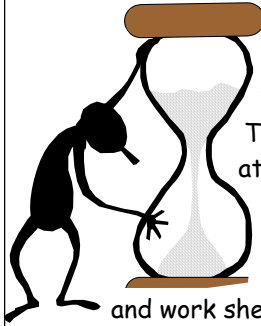




Celebrate National Waffle Day

Nutrition Notes

CALENDAR OF EVENTS REMINDER



Time is running out and many of you still need 2 hours of nutrition in-service. Don't be caught in September wondering what you can do to complete your required hours. Take advantage of the **free** training August 8th. Call the office at 842-9679 to reserve your spot. If you are not able to attend this class there are nutrition kits, books, videos, and DVD's available in our library for check out, but don't delay, quantity is limited. You may also complete your hours by turning in the quiz and work sheet from your recent home visit packets. This year we provided "Multicultural Foods: Meat Alternates" and "Pack Your Bag With Nutrient Dense Foods".

Remember that no claims will be paid for the new year (starting October 1st) for the days prior to receiving and accepting the in-service paperwork.

What's a Busy Provider to Do?

2 hrs. in-service

Date: Saturday, August 8th

Time: 9:00 - 11:00 AM

Location: First Church of the Nazarene

Presenters: Lisa and Jan

**Don't Delay
Enroll Today!**

❶ Recipes that are simple, quick and nutritious—that's what we want! Come join us as we examine recipes and serving sizes. How much is enough? Which components will this casserole count for on the food program? Is it a healthy choice? Will my children like it? Move your child care menus from good to great!

❷ Organization 101-With a little planning your child care business can run even more smoothly. We will share tips on organizing the kitchen, the playroom, parent information, and tax records.

RSVP by August 4th. No enrollment fee.

CACFP REIMBURSEMENT RATES

July 1, 2009 - June 30, 2010

RATES PER MEAL	TIER I	TIER II
BREAKFAST	\$1.19	\$.44
LUNCH/SUPPER	\$2.21	\$1.33
SNACK	\$.66	\$.18

August 2009

935 Iowa, Suite 7
Lawrence, KS 66044
785-842-9679
dccda.org
8:30 am - 4:30 pm

August 3rd

Claims due

August 31st

DCCDA Open Office

6:00 p.m. - 7:30 p.m.

Checks are available
for pick-up from
8:30 AM - 4:00 PM

Call the office if you want yours held for the evening Open Office. All others are mailed at 4:00 PM!

Celebrate

- ^ August 2nd
American Family Day
Friendship Day
- ^ August 3rd
National Watermelon Day
- ^ August 5th
National Waffle Day
- ^ August 9th
National Rice Pudding Day
- ^ August 11th
Play in the Sand Day
- ^ August 19th
Potato Day
- ^ American Artist
Appreciation Month
- ^ National Clown Week
1st Week
- ^ American Dance Week
3rd Week

Themed Library Kits

- ^ Breakfast
- ^ Cooking with Kids
- ^ Families
- ^ Friendship
- ^ Art
- ^ Circus
- ^ Dancing Scarves

Listening Ears Bridget Dixon, DCCDA Family Service Advocate

A great deal of time is spent trying to get children to listen. They often *hear* what is said, but *listening* and *following* directions are two totally different things. Children are listening to their parents, child care providers, teachers and everyone around them all of the time.



Caring for children is a tough job. One of the best ways for parents and child care givers to receive their much needed support comes from sharing ideas and struggles with each other. It's a great way to get useful advice, but it should be done in an appropriate way so as not to hurt the child's pride and self-esteem. The child can become hurt and embarrassed that he or she is being talked about as if s/he's not even there.

When these situations arise at your child care home, child care center, or at the grocery store chatting with your other parent friends, conversations about children in earshot of children should be avoided. Here are a few things that you can say to try and either stop the negative conversation or redirect into a positive conversation about the child.

- ♦ Offer the parent a chance to talk *away* from their child and the ears of other children.
 - "I would love to hear all that you have to say about Sally. Can we take some time and talk in another room, on the phone this evening, send me an email, etc".
- ♦ Model appropriate interactions with children.
 - "When Johnny seems angry during the day, this is what I see usually helps him".
- ♦ Help the person you are talking to understand the child's perspective.
 - "Wow it sounds like you are really frustrated with Sally's behavior. I remember you saying that she is new to child care. Maybe she's letting you know that she is struggling with adjusting to a new routine."

When all else fails, avoid joining in. If you talk about other children negatively in front of your own child or other children, it demonstrates that it is okay to talk about others. Children are listening and learning. It is the responsibility of their caregivers to make sure that children are hearing and learning the right messages.

Sample Menus



Breakfast			
Fluid Milk	Milk	Milk	Milk
Juice, Fruit or Vegetable	Raspberries <i>c</i>	Pineapple/Melon Fruit Kabobs <i>a/c</i>	Banana Slices <i>c</i>
Bread/Bread Alternate	Cheerios	Bagel	Waffles
Other		Cream Cheese	
Snack			
Two Items	Peaches <i>a/c</i>	100% Orange/Pineapple Juice <i>c</i>	Watermelon
Two Groups	Milk	"Beachy Snack" (cracker/cereal mix)	Colby Jack Cheese Cubes
Other	Sugar Cookie <i>HM</i>		Pretzels
Lunch			
Fluid Milk	Milk	Milk	Milk
2 servings Fruit/Vegetable	Hash Browns Mandarin Oranges/Bananas <i>a/c</i>	Baked Sweet Potato Fries <i>a/c</i> Pears	Onions/Green Peppers <i>c</i> Tropical Fruit Salad <i>a/c</i>
Bread/Bread Alternate	English Muffins	Wheat Buns	Pizza Crust
Meat/Meat Alternate	Scrambled Eggs	Turkey Sloppy Joes	Beef & Cheese Pizza <i>HM</i>

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End of Summer Celebration Everyday TLC

It's the end of summer and a perfect time to celebrate with an Aloha party. Aloha is the Hawaiian greet that means *hello* and *good-bye*—good-bye to some people and places and hello to new ones coming soon. Here are some ideas to make your Aloha party really special.

