



**From the Director . . . .**

Children with a high self-esteem tend to be happier, more confident, and less afraid of failure. These children tend to take more risks, and when they do fail at a task, they tend to bounce back and try again. The opposite is true for children with a low self-esteem. The following are some practical ways you, as a child care provider, can help build a child's self-esteem:

- **Love and appreciate the children in your care.** For very young children self-esteem is based on feelings of being loved, accepted and valued. When you talk to them, sing to them, hold them, and compliment them regularly, you communicate a strong message that you care for them and value them for whom they are.
- **Provide opportunities for children to experience success.** Giving children tasks that are within their abilities promotes success. However, unrealistic expectations for success can set children up for failure.
- **Allow children to make meaningful decisions.** Children are more likely to have their self-confidence enhanced when adults in their lives allow them to make some meaningful decisions and choices (within certain limits, of course).
- **Discipline in a positive way.** The disciplinary techniques that you use with the children in your care can have a big impact on their self-esteem. Frequent yelling and criticism of a child can have the effect of lowering his self-esteem, whereas, positive discipline, such as setting and enforcing appropriate limits, can build up a child's self-esteem. Help children cope with occasional negative feedback and frustrations. As important as it is for children to experience success, it is equally important for them to learn how to cope with occasional negative feedback and frustrations. You can help children in this regard by helping them understand that success on every occasion is

communication will help you better understand the unique needs of each child. This means that you must create opportunities to talk and listen to children. Communication can take place in a wide variety of situations (while playing on the playground, at the lunch table, etc.)

*Adapted from "Practical Ways to Build a Child's Self-esteem" by Stephen Green, Ph.D*

Betsy Russ

Family Child Care Provider Guide is a new publication just released in the fall of 2002 by the IRS Taxpayer Education and Communication office in Cleveland, Ohio. This 40-page booklet summarizes the basic record keeping rules that affect family child care providers, including tips on how to track income and calculate deductions. It is available on-line at the Redleaf Press web site. [www.redleafinstitute.org](http://www.redleafinstitute.org). Click on Business Library and then on IRS Document Center to find it.

## **Registry Update**

*Why am I receiving phone calls from Child Care Choices to update my information?*

Updated information helps us help you keep your center / home to your desired capacity. Whenever you have openings, make time changes, change your phone number or make any other changes in your business, please call us and give us that information. Remember, we send out referrals based on the information in our database.

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
- **Tipp City Area Community Foundations and Miami County Foundation** for funding for new providers start-up kits

### **Hip-Hip Hooray!**

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

October packet packers: Lynn, Jaky, and Kara Glenn; Mary Ernst, Molly Spencer, Betsy Russ

November packet packers: Lynn and Joel Glenn, Lynn Ratliff, Molly Spencer, Elizabeth Studebaker

December packet packers: Lynn Ratliff, Betsy Russ, Molly Spencer, Jessica Downing, Lynn and Kara Glenn, Tara Lewis

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

1. Read a story. Discuss how the story might end before you finish reading it.
2. Let the children cover a pinecone with peanut butter and roll in birdseed. Hang outside and watch for birds to feed.
3. Have a winter tasting party. Prepare individual samples of something tart, sweet, minty, spicy, etc. Taste one food at a time. Guide children to use descriptive language and to name other foods with similar tastes.
4. Use a drum or rhythm sticks to play rhythms, varying the tempo and pattern. Let children perform free-style dance movements, and take a turn playing the rhythms.
5. Prepare instant chocolate pudding. After washing hands, let children finger paint with pudding.



## **How to Ease Bedtime Separation**

*(from December / January 2003 Parenting Magazine)*

If your child can't fall asleep without you because she's scared or has come to rely on your presence, try this:

After she's tucked in, explain that you need to finish a task, such as doing the laundry, washing the dishes, or reading the mail, in another room. Say you'll be back in five minutes, then leave. Return exactly five minutes later and praise her for staying in bed. Then leave again, but for ten minutes this time. If she's still awake, your task time should keep increasing until she's fallen asleep.

