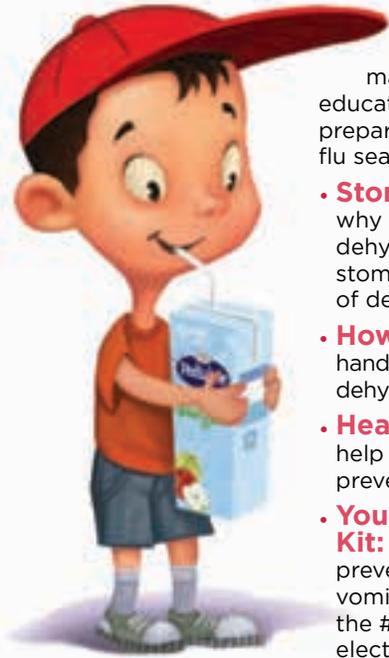


Dear Preschool Educator,

Stomach flu can be very prevalent during the month of February, and that makes this the right time to inform parents about the risk of dehydration that comes with diarrhea and vomiting.



To help you, Young Minds Inspired (YMI) has teamed with Abbott Laboratories, manufacturer of **Pedialyte**[®], to create this free educational program, which provides materials to prepare your children's parents for stomach flu season.

- **Stomach Flu 101:** A handout that explains why young children are especially susceptible to dehydration from diarrhea and vomiting caused by stomach flu and alerts parents to the warning signs of dehydration.
- **How to Manage a Misbehaving Belly:** A handout that corrects misconceptions about managing dehydration in children, due to diarrhea and vomiting.
- **Healthy Habits:** An activity sheet and song to help you and your families teach children how to prevent the spread of stomach flu all year round.
- **Your Pedialyte[®] Stomach Flu Survival Kit:** A handy summary of the Do's and Don'ts for preventing dehydration caused by diarrhea and vomiting, with a discount coupon for **Pedialyte**[®], the #1 pediatrician-recommended brand of oral electrolyte solution.

We have also included a germ prevention poster that you can use to encourage healthy habits at your center.

Please remind parents to consult with their child's pediatrician about issues related to their child's health.

We hope that you will share this valuable information with your parents and with other teachers at your school. While the materials are copyrighted, you have permission to make as many photocopies as necessary for educational purposes.

We hope, too, that you will let us know your opinion of this program by returning the enclosed reply card or by using the online feedback form at www.ymiclassroom.com/pedialyte.html. We depend on your comments and suggestions to continue providing free, quality educational programs that make a real difference in the classroom and at home.

Sincerely,

Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired

Use Pedialyte oral electrolyte solution under medical supervision for the dietary management of dehydration due to diarrhea and vomiting.

Stomach Flu Survival Guide

Target Audience

This program is designed for teachers and parents of infants and toddlers in daycare and preschool settings.

Program Objectives

- To teach parents signs of dehydration and when to consult their pediatrician.
- To inform parents about the risk of dehydration that comes with diarrhea and vomiting and how they can prevent it.
- To encourage healthy habits that can help prevent the spread of germs during stomach flu season and all year round.

Program Components

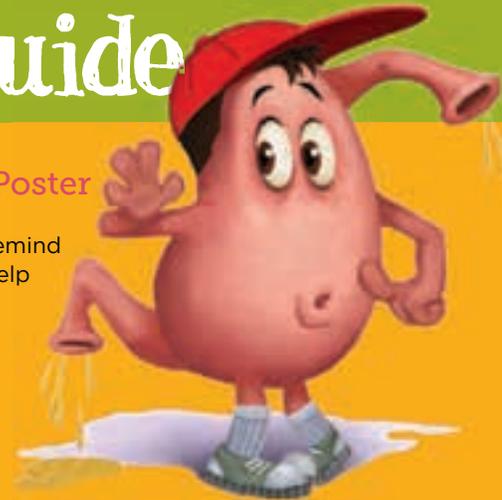
- This one-page teacher's guide
- Two reproducible hand-outs for parents
- A reproducible learning activity for children and parents to share
- A wall poster for display at your preschool/daycare center
- A tear-pad with 60 coupon handouts for parents
- A teacher reply card, or reply online at www.ymiclassroom.com/pedialyte.html

How to Use the Program Components

- Make photocopies of the reproducible parent handouts and the learning activity before displaying the poster.
- Distribute the parent handouts and the coupon handout when parents drop off or pick up their child.
- Use the learning activity and the poster to teach your children healthy habits that can prevent the spread of germs. Have children take the activity sheet home to share with their parents.