What to Wear:

Encourage children to wear bright-colored clothes with bold prints. Boys can wear traditional red sashes (crepe paper streamers) around their waists and the girls can wear grass skirts (fringed green crepe paper sheets) fitted around the waist and taped. Everyone can wear a flower lei.



Make Leis

Leis are wreaths of flowers strung together. They are given to vacationers when they arrive in Hawaii.

You'll Need: *yarn wrapped with tape to make tip *tissue paper squares (2-3 inches) *straws cut into pieces *hole punch

What to Do:

1. Cut 30 to 36-inch pieces of yarn.
2. Wrap the tip of the yarn with tape to make a point.
3. Punch holes into the centers of the tissue paper squares.
4. Invite children to thread the tissue paper squares onto the yarn, adding straw pieces to help space out tissue paper. Fill the yarn with paper flowers.
5. Tie the ends to make the necklace.
6. Make one for each child.

Decorate

- ♦Turn the room (or yard) into a tropical paradise.
- ♦Hang travel posters of the islands
- ♦String colorful crepe paper streamers
- ♦Set up a paper or plastic palm tree
- ♦String strands of colorful lights (left over from holidays)
- ♦Add giant cardboard fish and marine life
- ♦Don't forget a few pineapples



Some island music will set the theme. Pass out rhythm instruments such as drums, rhythm sticks and ukuleles (banjos) or make some instruments from pots and pans and utensil. Children can play rhythm instruments along with the recorded music.

Fruit Kabobs

You'll Need: ♦fresh fruits, sliced ♦plastic drinking straws ♦fresh shredded coconut (optional)

What to Do:

1. Place sliced and whole fruits out on a dish for children. Demonstrate how each fruit can be pushed onto the straw. Discuss that kabobs can be made in patterns.
2. Have children place 6 to 8 pieces of fruit on straws in repetitive patterns that they choose. Young children should use only 2 types of fruit.
3. For older children: Suggest that they use all 4 fruits to make a patterned kabob or that they have 3 fruits in each pattern and repeat that.

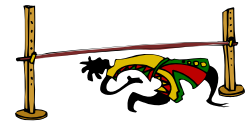


CACFP Credit = fruit/vegetable

Limber Up with the Limbo

You'll Need:

♦broomstick or rope ♦music



What to Do:

1. Pick up a recording of limbo music. (Any reggae or calypso music will do.)
2. Explain the rules: the bar (broomstick) will be held at the same height for everyone for each round. A child who touches the bar or reaches down to touch the ground as he moves under the bar is out. For very young children, you can use a heavy rope instead of a broomstick.
3. For each new round, lower the bar six inches or so. Let children who are not out take a turn. Start the game with the bar high enough for children to easily slide under for a few turns.

Sense-ational Sand Everyday TLC



On August 11th, grab your bucket and shovel and head to the sandbox to celebrate *Play in the Sand Day*.

Sand play is wonderful for children of all ages. From gently exploring sand by running it through their fingers to creating roadways and villages, there is no wrong way to play with this open-ended material.

Children are learning about the properties of sand as they play with it. They are experiencing how sand feels when it is dry-how it flows through their fingers and how it takes the shape of the container that is poured into. They are also experiencing how sand feels when it is wet-how it holds the shape of a container better than dry sand, how it can become packed more tightly, and how it feels colder to the touch. Children learn a lot as they compare wet and dry sand.

Children develop other thinking skills as they play with sand:

- ◆ **Prediction** ("Where are those plastic animals hiding?")
- ◆ **Cause and effect** ("Oh, that's what happens when I pour the water on the sand.")

Children develop **language skills** as well during sand play. Words such as "gritty," "grainy," "coarse," "fine," "sieve," "texture," and "measure" can be easily taught as you talk about sand. Children talk with each other at the sand table as they exchange ideas and make up stories about what they are doing.

Pouring, sifting, measuring, smoothing, rubbing, patting. Children practice all of these **small motor activities** during sand play. From pouring sand through their fingers to building sand castles, children are learning to use their fingers, their hands, and their eyes.

Large motor activities develop during outdoor sand play. Children carry buckets of sand (Make sure you point out the difference between wet and dry sand.) from one area to another.

At a sand table, children develop **social skills**. They can choose to play alone, with other children, or just "beside" other children (parallel play). Remind children that the sand stays in the sand table and that it also needs to stay out of people's faces. Sand in the eyes is very painful and can do some damage. If flying sand is a problem, you can dampen the sand.



Beachy Snack



You'll need:

- 1 c. dry chow mein noodles (seaweed)
- 1 c. pretzel sticks (driftwood)
- 1 c. roasted peanuts (pebbles)
- 1 c. Cheerios (life preservers)
- 1 c. fish crackers (fish)
- 1 c. raisins
- 1/2 c. dried pineapple pieces
- Miniature beach pails or paper cups

What to Do:

1. Mix all ingredients in a large bowl.
 2. For fun, fill miniature beach pails (found in craft stores) or paper cups with this nautical treat.
 3. Store any leftovers in an airtight container.
- NOTE: Leave out peanuts if you have any children with allergies to nuts.

CACFP Credit = bread/alternate