

Cold and Flu Tips Easy Ways to Prevent Colds

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everydayhealth.com

Cold and Flu season is in full swing. There are simple steps you can take to get through cold season. Here are some things you can do to help prevent catching a cold.

1. Wash Your Hands. It is important to wash your hands, especially after using the bathroom or touching objects in public places.
2. Try to avoid touching your face, mouth and nose as doing so allows germs easy access into the body.
3. Keep your immune system healthy. Go to bed early and eat good nutritious food. Making sure you are getting plenty of sleep will help to keep you healthy and refreshed. Eating healthy food will also keep your immune system going strong.
4. Exercise. Do your best to stay moving during the cooler months. Even 15 minutes a day can prevent the cold and flu bugs from making you sick.
5. Try zinc lozenges. If you feel a cold coming on research has shown that zinc lozenges might shorten cold duration. "They bind to the viral particles and help prevent some of the replication," says Michael Benninger, MD, of the Cleveland Clinic. "It won't prevent you from getting a cold, but it may make your cold less severe and last not quite as long."

HAPPY NEW YEAR FROM THE FOSTER CARE NAVIGATORS!



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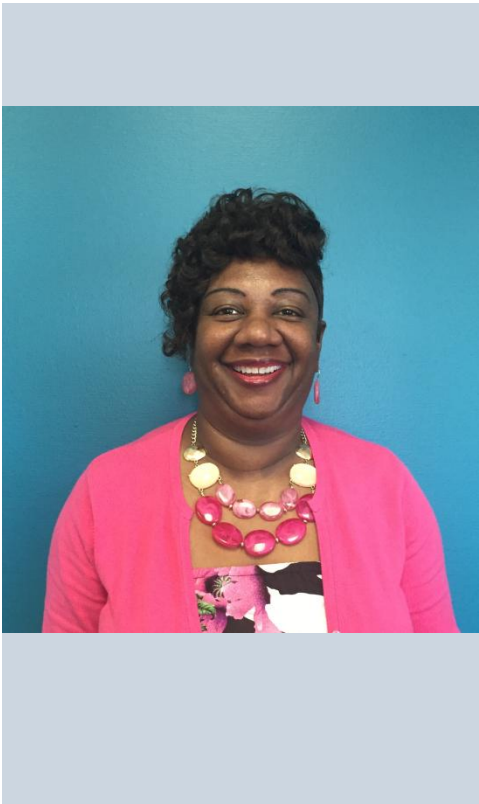
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Meet Our Staff...

Lisa Coleman, Relative Placement Specialist

Lisa Coleman became a foster parent unexpectedly when she received a phone call that four of her grandchildren needed to be placed with her. The call came on the same day that Lisa was moving into a new home - she jokes about her grandchildren being her little roommates.

While her grandchildren were living with her, Lisa was diagnosed with breast cancer. Lisa cared for her grandchildren full-time while receiving treatment. Today, Lisa is cancer-free and has been in remission for over a year.

Lisa is happy to use her personal experience with the child welfare system to help other relatives who are caring for children and experiencing hardships.

Lisa is a licensed foster parent and she worked in the medical field for over 20 years. She enjoys working with people and helping the children in her community through local outreach.

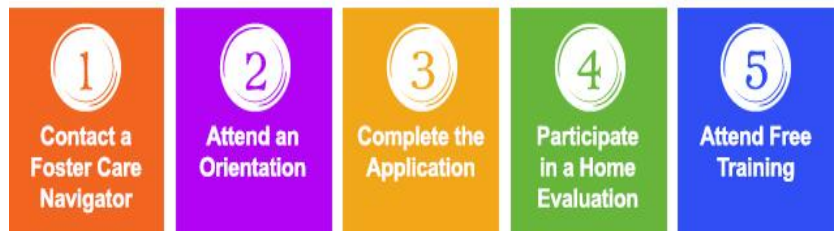
She also belongs to the Washtenaw County Grandparents as Parents group. Lisa has two adult children and nine grandchildren, who she loves to spoil.

Raise Hope and Foster Dreams

Call Now to Learn More

855-MICKIDS

Approximately 13,000 Michigan children are in foster care at any given time. We need your help to provide a safe, nurturing home for these children until they can be returned to their families. When children cannot be returned to their homes, foster parents are often asked to provide permanent homes.



CHECK OUT OUR WEBSITE

www.fcnp.org

Looking for a Foster Care Support Group?

A list of statewide foster care support groups are now listed on the Foster Care Navigator website. Support groups can be found by going to www.fcnp.org and clicking on the Resources Tab and then on The Support Groups for Foster Parents tab. Currently support groups are listed alphabetically by county.

Foster Care Navigator
24901 Northwestern Hwy.
Suite 500
Southfield, MI 48075
855-MICHKIDS

Web Site:

www.fcnp.org



Kids Corner

Snow Day Activities



Grab your boots and go outside to ...

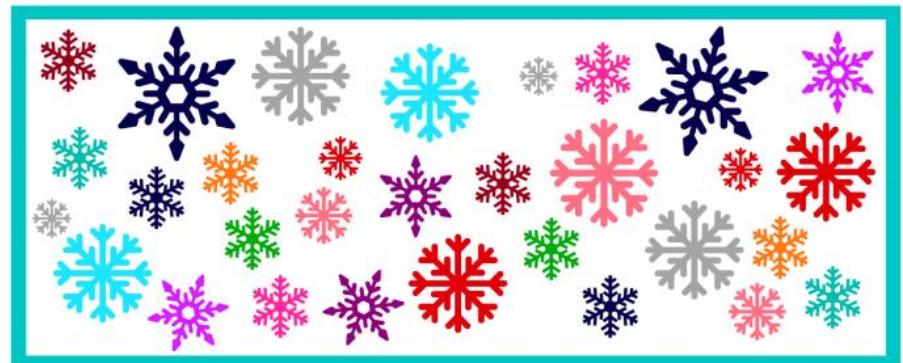
1. Measure how deep the snow is. The snow is _____ inches deep.
2. Build a snowman and measure him. The snowman is ____ feet tall.
3. Using your feet write a message in the snow.
4. Make snowballs and throw them at a target (not a person or pet). Every time you hit the target take a step back to make it harder.

Winter Word Search

cold frost frozen ski
snow snowflakes winter

fhkocbsnowmfklowhade
fsvualnolwinternsbav
baolphwhsbambfusiaj
kowasthsyshakannsj
akwiklfrozenfghgah
yroalwokiwoqkndpl
fbdmskicenahjdwiak
coldnahdegtwfrost
hajwilpqonghsc
hikmnpjwipqujfhq
ubcosldhughwus
snowflakeshgkwip
rep

Connect The Matching Snowflakes



DIY Snow Paint

To create your DIY Snow Paint, remove the tops of the spray bottles and fill them with water. Then, add enough food coloring to get the color you are after. Use a pretty good amount of food coloring to make the color vibrant and bright! Screw the lid back on the bottle, and give it a good shake.

SUPPLIES:

- Spray Bottle
- Water
- Food Coloring

*Foster Care Navigator
24901 Northwestern Highway
Suite 500
Southfield, MI 48075
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