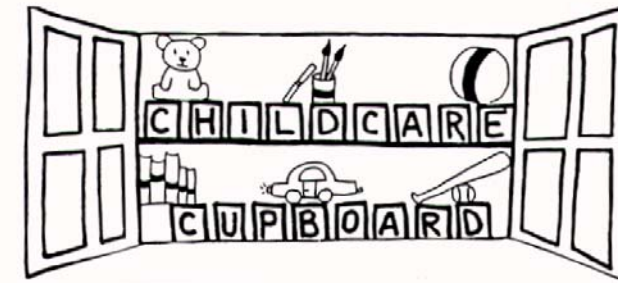


CALENDAR OF EVENTS – CCC workshops

October 3	“Hooray for Holidays”, 7-8:30 pm at Child Care Choices
October 8	“Ready to Learn, Part 2”, 7 – 9 p.m. at Child Care Choices
October 17	Health and Safety Workshop – “First Aid and Communicable Disease”
October 19	“Engaging Children’s Minds and Hearts”, 8:30 a.m. – 2:30 p.m. at Edison State College (Child Care Choices workshop sponsored by Children’s Trust Fund grant)
October 24	Health and Safety Workshop – “Communicating with Parents”
October 31	Health and Safety Workshop – “Nutrition and Food Safety”
November 7	Health and Safety Workshop – “Managing Children’s Behavior and Home Safety”
November 12	“Ready to Read, Part 2”, 7 – 9 p.m. at Child Care Choices
November 21	“Creative Hose Play” – A school age workshop, 7:00 pm at Child Care Choices
December	“Annual Home Child Care Provider Christmas Party” at Child Care Choices
January 14	“Ready to Make Music, Part 2”, 7 – 9 p.m. at Child Care Choices
January 21	“Make a Puppet – Use a Puppet”, 7-8:30 p.m. at Flesh Public Library, Piqua

The CCC Newsletter is published quarterly. Carol Myers, Managing Editor. Contributing Editors: Betsy Russ, Sonia Ewald, Molly Spencer, Kelly Flora, Lynn Ratliff and Gail Ruhkamp. Articles and announcements are encouraged. Please send items to Child Care Choices Newsletter, 7390 South State Route 202, Tipp City, Ohio 45371, or call 667-1799 or 773-9944. FAX #667-0819. All articles contained in this newsletter may be reprinted. Visit CCC website at <http://www.child-care-choices.org>. E-mail childcarechoices@yahoo.com

Child Care Choices
7390 South State Route #202
Tipp City, Ohio 45371



A Publication of Child Care Choices

Fall 2002

From the Director

"If we would get our parents to read to their pre-school children fifteen minutes a day, we could revolutionize the schools" Superintendent of Chicago Public Schools (1981)

It is difficult for working parents to find the time and energy necessary to begin reading to their children. Who better, then, to add this wonderful enrichment to children's lives than their child care provider. The time spent reading aloud to children can become the highlight of the day, the reward for toys picked up cheerfully or the quiet time before napping.

You can give children a love of reading that will last them a lifetime simply by having a variety of books available and reading some of them aloud every day.

Here are some tips to help make reading a part of your daily routine.

- * Plan a special time or times each day for reading aloud. It can be at naptime, or after clean up, any time that works into your schedule.
- * Create a place where books are easily available-a reading center-and teach little ones to handle books with care.
- * If the children have favorites that they enjoy hearing over and over, that's fine. They will begin to feel like they are reading even when they are memorizing.
- * Make reading active, not passive. Ask the children to point to things in the story, or fill in words they may know. Encourage the children to predict what may come next in the story, or guess what the character's next move may be.



From the Director (continued)

- * Allow older children to read according to their interests - comics, sports magazines, etc. Children need to learn that by reading they gain information.
- * Begin a discussion of a difficult situation (like divorce or death) by finding books that discuss it from a child's point of view. (CCC has a selection of problem solving books available to borrow.)
- * Tell stories! Storytelling stimulates the imagination and helps set the stage for reading.

Here are some other activities that encourage children to read.

- * Make your own books - Use collage, drawings, and pictures from magazines or family photos. Younger children can talk about the pictures while you write down the story to make a book! Older children can write their own books.
- * Take a trip to the library regularly and allow the children to select books. Attend the library's story hour, or participate in other activities offered by the library.
- * Limit the time spent in front of the television. Children who are exposed to hours and hours of TV and videos, no matter how "educational" are being passively entertained and are being denied the use of their imaginations.

