

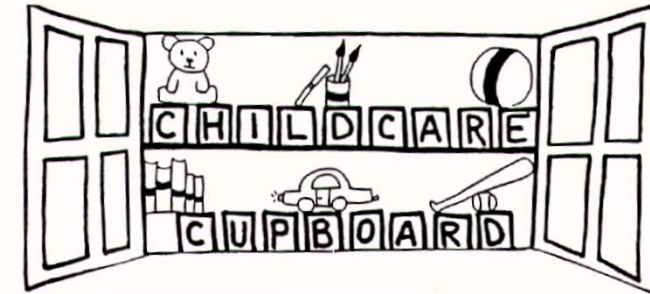
CALENDAR OF EVENTS – CCC workshops

September 4	Communicating with Parents, 7-9:15 at CCC
September 11	Nutrition and Food Safety, 7-9:15 at CCC
September 18	Managing Children's Behavior and Home Safety, 7-9:15 at CCC
September 23	"Awesome Autumn at Brukner Nature Center", 7-9 p.m.
September 25	First Aid and Communicable Disease, 7-9:15 at CCC
Sept. 30 and Oct. 16	"The Days Doings - Family Child Care is Serious Business", 7-9 pm at CCC (THIS IS A TWO-PART WORKSHOP)
October 7 and Oct. 14	First Aid, 6:30 to 9:30 at CCC
October 9	"Lighten Up Children's Lives", Ann Anzalone, presenter. 6:30 – 9:30 at Upper Valley JVS (funded by Ohio Children's Trust Fund)
Oct. 21 and Oct. 28	"Science Centers", 7-9 pm at Troy Christian Preschool (THIS IS A TWO-PART WORKSHOP)
Oct. 29 and Oct. 30	Child Abuse, 6:30 to 9:30 pm at Riverside School, Troy
November 3 & 17	Exploring New Literacy Standards, 6:30 – 9:00 p.m., Location TBA, sponsored by CCC and Edison Early Childhood Dept., \$10.00 fee
Nov. 4 and Nov. 11	Communicable Diseases, 6:30 to 9:30 pm at CCC
November 13	Magic Boxes, 7-8:30 pm at CCC
November 18	Ready To Learn Through Play, 7-9 pm at CCC
December 4	Holiday Idea Exchange, 7-8:30 p.m. at CCC

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

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Fall 2003

From the Director . . . Brain-Based learning important for children!

A flood of new information about the workings of the child brain has spawned an entire new genre of curriculum known as brain-based learning. The goal is to help children develop skills that science shows can be etched into their brains while they are still young.

"The best way to help kids make sense of things is to teach through experience," said Geoffrey Caine, a California-based educational consultant.

The brain does a tremendous amount of growth and development between birth and age 19. As the child's brain develops, it lays down pathways among billions of brain cells – connections that later assist in tackling complex tasks. Some experiences are more enriching than others.

What experiences can we as caregivers offer children that will help to maximize children's brain development? Below are a few suggestions:

- **Talking:** Talk to the child, not at him or her. Tell stories and play rhyming games.
- **Reading:** Reading to children promotes language development and instills in them a love of books.
- **Introduce music:** Playing a musical instrument is very stimulating for the brain.
- **Playing strategic games:** Children who learn games like chess develop critical thinking skills.
- **Spend time with the children:** Talk with the child as you do activities together such as cooking, home repairs, picking up toys, etc. Use a lot of words, and use complex words.

Betsy Russ



IDEAS . . . IDEAS . . . IDEAS

Five 15-minute Activities to do With Your Child

1. Read to children every day!! Reread the book and ask children questions about what comes next in the story.
2. Gather cookie cutters in several basic shapes and an aluminum cookie sheet. Use a permanent marker to trace each cookie cutter shape onto the cookie sheet. Using play dough (recipe follows), children cut shapes and match to shapes on the cookie sheet.
3. Color mixing magic! Put two colors of gelatin into a zip lock bag. Observe and name the distinct colors. Manipulate the gelatin until the two colors are overlapped. Hold the colors toward the light and observe the overlapped colors. Squish and squeeze the bag to mix the colors. Discuss the new color that is created.
4. Let the children help create apple tarts. Press a refrigerated biscuit into a muffin tin, lining the sides and bottom with the dough. Place a spoonful of apple pie filling in the biscuit. Sprinkle cinnamon and sugar mixture over the pie filling. Bake at 350 degrees for 12 to 15 minutes.
5. Color Search! Name a specific color and have the children go in search of objects of that color. Tell the child to quietly tap the object he finds, name it and return to the group before you count to 25. Then, one by one, invite the children to show the others the objects they have identified.



