



Family Newsletter

February 2019

Healthy Tips for Cold and Flu Season



It's that time of year again. The dreaded cold and flu viruses pay a visit to our homes, schools, offices, grocery stores, etc. Luckily, there are ways to prevent these viruses from taking

over our lives! [Visit KidsHealth's website](#) to learn how you can help your family stay healthy this season.

Winter Can Be a "Bundle" of Fun!



Looking for ways to have fun during these long, cold winter months? [The Artful Parent](#) shares 31 fun ideas for many different ages and interests!

Need more ideas? So much fun can happen when children use their imaginations. ECA's Education Specialist, Jill Davidson, shares the benefits of allowing children's imaginations to drive their play in [this short video](#)! For more quick tips related to child development, safety, and learning, check out our [Learning in Action videos](#).



Visit our website www.ECAAlliance.org for all things children, including:

- Events around the community on the Family Events Calendar
- FREE child care search for programs in your area
- What to look for in a quality early childhood program
- How to get started with your own child care business

[Click Here for Family Information and Events](#)

Stay Connected



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