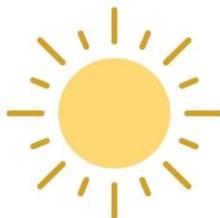




5 Little Snowmen



Five little snowmen
sitting on a hill.

The **FIRST** one said,
"I think I feel a chill."

The **SECOND** one said,
"But here comes the sun!"

The **THIRD** one said,
"We'd better run, and run, and run!"



The **FOURTH** one said,
"It doesn't scare me."

The **FIFTH** one said,
"I'm melting! Oh gee!"

Then up came the sun
shining brightly all day,



Vaccines & Child Care: What Should Parents Know?

You may be wondering: What are the vaccination requirements for my child? What can I do to ensure my child is safe and healthy? Here are the facts to consider as you do your best to make healthy decisions for your child:

- Child care providers collect immunization records for every child in their care on an ongoing basis.
- Child care providers are trained to read immunization records, and compare them with CDPHE requirements. They notify families if a child has not received the vaccinations that are due.
- If a child is behind on vaccinations, parents have 14 days to get the required vaccine(s), or submit a written plan to get caught up.
- If a child cannot receive a vaccine due to medical reasons, the child's pediatrician must fill out a Medical Exemption Form.
- Parents who choose not to vaccinate their children for personal reasons must submit a Non-Medical Exemption Form at every interval when vaccines are due.
- Child care providers will notify the families of non-immunized children if a vaccine-preventable disease occurs in their child care home.

If you would like to see which vaccines are required and at what ages for child care entry, you can go to the CDPHE website for more information <https://cdphe.colorado.gov/immunization-requirements-school-entry>. Please feel free to talk to your child care provider or your pediatrician if you have further questions about vaccines and child care.

Quick Huevos

1 c. fresh salsa or Pico de Gallo

2 Tbsp. olive oil

1 can black beans, drained/rinsed

4 large eggs

4 6-inch corn tortillas, warmed

1/2 cup crumbled feta cheese

Pepper to taste

Fresh, chopped cilantro

Heat a medium skillet over low heat and add 1 Tbsp. olive oil. Add the beans and heat until warmed through, smashing slightly with a fork. In a separate pan, fry the eggs sunny-side up in the remaining olive oil.

Place 1 warm tortilla on each plate

Divide the beans among them, and then top with a fried egg, some salsa and feta cheese. (15 min, Serves 4)