Educational research has confirmed that the best way to ensure that a child learns to read is to read to that child. Those fifteen plus minutes a day spent reading to a child will help the child throughout his life.

Reading is an endless source of comfort, stimulation, and pleasure. It is one of the basic skills children need in order to communicate effectively. Reading can help bolster a child's self-esteem. The more we can encourage children to feel comfortable with books, the more we are helping them to expand their horizons.

Betsy Russ

RECIPE from CACFP

Recipe - Walking Sticks

(Orange biscuits with a twist)

3 cups of all-purpose flour
3 tablespoons sugar
3 teaspoons of baking powder
1 teaspoon of salt
1 egg
1 cup of milk
3 tablespoons of vegetable oil
2 teaspoons of grated orange peel

To whip up a batch, combine all the dry ingredients in one bowl and all other ingredients in another bowl. Make a well in the dry ingredients and pour in the egg mixture. Stir thoroughly with a wooden spoon.

Cut the dough into 10 pieces. With floured hands, roll each one into an 8-inch rope, fold in half and twist. Place on an ungreased cookie sheet and brush with milk. Bake in a preheated 400 degree oven for 10 -12 minutes.

You don't need butter or jam to dress up these citrus flavored breakfast twists, which makes them perfect to eat on the run.

Miami County Help Me Grow

Help Me Grow is a program to help families find the development and health services they need for their young children and to provide linkages to services for children birth to five and their families. If you have concerns about a child who may have a developmental delay, please call Help Me Grow at 440-5478. Information, referral and assistance is available to families, child care centers, and family child care homes.

Food Program News



Did you know potatoes are no longer in the bread/starch food group?

About 20 years ago the Department of Agriculture Dietary Guidelines placed potato in the same group with bread/grain. In the Food Guide Pyramid of today, potato is a vegetable. Children need carbohydrates several times per day. Foods supply carbohydrates in three forms: sugars, starches and fiber. Sugars contribute calories. Starch is a major source of energy. Grains and potatoes, both are good sources of starch. Potatoes do not provide the necessary fiber needed to provide bulk to the diet, which aids in stool formation. Grain is recommended at every major meal.

Did you know you should serve two fruits/vegetables with every meal? About 20 years ago the Department of Agriculture Dietary Guidelines encouraged one vegetable with every meal. Fruits were never served with dinner. Now the American Dietary Guidelines classify fruits in the same group with vegetables. American Dietary Guidelines recommend two fruits or vegetables (or one of each) be served with lunch and supper.

Do you know what the American Dietary Guidelines are? Listed below are the recommendations:

- Breakfast - milk, juice/fruit or vegetable and a bread or cereal
- Lunch/Supper - milk, meat/meal alternate, bread/alternate, two fruits/vegetables
- Snacks - two foods from two different food groups

Do you know how much money you can receive by serving nutritious meals?

	<u>Tier I</u>	<u>Tier II</u>
Breakfast	.98	.37
Lunch/Supper	1.80	1.09
Snacks	.53	.14

Rates are based on per meal per child.

Do you know how long it takes to fill out a menu after a meal? At a recent workshop we used a time clock to estimate how long it takes family daycare providers to fill out their menu for one meal and mark the children present. The result of this test was that it only took less than one minute for every provider tested. Many providers choose not to participate in the food program because the paper work is too much of a hassle. If you have 6 kids in care, are classified as a Tier I provider and you record what you served them on the menu form **you have just made \$10.80 per minute.**

Gail Ruhkamp

FOR YOUR INFORMATION

Child Care Choices 2003 Benefit Auction

Child Care Choices annual benefit/auction will be held at St. Patrick's Center on March 15, 2003. This year's theme is "Flying High With Child Care Choices"

We will be celebrating the 100th anniversary of the Wright Brother's first flight. If you would like to help with this year's event, come to the planning meeting on October 1 at Riverside School at 7:00pm. The benefit helps fund many of the books and activities that you receive as a registered child care provider with Child Care Choices. Please come help make this year's benefit the best ever.