Play Dough Recipe

- 2 T. cream of tartar
- 1 c. flour
- 1 T. cooking oil
- 1 c. water (add food coloring)
- 1/2 c. salt



Mix all ingredients and stir over low heat until the mixture forms a ball and clings to the spoon. You may think you've ruined your pan but it will clean up easily. It lasts several months in a re-closeable plastic bag.

FOR DAY CARE PROVIDERS

IRS Procedures Simplified For Family Day Care Providers

Good news! Less Paperwork! No more saving grocery receipts if you choose to use a standard deduction instead! The Internal Revenue Service has issued Revenue Procedure 2003-22 which allows home day care providers to use a standard meal and snack rate to calculate meal expense deductions, rather than to compute actual meal expense costs.

Under new provisions, providers may use standard rates for a maximum of one breakfast, one lunch, one dinner, and three snacks per eligible child per day, provided the meals are actually prepared and served. (Children who live in the home may not be counted.) However, providers who participate in the food program may deduct from their taxes only the amount of actual expenses, which exceed the amount of reimbursement.

The allowable rate is the tier 1 child care food program rate in effect each December 31 of the year preceding the current calendar year. The rates in effect for 2003 will be Breakfast - \$0.98, lunch or dinner - \$1.80, and snacks - \$0.53.

Providers who use the standard meal and snack rates to compute their expense deduction must maintain records to substantiate the computation of the total amount claimed. The records should include the name of each child, dates and hours of attendance in the family child care home, and the type and quantity of meals and snacks served. The appendix to Revenue Procedure 2003-22 provides a sample meal and snack log.

Eligible children, for whom the standard meal and snack rate may be used, are unemancipated minors receiving day care in the home of the family child care provider. Eligible children do not include children who are full-time or part-time residents in the home in which childcare is provided or children whose parents or guardians are residents of the same home.

For more information visit the IRS website (www.irs.gov) and see Revenue Procedure 2003-22.

FOR DAY CARE PROVIDERS

Activities for children on the web

If you have found websites with good activities to do with children in your care, please send us an e-mail with the web address and a brief description of the site. We'll share that info and post it on the CCC website. (www.child-care-choices.org)

The Story Lady is Coming!

Do you know about our wonderful Story Lady Program? The Child Care Choices Story Lady will visit your child care home/center three times between September and June to read to the children in your care, sing songs, create art and do related activities. Each Story Lady visit counts as one hour of ODJFS training. You will receive a book at each visit, along with a packet of additional activity ideas to extend the book as you read it again and again. The children will also receive a book to share with their families at each Story Lady visit.

This year the Story Lady Program is called "BIG IDEAS for Young Minds!!" We will explore new concepts, ideas, and relationships through children's literature.

We will be asking questions, such as:
"How do things change?"
"How do friends work together?"
"How can I move my body?"

Call Child Care Choices ASAP to sign up for "Big Ideas for Young Minds"!!

Lynn Ratliff

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.



Play Time – activities to do with the children in your care

(from *Parenting magazine*, March 2002)

9 months to 2 years - Banana Rama

Cut a peeled banana into circles but keep all of the pieces together so they still form the original shape. Now put your baby in her high chair and place it in front of her. She'll get a kick out of taking the puzzle apart and even trying to put it back together. For a twist, give her an empty plastic ice-cube tray and show her how to put one circle in each section of the tray.

2 years and up – Pumpkin Pleaser

Squishing and squeezing is fun for kids as they mix the ingredients for this no-bake mini-pumpkin pie. First, help your child fill a zip-lock bag with

- 1 heaping tablespoon of canned pumpkin-pie mix, with spices added
- 1 heaping teaspoon of dry instant vanilla pudding powder
- 3 tablespoons of milk

Next, seal the baggie (get as much air out as possible) and encourage your child to combine the contents by squashing and kneading them right inside the bag. For a crust, place a vanilla wafer in a small paper cup – or use a flat-bottom ice cream cone. Then snip a corner off the bag with scissors so your child can squirt the filling straight into the cup or cone. Chill for a half hour, then devour.

