

Heritage Preschool Parent Corner **N**



Letter of the Week

N says 'n' for nose & nice. While N and M sounds are made in different parts of the mouth, they do have a similar sound and can be easily confused when learning words.

Words & Feelings

There is: natural, nutty, nauseated, nerdy, naughty, nasty and nice.

Riddles, Rhymes & Opposites

1. This part of your body holds up your head
2. These are fun to eat with spaghetti sauce and they rhyme with poodles
3. A bird builds a
4. Squirrels like to eat
5. The opposite of yes
6. The opposite of day

Poetry

N is for Newt, noodle and nose
 N is for needle to sew torn clothes
 N is for newspaper, nut, nail and nest
 N is for nap, when you need to rest
 Hooray for N, big and small -
 The niftiest, neatest letter of all!

Fun with N

- Sew with plastic needles
- Crack open nuts with a nut cracker
- Take a nature walk around the neighborhood
- Circle 'n' in the newspaper
- Have a necktie party
- Hammer nails in an old board
- Make a necklace
- Learn how to fold fancy napkins
- Nibble on nachos for lunch or snack

Alliteration

Noisy Nathan woke up Natalie from her nap.

Noses - Is it a Cold or Flu?

Pediatrics Expert Advice from Henry Bernstein, M.D. life.familyeducation.com

Although you cannot use the color of nasal discharge as a sole indicator of infection versus allergy, green mucus does point more toward infection.



"God told Noah to build an ark"
 Genesis 6: 14

The only time clear nasal discharge with an allergic runny nose changes is when there is a superinfection. Remember, though, that "infection" doesn't necessarily mean your child needs an antibiotic. What is more important in trying to determine the cause and treatment of your child's runny nose is the clinical story and typical physical findings.

With a common cold, the nasal discharge can be different colors, causing some confusion. It initially starts out clear for a few days (looking just like an allergy), before turning whitish or green and then back to clear again as it resolves over a week or two. There may also be a little bit of fever and perhaps some swollen glands in the neck.

A cold happens at any time, usually without a pattern. The inside of the nose looks red and inflamed. The symptoms of infection simply have to run their course. Cold medicines do not shorten this viral infection. Antibiotics are not routinely needed unless there is a complication of the cold like an ear or sinus infection.

Flu vs. Colds: A Guide to Symptoms		
Questions	Flu	Cold
Was the onset of illness ...	sudden?	slow?
Does your child have a ...	high fever?	no (or mild) fever?
Is your child's exhaustion level ...	severe?	mild?
Is your child's head ...	achy?	headache-free?
Is your child's appetite ...	decreased?	normal?
Are your child's muscles ...	achy?	fine?
Does your child have ...	chills?	no chills?