How to Use the Poster

Display the poster in a prominent location to remind families how they can help prevent the spread of germs during stomach flu season, and use the poster to teach this lesson to your children. Explain that germs are so tiny that we cannot see them, but when they are passed along from person to person, they can make us sick. Point out the four healthy habits pictured on the poster that help prevent the spread of germs, and lead children in singing a song to the tune of *London Bridge is Falling Down*, acting out the healthy habit for each verse. Share the song during your daily circle time to reinforce the lesson.



Resources

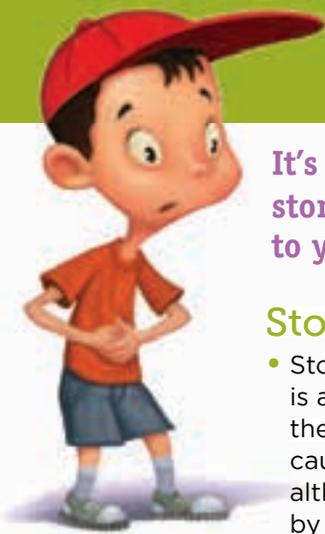
- www.pedialyte.com
- www.ymiclassroom.com for more free programs



YMI is the only company developing free, creative and innovative classroom materials that is owned and directed by award-winning former teachers. E-mail us at feedback@ymiclassroom.com or visit our website at www.ymiclassroom.com to send feedback and download more free programs.

Stomach Flu 101

Parent Hand-Out
Reproducible Master



It's February—and stomach flu can be very prevalent. Time to brush up on stomach flu basics so you're prepared if a "misbehaving belly" pays a visit to your home.

Stomach Flu Fast Facts

- Stomach flu (or gastroenteritis) is an irritation or inflammation of the stomach and intestines usually caused by a virus or bacteria, although it can also be caused by parasites in spoiled food or unclean water.
- Seasonal flu shots do not protect against stomach flu. They are designed to prevent respiratory infection caused by influenza virus.
- Stomach flu typically causes diarrhea and/or vomiting, which can lead to dehydration through loss of fluids.
- Dehydration can have serious medical consequences. Talk to your pediatrician about the benefits of using an oral electrolyte solution like Pedialyte.



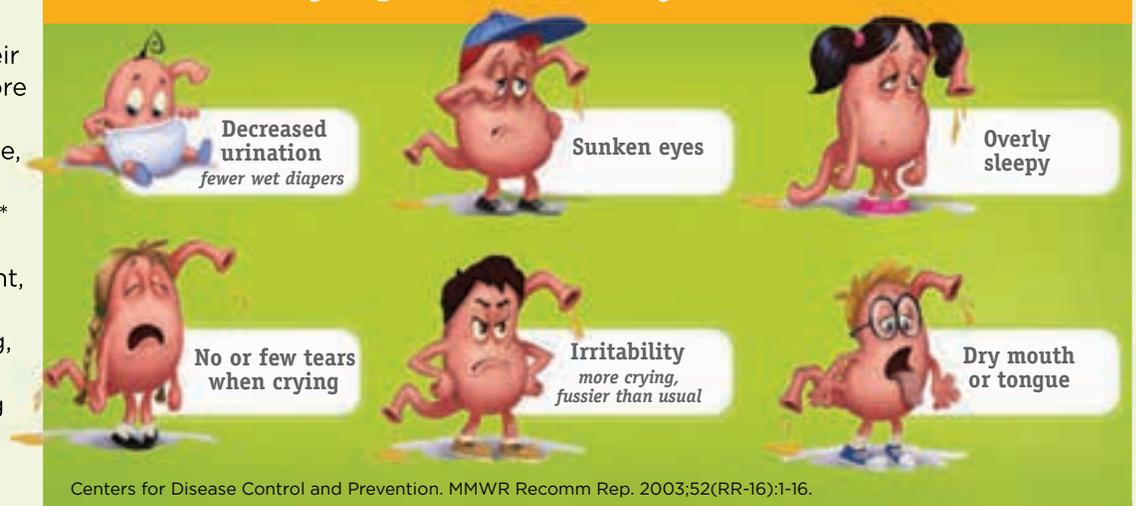
Why Pedialyte®?