3 years and up – Snow Job

Fashion a melt-in-your-mouth snowflake from a flour tortilla.

Step 1: Fold a large tortilla in half, then fold that into thirds.

Step 2: Cut, tear, or nibble holes along the edges. Unfold the flake and place it on waxed paper or foil on a baking sheet.

Step 3: Melt a teaspoon or so of butter, then spread it on the tortilla with a pastry brush. Top it all off with a dusting of cinnamon sugar sprinkled from the spout of a pinched paper cup.

Bake at 350 degrees until crisp and glittery but not brown. Cool briefly before eating.

3 years and up – It's a Shake-up!

Fill a clean jam jar one-third full with room-temperature whipping cream. Screw the lid on tightly and take turns shaking the jar until the cream turns into a ball of butter (4 or 5 minutes). Pour off any remaining liquid, add a sprinkle of salt and a big squirt of honey, and stir the mixture with a butter knife until it's smooth. Spread on crackers or toast for a sweet homemade treat.

To check out more games and activities from PARENTING, go to the online database at www.parenting.com/tools/activitiesdb/. You can search by theme, by keyword, or by your child's age.

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 "Lighten Up Children's Lives"
- **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 and continued support
- **Tipp City Area Community Foundation** for funding the Story Lady program
- **Monroe Federal Savings Bank, Unity National Bank, Favorite Insurance Company, Tetra Mold, Catlow, Green Steel, and Carey Electric** for donations
- National Home Library Grant for Story Lady program
- Benefit volunteers and supporters
- Parents and Families



UPCOMING EVENTS

Mark your calendar for the annual CCC Benefit/ Auction
 March 20, 2004
 At St. Patrick's Center in Troy



"Flying High with CCC" – 2003 Benefit

FOOD PROGRAM NEWS



Are you wondering how you can afford to stay in child care without exceeding 6 children or adding another shift?

The answer: Join the Child and Adult Care Food Program

The top five reasons that people say they choose not to participate in the food program: are:

- They're too busy to fill out paperwork.
- They don't want anyone telling them what kind of food to serve.
- They heard that people snoop in their cupboards.
- They are afraid to try new things.
- They might have to plan months ahead.

This list actually represents some of the myths heard about the food program. For example, the paperwork the provider completes daily only takes about 5 - 10 minutes. No one tells the provider what to serve the children at each meal. The food program philosophy encourages planning meals ahead of time, but does not require it. And home monitors only check cupboards on visits when we suspect they are like "Old Mother Hubbard's".

Don't hesitate to increase your monthly income by joining the Child Care Choices food program. Other perks of the program are "nutrition-based" Story Lady visits and start-up kits (\$50 value).

The following are the new reimbursement rates per meal per child:

	<u>Tier I</u>	<u>Tier II</u>
Breakfast	\$.99	\$.37
Lunch/Supper	1.83	1.10
Snack	.54	.15

CALL CHILD CARE CHOICES TODAY 937-667-1799 and ask to speak to Gail or Lynn to get started.

Gail Ruhkamp

CCC/EDISON TRAINING

New Ohio Literacy Standards Mean New Learning Opportunities for Children and Teachers

Ohio has published literacy standards which include pre-kindergarten. Now for the first time all preschool classrooms and home child care have a definite point of reference for what children should know by the time they enter kindergarten.

Directors, teachers and caregivers have an opportunity to explore the state standards at two training evenings in November. Cheryl Buecker, chairperson of Early Childhood Development at Edison College, has received training from the state and will pass that information on to all Miami County early childhood practitioners. Other children's literature specialists will join Cheryl in her presentation.

After an important overview of the state standards, the group will consider each of the ten standards and the pre-kindergarten indicators associated with each standard. There will be many handouts and one set of materials per site. Hands-on experiences will make each participant comfortable and confident with the new standards.

Familiarity with the new standards is absolutely essential for all who work with young children.