IDEAS . . . IDEAS . . . IDEAS

Five 15-minute Activities to do With Your Child

1. Read to your child everyday.
2. Play the "How Does It Feel" game. Children walk around the house looking for 5 smooth and 5 rough surfaces. Then look for other textures-bumpy, curvy, etc.
3. Make Friday "Puzzle Day". Sit on the floor and work age-appropriate puzzles with the children in your care.
4. Let the children help you plant crocuses. Talk about planting bulbs deep enough and getting the "nose" up, and the "feet" down. The children will enjoy watching for the bulbs to sprout, and weeding around them in the spring.
5. Lead the children in a simple clapping rhythm and have them imitate the sequence. Vary this game by leading with pats on your head, shoulder, etc. while the children follow.

A Moment on Health

There is a new telephone number and new system for Poison Control: 1-800-222-1222. This new number, if called anywhere in the nation, will connect you with the nearest poison control center. Therefore, it will work here at home as well as when you are on vacation. A great step in safety!

Some time ago, the Central Ohio Poison Center in Columbus sent some interesting information that I'd like to pass on to you. You may have heard the term "pretty poison" to indicate a poisonous substance that looks pretty or resembles something that tastes good and is non-poisonous. Following is a list of pretty poisons and the items they resemble.

Palmolive dish detergent & Sprite or Mt. Dew
Windex blue glass cleaner & Gatorade or Kool-Aid blue juice
Sunlight dishwashing liquid & lemon drinks
Pine Sol & apple juice
Blue mouthwash or antifreeze & blueberry flavored drinks
Cherry flavored laxatives & Red Pop
Alcoholic beverages & sodas and fruit juices
Colored lamp oil & cranberry juice
Coriciden or Drixoral & M&M candy
D-con pesticide & Nerds or Dweebs candy
Ex-Lax Chocolate Laxative & Hershey's chocolate bar
Sudafed & red cinnamon candies
Mothballs and vitamins & candy
Comet can cleanser & Kraft Parmesan cheese
Aerosol insecticides & Pam aerosol cooking spray
Dishwasher detergent box & cereal box



The Central Ohio Center also mentioned seasonal things to be aware of: in fall, berries and bright colored mushrooms/fungi, many of which are pretty and poisonous, and, in winter, holly and mistletoe berries, also pretty and poisonous. The center also reminds us to never call medicine "candy", always keep an in-date bottle of Syrup of Ipecac on hand (but don't use unless directed to by Poison control or your doctor), and be sure you have the new Poison Control number easily available.

At the last Communicable Disease class, someone asked if alcohol would be as effective of a disinfectant as the bleach solution. The Miami County Health Department said that the 70% isopropyl alcohol (that you usually buy) would be as effective for food borne germs (such as those in raw meat, etc.) but NOT as effective as the bleach solution for blood borne germs (such as HIV, the AIDS virus).

Hope to see many of you (first timers as well as those who would just like to have a review) at the next First Aid and Communicable classes on Thursday, October 17th.

Janet Shoup, R.N.

THANK YOU!

Our Thanks To . . .

- **Miami County Dept. of Job and Family Services** for funding many workshops for all of our providers.
- **Miami County Children's Trust Fund** for funding *Partners in Parenting* newsletter and the upcoming workshop "Engaging Children's Hearts and Minds"
- **Mathile Foundation, Piqua Community Foundation and Wal-Mart** for partial funding of the *You Can Count on Mother Goose* program.
- **Tipp City Area and Troy United Fund** for ongoing support in helping fund services to families
- **West Charleston Church of the Brethren** for office and workshop space



Hip-Hip Hooray!

We need to all give a round of applause to the wonderful providers and their families who helped pack the September packet that all received. Their help makes it possible for us to continue sending the monthly activity packets. Thank you all so much.

Meagan Schilling
Lynn Ratliff
Molly Spencer

Kim Schilling
Mary Ernst
Betsy Russ

We are forever indebted to Carolyn and Bob Swisher, our wonderful volunteers, who each month take the packets to the post office

CCC TRAININGS FOR FALL 2002

Health and Safety Workshops – Required for all newly registered and certified providers.

October 17 – First Aid and Communicable Disease

October 24 - Communicating with Parents

October 31 - Nutrition and Food Safety

November 7 – Managing Children's Behavior and Home Safety

Time – 7:00 – 9:15 p.m.