“With the ‘odd jobs’ approach,” says George Cohen, M.D., editor of The American Academy of Pediatrics Guide to Your Child's Sleep, “your toddler not only knows that you'll be back but also knows where you have gone and understands that you're away for a specific (and not very interesting) reason. The more she understands, the less she has to fear.”

*Time: 7:00 – 9:00 p.m.*

*Location: Child Care Choices*



Presented by The Ohio Public Television Stations. Receive new books and activities.

Explore new ideas to stimulate movement, coordination, rhythm, language, and listening skills of young children. Singing, dancing and the playing of musical instruments from a variety of cultures are introduced and explored.

### **“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

### **“Record Keeping and Taxes”**

*Date: January 30, 2003*

*Time: 7:00 – 8:30 p.m.*

*Location: Child Care Choices*

*Presenter: Gary Swords, CPA*



### **FOR HOME DAY CARE PROVIDERS**

Turn tax knowledge into tax savings! Come to CCC and find out about changes to the tax law that affect child care providers. Bring your tax questions and Gary will answer them.

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

# ENGAGING CHILDREN'S HEARTS AND MINDS

WE ARE BRINGING LILIAN KATZ BACK — YOU BRING THE REST!

Bring your own breakfast

Bring your own lunch

Bring your own drinks

**Saturday, March 22, 2003 — 8:30 am to 2:30 pm (one hour for lunch)**

**Edison Community College Theatre, Piqua**

**(Park in 1<sup>st</sup> north lot, use 1<sup>st</sup> north entrance)**

**Presenter: Lilian Katz**

About the speaker: Dr. Lilian Katz educates early childhood professionals throughout the world on the topics of Social Competence and the Project Approach. On March 22<sup>nd</sup>, you will have the unique opportunity to hear Dr. Katz weave the two topics together.

**You will learn:**

- Strategies to help children make friends and find a place in the group
- What friend-making abilities do for the child both now and throughout life
- How to take the themes that you are using now and turn them into projects
- How your fellow teachers are currently developing projects – displays, pictures, and people to talk to

**You will earn:** Five hours of DJFS credit and in-service CEUs.

The *Engaging Children's Hearts and Minds* 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

For more information or to register, call Child Care Choices at 667-1799 or 773-9944.

*Sponsored by Think TV*

Presenting all new information, books and activities. Learn ways to help children respond to people with disabilities.

### **Dancing, Drama, and Dress-up**

*Date: February 13*

*Time: 7:00 p.m.*

*Location: Child Care Choices*

Create a dress-up kit for the children in your care. One dress-up kit per center or Family Day Care Provider.

### **No! David**

Attend one of two exciting workshops to help you solve discipline problems before they begin.

*Date: Feb. 18 for Home Care providers only*

*Date: Feb. 25 for Day Care Center teachers only*

*Time: 7:00 – 9:00 p.m.*

*Location: Child Care Choices*

### **Song and Dance Man**

*Date: March 25*

*Time: 7:00 – 9:00 p.m.*

*Location: To Be Determined*

Music and Movement activities based on the book "Song and Dance Man" Interactive ideas to welcome in Spring.

*March 6 - Communicating with Parents*

*March 13 – Managing Children’s Behavior and Home Safety*

*March 20 - Nutrition and Food Safety*

*March 27 – First Aid and Communicable Disease*

*Time – 7:00 – 9:15 p.m.*

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

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

## **SCHOOL AGE CHILD CARE NEWS**

### **Child Care Works Accreditation Assistance Project**

Becky Ketron, School Age/Out of School Time Coordinator, is an Endorser for the National School Age Care Alliance. NSACA is the national organization that awards accreditation to school age child care programs.

The School Age Quality Improvement/Accreditation Assistance Project began at CCW in 1999 and currently involves 4 school age programs.

There are two phases to this project and programs may choose to complete only one or both. In Phase One, each program receives monthly observations of their sites and monthly technical assistance meetings, which include information on space arrangement, behavior management and developing an action plan.

In Phase Two, programs continue to receive monthly observations and technical assistance. Additionally, they work with CCW to create their ASQ (Advancing School-age Quality) Team, perform program surveys of children, families, and staff, and review administrative policies and procedures.