Pedialyte® is the #1 pediatrician-recommended brand of oral electrolyte solution. Trusted by hospitals for more than 45 years, **Pedialyte®** is specially-formulated to replace nutrients lost through diarrhea and vomiting, and does not contain too much sugar, found in most juices, sports drinks, and other household beverages, which can actually make diarrhea worse. To prevent dehydration due to diarrhea and vomiting, **ask your doctor about using Pedialyte®**. Why trust anything else?

The Dangers of Dehydration in Young Children

Young children are especially susceptible to dehydration because their bodies process fluids more rapidly than adults. A one-year-old, for example, can become dehydrated twice as fast as an adult.* Severe dehydration may require medical treatment, so when your child has diarrhea and/or vomiting, call your doctor if you see any of these warning signs:

Symptoms of Dehydration



Centers for Disease Control and Prevention. MMWR Recomm Rep. 2003;52(RR-16):1-16.

For more on how to manage stomach flu, visit pedialyte.com, where you will find:

- The *Pedialyte® Stomach Flu Survival Guide*, with tips for comforting your child
- Information about dehydration and how to help prevent it
- A **Pedialyte®** product guide to help you choose the product that best suits your child's needs



Use Pedialyte oral electrolyte solution under medical supervision for the dietary management of dehydration due to diarrhea and vomiting.

*Fusch et al., Water turnover of healthy children measured by deuterated water elimination. EurJPediatr 1993



How to Manage a Misbehaving Belly

When stomach flu hits, will you know what to do? There are many common misconceptions about caring for a child with stomach flu. Take a minute to learn the facts.

Fiction: It takes several episodes of diarrhea and vomiting for an infant to become dehydrated.

In FACT, the threat of dehydration comes with the first instances of diarrhea and vomiting, because children are more susceptible to dehydration than adults. A one-year-old, for example, can become dehydrated twice as fast as an adult.*

Fiction: Any liquid can prevent and treat dehydration in children with diarrhea and vomiting.

In FACT, many household drinks don't meet medical guidelines for treating a child with diarrhea and vomiting. Plain water, for example, lacks the essential nutrients that must be replenished to prevent dehydration. And many beverages, such as juices, sodas, and sports drinks, contain excessive sugars that can actually worsen diarrhea.

Fiction: It's easy for a mom to tell if her child is dehydrated.

In FACT, very few moms can tell when their child is dehydrated. In a recent survey, only 2% of moms could correctly identify the six warning signs of dehydration established by the Centers for Disease Control and Prevention.

Only a specially-formulated solution such as **Pedialyte**® provides the balance of nutrients required to prevent dehydration caused by diarrhea and vomiting. That's why **Pedialyte**® is the #1 pediatrician-recommended brand of oral electrolyte solution. Why trust anything else?

Pedialyte® comes in a variety of kid-approved flavors**—fruit, strawberry, grape, and unflavored.

Be sure to consult your pediatrician about questions regarding your child's health.

To find out more about how to manage misbehaving bellies, visit pedialyte.com.

** natural and artificial flavors



The Do's and Don'ts of Diarrhea and Vomiting

DO

- Watch your child for signs of dehydration.
- *Always use Pedialyte® under medical supervision.*
For children age 1 and older, offer **Pedialyte**® every 1-4 hours. To help maintain proper hydration, children should consume 32-64 fl. oz. per day for as long as diarrhea continues. **For children under age 1,** consult your pediatrician.
- Call your pediatrician if your child has diarrhea for more than 24 hours, has both diarrhea and vomiting, has a high fever, severe abdominal pain or blood in stool or vomit, or shows signs of dehydration.



DON'T

- Don't give your child sugary foods or drinks, such as candy, juice, or sodas, which can make a misbehaving belly worse!
- Don't withhold fluids for fear of causing more diarrhea and vomiting.
- Don't stop your child from eating, but limit intake to smaller, more frequent meals.