Place: To be announced (Watch your mailbox for flyer with more details)
Dates: November 3 and 17 (you must attend both sessions)
Times: 6:30-9 PM
Cost: \$10.00 per site (non-refundable) includes both evenings – 2-1/2 hours each night. Send a check to Child Care Choices. Take home materials which will include children's books and activities.
Credit: 5 hours total credit

Sponsored by Child Care Choices and Edison Early Childhood Development.



CCC TRAININGS FOR FALL 2003

Health and Safety Workshops – Schedule for Fall 2003

Required for all newly registered and certified providers.

September 4 - Communicating with Parents

September 11 - Nutrition and Food Safety

September 18 – Managing Children's Behavior and Home Safety

September 25 – First Aid and Communicable Disease

Time – 7:00 – 9:15 p.m.

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

Workshops Specifically For Home Child Care providers

“Awesome Autumn at Brukner Nature Center”

Date: September 23, 7-9 pm

Location: Brukner Nature Center, 5995 Horseshoe Bend Road, Troy, Ohio

Description: Observe nature as it readies for winter. See critters up close! Receive Backyard Detective Book

“The Day's Doings - Family Child Care is serious business” - This is a two-part workshop. Each participant will receive a copy of the **Creative Curriculum for Family Child Care**

Part 1 - Setting the Stage

Tuesday, September 30, 7-9 pm

- Understanding Child development.
- Setting up your home for childcare
- Managing your day/creating simple lesson plans

Part 2 - Activities

Thursday, October 16, 7-9 pm

- Dramatic Play
- Block building
- Art
- Music and Movement

Both workshops will be held at the West Charleston Church of the Brethren, 7390 S. St. Rt. 202 Tipp City.
Call 667-1799 or 773-9944 to register

CCC TRAININGS FOR FALL 2003

LIGHTEN UP CHILDREN'S LIVES!

Family disruptions, job lay-offs, disturbing TV programs... All of these and many more problems cause stress in our children's lives. Come to a fun, informative workshop on October 9 and find out how to **LIGHTEN UP CHILDREN'S LIVES!**



Ann Anzalone, a well-known educator will teach us

What happens in the brain during stress

How to recognize stress-related behavior

Techniques to help children relieve stress and regain composure

Teachers and caregivers also deal with stress on the job. Ann will give ideas for keeping ourselves calm and getting rid of some of the stressors.

The workshop is funded by Miami County Children's Trust Fund. The seven collaborating agencies promise a rewarding evening!

Date: Thursday, October 9

Time: 6:25 for Early Bird Door Prizes
6:30-9:30 for workshop

Place: Upper Valley JVS, Piqua

Training Credit: 3 hours DJFS

Take home: Strategies, hand-outs, de-stressing materials

Cost: FREE – Paid for by Miami County Children's Trust Fund

The *LIGHTEN UP CHILDREN'S LIVES* conference is paid for by a grant from Miami County Children's Trust Fund. Collaborating groups are Edison College, Miami County DJFS, CORSP Head Start, Riverside Schools, Upper Valley JVS, UVAEYC and Child Care Choices.

Door Prizes at the end of the conference

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

The following trainings are required for all certified child care providers.
Attendance at both sessions is required.

First Aid

October 7 and October 14, 6:30 to 9:30

Location: West Charleston Church of the Brethren, 7390 S. St. Rt. 202, Tipp City

Child Abuse

October 29 and October 30, 6:30 to 9:30 pm

Location: Riverside School, 1625 Troy Sidney Rd. Troy

Communicable Diseases

November 4 and November 11, 6:30 to 9:30 pm

Location: West Charleston Church of the Brethren

Science Centers

A two-part workshop teaching providers how to set up science centers in homes and daycare centers.

Part 1

October 21, 7-9 pm

Measuring Matter

Insects

Magnets

Part 2

October 28, 7-9 pm

Sound

Color, Light, and Shadow

Sink or Float

Both workshops will be held at Troy Christian Preschool

Ready To Learn Through Play

November 18, 7-9 pm

Presented by Tina Spaulding of Think TV. Learn how to use television as a learning tool for children in your care. Receive lots of books and other goodies for your program

Location: West Charleston Church of the Brethren, 7390 S. St. Route 202, Tipp City

Magic Boxes

November 13, 7-8:30

Learn activities for use with your school-agers. Get ready for those older children during the holidays.

Location: West Charleston Church of the Brethren

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