  |



# **Automatic Payments Enrollment Authorization**

I hereby authorize my financial institution to make periodic payments on my behalf from the checking, savings, or credit account listed below and transfer it to Lake Magdalene Christian School. I understand that I am in full control of my payments, and I will notify both my financial institution and Lake Magdalene Christian School if at any time I decide to make any changes, discontinue this service, or change or close my credit card or bank account.

| Parent's Name:                                |                         |                              |
|---|-------------------------|------------------------------|
| Address:                                      |                         |                              |
| City:   | State:_                 | Zip Code:                    |
| Signature:                                    |                         | Date:                        |
|   |                         |                              |
| Please select on                              | ly one option below (be | ank account OR credit card). |
| Bank Account Information                      |                         |                              |
| Name of institution:                          |                         |                              |
| Account number:                               |                         | <b>=</b> 1                   |
| Routing Number (or attach                     | voided check)           |                              |
|   |                         |                              |
| <u>Credit Card</u><br>Visa or Mastercard ONLY |                         |                              |
| Credit Card Number:                           |                         |                              |
| Expiration: Month/Year:                       |                         | CVC/CVV 3-digit number:      |



# **TUITION**

| Childcare: B | abies. | Toddlers, | PreK-2 | (must be 1 | year old by | y 9/1/25) |
|--------------|--------|-----------|--------|------------|-------------|-----------|
|--------------|--------|-----------|--------|------------|-------------|-----------|

5 days a week \$650 monthly \$400 monthly 2 days a week (T/TH) \$300 monthly

PreK-3 (3 years old by 9/1/25)

5 days a week (MWF) \$650 monthly \$400 monthly

VPK (4 years old by 9/1/25)

State funded VPK (M-F) \$0

Self pay VPK \$650 monthly

Enrichment & Lunch (VPK students)

2 days a week 12:00-2:00pm \$175 monthly

Kindergarten (5 years old by 9/1/25)

5 days a week \$850 monthly

## **FEES**

| Registration Fee (N | ion-Refundable) |
|---------------------|-----------------|
|---------------------|-----------------|

\$250 / 1<sup>st</sup> child \$175 / 2<sup>nd</sup> child

Supply & Curriculum Fee (due September 1, 2025)

\$80 / PreK-2 \$135 / PreK-3 \$175 / Kindergarten

Security Fee (due September 1, 2025)

\$200 (or \$20 monthly payment plan)

**Extended Care Fee** 

\$12 an hour for drop in care

Early Drop Off Fee (8:00-8:30am)

\$10 per day

The registration fee and prorated August tuition are due at the time of registration.

Tuition is due the 1st of every month. A \$25 late fee will be added to your account if payment has not been received by the 6th. Payments are made September 1st – May 1st.

Florida Voluntary Pre-Kindergarten (VPK): 144 days of our 170 day calendar qualify for VPK funding. The VPK funded portion of our school year tentatively runs August 18th - April 17th. If you would like your child to attend the additional school days, a tuition payment of \$650 is due no later than April 1st. Monthly payment plans are available.

Extended care is available for all ages from 12:00-4:00pm. The full hour is automatically charged for the FIRST hour (regardless of the actual time used). Any additional hours will be charged by the quarter hour.



### **BIRTH CERTIFICATE**

Verification of birth date is <u>REQUIRED</u> for all children not previously enrolled in Child Care or Preschool classes. Registration cannot be processed without this documentation. You must have a copy or a picture of their birth certificate at the time of registration.

### REGISTRATION FEE & PRORATED AUGUST TUITION

At the time of registration, the registration fee and the prorated August tuition is due. The registration fee is non-refundable/non-transferrable. If your child is previously enrolled, we can add these 2 fees to your monthly Procare statement. If your child is new to the school, you can pay in cash or check.

### **HEALTH RECORD REQUIREMENTS**

Health records, current for the 2024-25 school year, are required for ALL STUDENTS attending. There are two required forms: 1) DH3040 - School Entry Health Exam; and 2) DH680 Certification of Immunization. Contact your child's pediatrician for these forms.

### **First Time Enrollees**

Health records for "first time" enrollees are due in the school office between June 1, 2025 and July 31, 2025. Any health records for "first time" enrollees received after July 31, 2025 will be assessed a \$50 late fee. Before leaving your physician's office, please confirm that the forms are complete and that the expiration date will be valid through the end of our school year. (The only exception is a student who will require immunizations during the school year; new forms will be issued at that time.)

### Re-Enrollees

As a courtesy to re-enrollees, <u>unexpired</u> health records currently on file will be transferred to the next school year. The school office will notify you one month before the expiration date of your child's health records. New health records must be submitted prior to the expiration date. You will be assessed a \$50 fee if updated health records are not submitted before the expiration date. Before leaving your physician's office, please confirm that the forms are complete and that the expiration date will be valid through the end of our school year. (The only exception is a student who will require immunizations during the school year; new forms will be issued at that time.)