Healthy Habits

Learning Activity
Reproducible Master

Sing the song together!
(to the tune of
London Bridge is Falling Down)

Wash Your Hands with Soap and Water

*This is how we
wash our hands,
wash our hands,
wash our hands.*

*This is how we
wash our hands —
to stay healthy!*



Toss Tissues in the Trash

*This is how we
toss our tissues,
toss our tissues,
toss our tissues.*

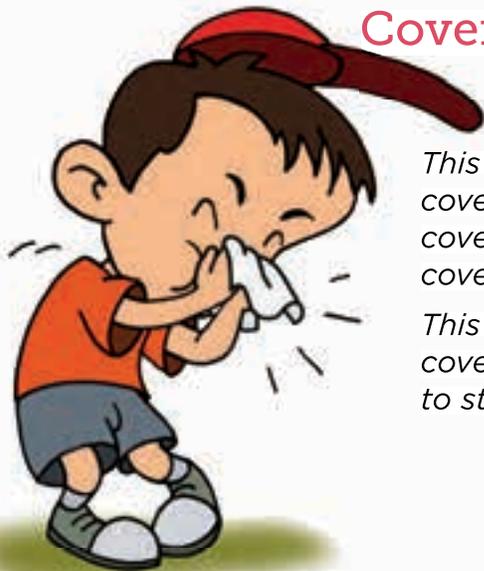
*This is how we
toss our tissues —
to stay healthy!*



Cover Coughs and Sneezes

*This is how we
cover coughs,
cover coughs,
cover coughs.*

*This is how we
cover coughs —
to stay healthy!*



Eat Right

*This is how we
eat what's right,
eat what's right,
eat what's right.*

*This is how we
eat what's right —
to stay healthy!*



Dear Parent: Ask your child to show you how we act out the healthy habits in the song. Post this sheet in your home, and use it to reinforce these germ-fighting behaviors.

And if your child does get the stomach flu, be prepared with **Pedialyte**. Visit pedialyte.com to learn how to prevent dehydration caused by the diarrhea and vomiting that comes with stomach flu.



Use Pedialyte oral electrolyte solution under medical supervision for the dietary management of dehydration due to diarrhea and vomiting.



© 2013 YMI, Inc.





Here's How You Can Stop the Stomach Flu

Practice these healthy habits every day to stop stomach flu from getting you!

Wash Your Hands with Soap and Water



(to the tune of *London Bridge is Falling Down*)

This is how we wash our hands, wash our hands, wash our hands.

This is how we wash our hands — to stay healthy!

Toss Tissues in the Trash



This is how we toss our tissues, toss our tissues, toss our tissues.

This is how we toss our tissues — to stay healthy!



Cover Coughs and Sneezes



This is how we cover coughs, cover coughs, cover coughs.

This is how we cover coughs — to stay healthy!

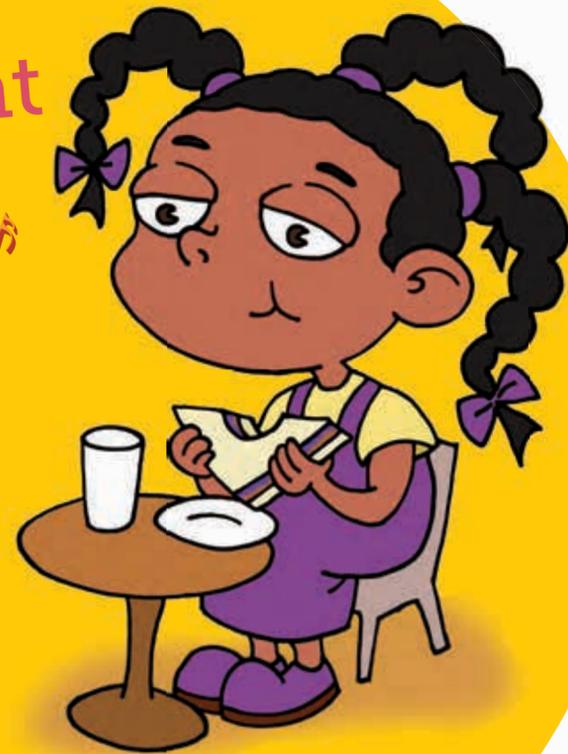


Eat Right



This is how we eat what's right, eat what's right, eat what's right.

This is how we eat what's right — to stay healthy!



Parents: Visit pedialyte.com to learn what to do when your child suffers from stomach flu and how to prevent dehydration caused by diarrhea and vomiting. **Pedialyte**® is the #1 pediatrician-recommended brand of oral electrolyte solution. Why trust anything else?

