



Child Care

While you were out...

Date: _____

Activities

Meals & Snacks

How did we do today?

Timely Tips

Flu season is here and the real trick to staying healthy is washing those hands—several times a day with soap. Make sure you and your kids wash their hands properly and frequently. Antibiotic gels are good for travel and use on the playground but not for over-use. Washing hands is best.

Notes for you



Is your care provider a star? Log in to Care.com and give your care provider a star rating!



PROVIDER'S NAME: _____ ZIP CODE: _____