### **LATE FEES**

Extended Day fees accrue monthly and are due at the end of each month; any payments not received by the 6th of the following month are subject to a late fee. All balances must be paid by the LAST DAY of school, to avoid a year-end late fee.

In addition, any child not picked up by our 4:00 p.m. closing time will be assessed a \$20 late pick-up fee and \$1/minute after that.

### **MEET THE TEACHER**

Meet the Teacher for our Kindergarten students is Tuesday, August 12<sup>th</sup>. Child Care and Preschool classes will be Wednesday, August 13<sup>th</sup> and Thursday, August 14<sup>th</sup>. You will receive an email from the school in the beginning of August confirming the date, classroom assignment and your child's teacher.

# 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 your child when they are sick.
- standards used to license the child care facility, Familiarize yourself with the child care

# **Quality Child Care**

age-appropriate activities that help develop essential educational experiences under qualified supervision When evaluating the quality of a child care setting, you should consider the facility's quality indicators in a safe, nurturing, and stimulating environment. skills, build independence and instill self-respect. related to activities, caregivers, and environment. Children in these settings participate in daily, Quality child care offers healthy, social, and

# **Quality Activities**

- Activities are children initiated and teacher faciliated.
  - Activities include social exchanges with all children.

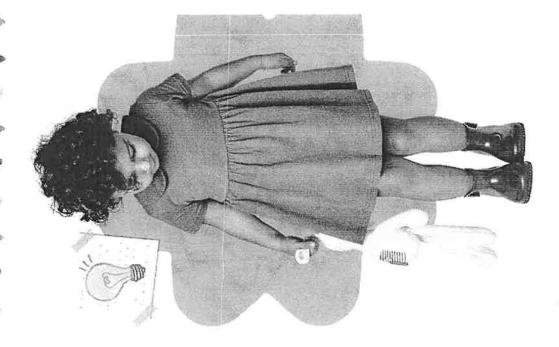
# **Quality Caregivers**

- Caregivers are friendly and eager to care for children.
  - Caregivers accept family cultural and ethnic differences.

# **Quality Environments**

- Environments are clean, safe, inviting, confortable, and child-friendly.
  - Environments provide easy access to age-appropriate toys.

www.myflfamilies.com/childcare





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

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

# CHILD CARE KNOW YOUR FACILITY

# Know Your Child Care Facility - General Requirements

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

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

# **Health Related Requirements**

# imergency procedures that include:

- Posting Florida Abuse Hotline number along with other emergency numbers.
- Staff trained in first aid and pediatric cardiopulmonary resuscitation (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.



| Child: Teacher Ratio |        |            |            |            |            |                   |
|----------------------|--------|------------|------------|------------|------------|-------------------|
| Age of Child         | Infant | 1 year old | 2 year old | 3 year old | 4 year old | 5 year old and up |

# **Training Requirements**

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

# Food and Nutrition

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

# 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.
  - Provide sufficient outdoor play area.
- 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.



# 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 Centers 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 commonly 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.





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

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

# 

A Guide for Parents



# 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 settings until his or her temperature has been normal and has been sign and symptom free for a period of



During the 2009 legislative session, a new law was passed that requires child care facilities, family day care homes and large family child care homes provide parents with information detailing the causes, symptoms, and transmission of the influenza virus (the flu) every year during August and September.

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

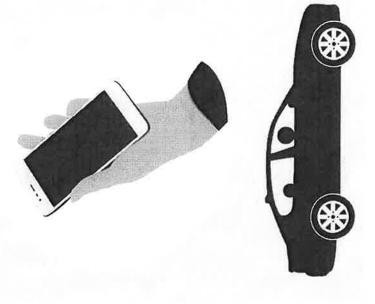


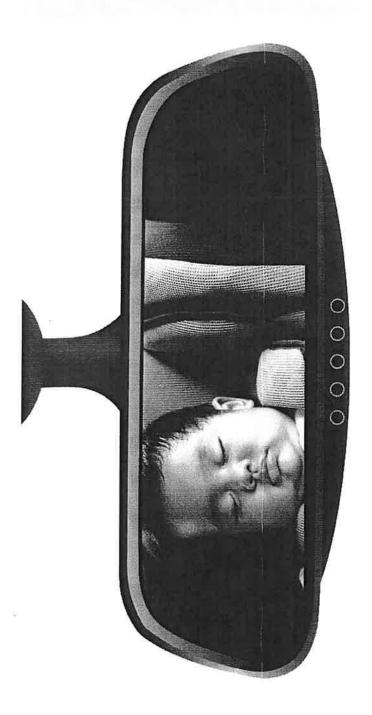
# WHEN LIFE HAPPENS... DON'T BE A DISTRACTED ADULT



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

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





# Distraction 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.



# 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.



homes and large family child care homes to provide parents, during the months of April and September each During the 2018 legislative session, a new law was passed that requires child care facilities, family day care 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.