

MUSTS FOR MIKA WHILE WE'RE IN JAPAN

IMPORTANT ADDRESSES AND NUMBERS:

Yaya
Lola 1
Lola 2
Office
Pedia

PLACES AND NUMBERS FOR MIKA'S ACTIVITIES

GYMBOREE
BALLET
MY MASTERPIECE
CUTS 4 TOTS

MIKA's MUSTS

YAYA:

- Cherifer 5ml after breakfast/ before morning bath
- Always put Insect Repellant (Use Messy Bessy, not Off)
- Wash or wipe Mika's hands regularly with soap especially after class or park
- When outside, do not take eyes off Mika. Hold her hand always. Do not let her talk to strangers, even small kids who are not her classmates in gymboree or ballet.
- Always have load in your cellphone.
- Use Cetaphil to wash after peeing or poo.
- Turn on the computer at 8pm every night because we will call.

BEDTIME:

- Bath
- Book + milk
- Brush teeth + pee
- Sing to baby doll + Pray

COMMUNICATION:

- She will tell you what she likes and doesn't like.
- Explain everything to her. Just don't make her do what you want. Just talk to her normally
- She can be stubborn. So please warn her that an activity she likes is going to end.
For example:
 - One more story then we take a bath
 - 5 last slides then we go

EATING:

- Don't give her too much junk food, chocolate and ice cream
- She likes cereal, yogurt, grapes or an apple for snack time.
- Eating out
 - Use high chair
 - She likes soup, fried rice, spaghetti, chicken teriyaki with the sauce on the rice, pumpkin soup of Cibo, pizza (except kung matigas yung crust so you have to scrape it off)
 - Bring her ipod touch but don't play with it too long
 - Milk is 3x a day: AM, After lunch, Before bed

IN THE CAR:

- Use the carseat as much as possible
- Bring her CD books in the car

KEEPING HER BUSY:

- Painting
- Household chores (watering plants, laundry in planggana, cleaning windows, sweeping floor, picking up dried leaves)
- Watching TV or Videos - limit tv time
 - TV: Nick Jr or Playhouse Disney only
 - Her video collections on DVD
- Computer (use Macbook Air aka Alex) - limit computer time
 - Strawberry Shortcake or Care Bears on www.agkidzone.com
 - Nickjr
 - Barbie.com
 - Playhouse Disney
- Activity books I bought

PLACES SHE LIKES:

- Carousel/ Rides in Shangrila
- Toy stores in Shangrila and Rockwell
- High Street to run around and look at dogs
- Gymboree (She has free gym play coupons)

IF SHE GETS SICK:

- COLD: Use vaporizer at Bedtime with Inhalant, Put Drixine drops in the nose in the AM and before Bedtime. (maximum of 3 days only)
- COUGH: 1 vial Ventolin in Nebulizer 2x-3x a day
- FEVER: 1.8ml Tylenol every 4 hours
- Call me!
- If you can't reach me and it is very serious, bring to Dr. P in Rockwell
 - Call the clinic to schedule appointment
 - Schedule with Mang F to drive to Rockwell