Use Pedialyte oral electrolyte solution under medical supervision for the dietary management of dehydration due to diarrhea and vomiting.



Your Pedialyte® Stomach Flu Survival Kit

Stomach flu usually means diarrhea and vomiting, and that means your child is at risk of dehydration.

Household beverages like sports drinks, juice, and soda don't meet medical guidelines for preventing dehydration. And they often contain too much sugar, which can make diarrhea even worse.



Pedialyte® is specially formulated to provide the right balance of nutrients that children need to prevent dehydration caused by diarrhea and vomiting. That's why **Pedialyte®** is the #1 pediatrician-recommended brand of oral electrolyte solution.

Why trust anything else?

Be sure to consult your pediatrician about questions regarding your child's health.

Visit pedialyte.com for more information and to find guidelines for choosing the best Pedialyte® product for your child's needs.

Use Pedialyte oral electrolyte solution under medical supervision for the dietary management of dehydration due to diarrhea and vomiting.



Manufacturer's Coupon | Expires 12/31/2013



\$1.50 Off

any one (1) Pedialyte® product

LIMIT 1 COUPON PER PRODUCT SPECIFIED. Cannot be combined with other offers. Void if altered, reproduced, copied, sold, transferred, taxed, restricted or prohibited by law. Good only in USA and territories. Cash value 1/100¢. Customer pays sales tax. Retailer/Clearinghouse: By submitting, you agree to Abbott's Coupon Redemption Policy. Abbott will reimburse you face value of coupon (or actual retail price of item if less) plus 8¢ handling. Send to CMS Dept 70074, ABBOTT NUTRITION, 1 Fawcett Dr., Del Rio, TX 78840. Pharmacists/Retailers: Coupon not valid for product reimbursed, in whole or part, under Medicare, Medicaid or similar federal or state government programs.

0070074-034311



The Do's and Don'ts of Diarrhea and Vomiting

DO

- Watch your child for signs of dehydration.
- *Always use Pedialyte® under medical supervision. For children age 1 and older, offer Pedialyte® every 1-4 hours. To help maintain proper hydration, children should consume 32-64 fl. oz. per day for as long as diarrhea continues. For children under age 1, consult your pediatrician.*
- Call your pediatrician if your child has diarrhea for more than 24 hours, has both diarrhea and vomiting, has a high fever, severe abdominal pain or blood in stool or vomit, or shows signs of dehydration.

DON'T

- Don't give your child sugary foods or drinks, such as candy, juice, or sodas, which can make a misbehaving belly worse!
- Don't withhold fluids for fear of causing more diarrhea and vomiting.
- Don't stop your child from eating, but limit intake to smaller, more frequent meals.

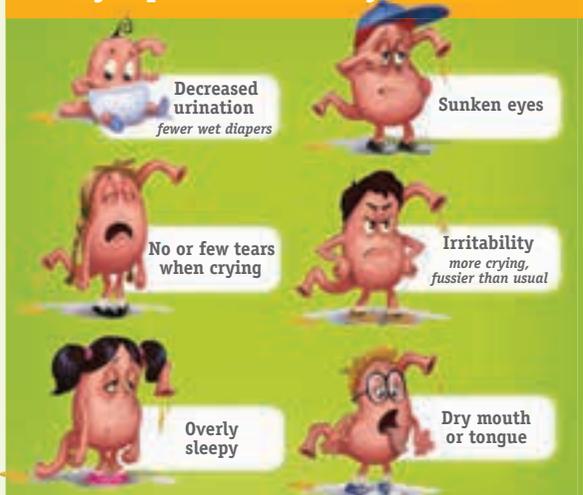


Learn more about managing your child's misbehaving belly at pedialyte.com.

Watch for the Warning Signs of Dehydration

Diarrhea and vomiting cause a rapid loss of fluids that can lead to dehydration, especially in young children, who are more susceptible to dehydration than adults. Use **Pedialyte®** to prevent dehydration, and call your doctor immediately if you see any of these warning signs:

Symptoms of Dehydration



*Centers for Disease Control and Prevention. MMWR Recomm Rep. 2003;52(RR-16):1-16.

Use Pedialyte oral electrolyte solution under medical supervision for the dietary management of dehydration due to diarrhea and vomiting.

