

# Taking care of your own physical wellbeing supports our children's health and safety!

*Taking care of yourself is part of taking care of your kids.*

No matter what the time of year, illness somehow seems to sneak into Early Childhood Settings. By following the HAFDC Policies and Procedures, germs will be eliminated, but it is also very important to take care of your own physical wellbeing to help aid with infection control. By staying healthy, you are supporting the children's wellbeing, and ensuring you offer a reliable service for your families.

**Staying Healthy in Childcare, Edition 5 states: 'It is important to lead by example to ensure that Educators and other staff, children, visitors and families all remember to practice effective infection prevention and control.'**

Below are a few tips for caring for your own physical wellbeing, especially in the flu season!

- **Have a strict illness and exclusion policy, and don't be scared to enforce it. Ensure it is clear to avoid conflict. Insist on a Doctors Clearance Certificate if you feel it is necessary.**
- **Get plenty of sleep and rest**
- **Exercise and get fresh air to boost immune function**
- **Consider getting the flu shot**
- **Practice hand hygiene and use gloves**
- **Take a mid-winter break. A few days of relaxation and recuperation is great for everyone! Let your families know at the start of the year so they are prepared.**

## **Natural Antibiotic Drink to boost immunity:**

Blend one crushed garlic clove, 2 tbsps

Manuka Honey, 2 tbsps grated ginger, ½ tsp

cayenne pepper, ½ tsp cinnamon, ½ cup

lemon juice. Enjoy!

Studies have been conducted proving the benefits of homemade chicken noodle soup to fight off colds.

This recipe comes from <http://www.gimmesomeoven.com>

## **ROSEMARY CHICKEN NOODLE SOUP**

Ingredients:

- 2 Tablespoons olive oil
- 1 small white onion, peeled and diced
- 2 medium carrots, peeled and diced
- 2 stalks celery, ends trimmed and diced
- 3 cloves garlic, minced or pressed
- 8 cups good-quality chicken stock
- 3-4 stalks fresh rosemary (or more/less to taste)
- 170 grams wide egg noodles
- 2 cups shredded cooked chicken
- salt and pepper

Directions:

Sauté onions in a large pot over medium-high heat. Add carrots and celery, sauté for another 3-4 minutes, or until the carrots are softened. Add garlic and sauté for an additional 1-2 minutes. Add chicken stock and stir until combined. Gently stir the rosemary into the soup, then continue cooking until the soup reaches a simmer. Reduce heat to medium, and simmer for an additional 5 minutes.

Once the broth is ready, remove the rosemary, and stir in the egg noodles and chicken. Continue cooking for 8-10 minutes or until the egg noodles are al dente. Season the soup with salt and pepper to taste.

## **A tip straight from the CEO:**

Use **Tea Tree Oil** as a natural antiseptic and to reduce infections. Carry it with you, make a spray solution from it, or use it to clean your environment. There are so many benefits!



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Stay tuned for more Wellbeing Tips.