Place – Child Care Choices, 7390 S. St. Rt. 202, Tipp City

Hooray for Holidays

Date Thursday October 3

Time 7-9 pm

Place Piqua Child Development Center, 285 RM Davis Parkway

Three exciting sessions to help you plan activities for the holiday season.

- * Hooray for Storytelling
- * Hooray for Holiday Foods
- * Hooray for Arts and Crafts

Creative Hose Play - A School-age workshop. "Brite Tite(TM) Fun"

Learn how to use recycled pantyhose (yes, pantyhose) to make colorful balls, Frisbees, jump ropes and much more! We will also use this incredibly versatile material in non-competitive games to promote cooperation among children.

Date: November 21

Time: 7:00 p.m.

Place: Child Care Choices

CCC TRAININGS FOR FALL 2002

Date Reset for Fall Conference - "Engaging Children's Minds and Hearts"

October 19 is the new date for the Children's Trust Fund – UVAEYC Fall Conference. The previous date was September 14.

Date: Saturday, October 19

Time: 8:30 a.m. to 2:30 p.m.

Location: Edison State College Theatre (park in the north lot and enter the first set of doors)

Cost: \$10.00 – covers morning snack and lunch

Dr. Lilian Katz, an internationally known early childhood expert, will speak on Engaging Children's Hearts and Minds. She will share insights from her book Helping Children Develop Social Competence as well as personal experiences from years of early childhood work. As part of the presentation, Dr. Katz will incorporate information about the project approach in teaching. She will show how exciting projects can be developed as part of existing curriculum.

Projects from Miami County classrooms will be on display. Knowledgeable teachers using projects in the classroom will be on hand to discuss the how-to of their projects.

Participants will receive free tickets that can be used to "purchase" either teacher resources or books for work with projects.

- * Create activities that will have children begging to spend more time at your home or Center!
- * Learn how to plan your day or week around certain themes and create activities to engage the children's attention and enthusiasm.
- * Get free materials and five hours training credit! Invite your child's teacher to attend.

Register by mailing \$10 to Child Care Choices, 7390 South State Route 202, Tipp City, OH 45371. Register by October 11. (We cannot refund money after October 11.) For more information, call Child Care Choices at 667-1799 or 773-9944.

You Can Count on Mother Goose!

It's time to sign up for Story Lady visits for the 2002-2003 school year! The visits this year will be based on a program by the Vermont Center for the Book called "You Can Count on Mother Goose!" This program introduces mathematics through great children's literature.



The Story Lady will come to your family childcare home or childcare center three times between October and June to read books, lead the children in nursery rhymes and finger plays, sing songs and help children explore math concepts through a variety of activities. Each provider will receive 8 free children's books and each child gets 4 books to take home.

"You Can Count on Mother Goose" will give children the opportunity to learn about patterns, putting things in order, numbers and counting, shapes and spaces, and measuring skills.

It's free! It's fun! It is one hour of training for each childcare provider who participates with the children at each Story Lady visit.

So call Child Care Choices today to get enrolled! Space is limited, so call ASAP! Call Child Care Choices at 667-1799 or 773-9944.

Annual Home Child Care Provider Christmas Party

Time: 7:00 – 9:00 p.m.

Date: December ???????

Location: Child Care Choices

It's a time to get together and share ideas. Bring a dessert to share. Child Care Choices will provide drinks. Gifts for all registered providers who attend.

CCC TRAININGS FOR FALL 2002

Three New Ready To Learn Workshops – New for 2002

Presented by Think TV at Child Care Choices 7-9 p.m. Receive lots of free materials and children's books for all.

October 8 - *Ready to Learn Part 2*

Learn activities that stimulate a child's social, emotional, cognitive, language and physical development.

November 12 - *Ready to Read Part 2*

Receive practical suggestions for helping children discover the alphabet, building vocabulary, telling stories, encouraging writing and reading books aloud.

January 14 - *Ready to Make Music Part 2*

Practice using music to stimulate movement, coordination, rhythm, language, and listening skills of young children.

Time: 7:00 – 9:00 p.m.

Location: Child Care Choices

Make A Puppet! - Use A Puppet!"

Date January 21, 2003

Time 7-8:30 pm

Place Flesh Public Library, Piqua

Presenter: Nancy Spillaine, Children's Librarian

Ideas for making puppets to use with your day care program

Call Child Care Choices at 667-1799 or 773-9944 to register.