If you would like to receive assistance in working toward higher quality or NSACA accreditation, call Becky at 461-0600.

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, call the Child Care Choices office to offer help.

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.

### **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.

### **OPSAC SPRING EXTRAVAGANZA**

(Ohio Professional's For School Age Children)

March 21 & 22, 2003, 9:00 am-4:30 pm

Meadow Park Children's Center, 2425 Bethel Rd., Columbus, OH

The OPSAC Extravaganza Conference Brochure will go out in January. There will be a discount for OPSAC members, as well as an Early Bird rate discount. Don't miss this great professional development opportunity. For more information please call: Jennifer Gibson, OPSAC Professional Development Chair, 1-800-526-5268.

five years ago. Upon her arrival here, she worked at jobs other than child care, but couldn't find anything else she enjoyed doing as much as she liked working with children in her own home.

Kim became a certified provider, and within a month she called Child Care Choices to enroll in the food program. I asked her the following questions about being a part of our food program.

*What are the advantages of the Child Care Choices food program for your childcare business?*

Kim said, "I think it is a big plus for parents! They know that I am feeding their children 100% healthy meals. Being a parent myself, sometimes it was hard to get my own children to cooperate with me and to try a variety of foods. When the daycare children are here together, I can usually get them to try something new. If one will try, they will all usually follow! Also, it is sometimes easier for working parents to drive through a fast food restaurant or throw a microwave meal on the table. So they know their children are eating nutritious meals at my house."

"Another advantage to Child Care Choices food program is the interaction and information I get at the workshops. The sponsor in PA only offered one 2½ hour training per year. At Child Care Choices I have learned many new ways to work with children and I've gotten new menu ideas through the many workshops I have attended and through the Story Lady Program.

"I love all the freebies and children's books we get at the workshops and the packets that come in the mail every month. I received a Start Up Kit when I first enrolled on the food program with children's books and activities with a nutrition theme."

*How difficult is it to plan creditable meals?*

"It's not hard at all. CCC teaches providers about food/nutrition at the workshops and home visits."

*How much time does it take to do your paperwork every month?*

I write out a whole month of menus at the beginning of the month. This helps with grocery shopping, too. I mark the attendance at each meal as they are eating. Total time is about five minutes per day. I have to do paperwork for the county every day also, so it is worth five extra minutes to get reimbursed for the meal expenses each month."

*So, you would encourage all providers to be a part of the CCC food program! --- "YES!!"*

Gail Ruhkamp

## **AMERICORPS**

Hi my name is Emily Shay I am an AmeriCorps Food Folks member with Child Care Works and Children's Hunger Alliance. I would like to take a few minutes to share with you some of the new and exciting plans we have for Dayton and surrounding areas! Our program is offered to any school age program that serves low-income families. We offer either 6 or 12-week lessons. Below is an example of a lesson we teach!

### **Fruit Smoothies**

**Purpose:** (Literacy) teaches the children about kitchen safety. (Nutrition) introduces the children to vitamins A&C and the role each plays in our bodies. This lesson also gets the kids to start thinking about healthy snack ideas.

### **Book Ideas:**

Food Fight by Michael Rosen

The Greatest Table by Michael J. Rosen

### **Grocery Items needed**

1 1/2 c. Strawberries

8oz. Yogurt

2 tsp. Sugar

1 c. ice

**Note:** each smoothie will make about 4 servings (1/2 cup each)

Put all items in the blender and blend until smooth.

This is just one of the 12 lessons we teach. If this is a program that we can adapt to your school or childcare program let us know! There are eligibility requirements for this program.

Call for more details. (937) 461-0600

Emily Shay Food Folks AmeriCorps Member (ext 108)

Jessica Bryan Food Folks AmeriCoprs Member (ext 105)

Jennifer Corey Food Folks AmeriCorps Member (ext 115)

February 11	“Ready to Care”, 7:00 pm at Child Care Choices
February 13	“Dancing, Drama and Dress up”, 7:00 pm at Child Care Choices
February 18	“No! David”, 7:00 – 9:00 pm at CCC – for Home Care Providers only
February 25	“No! David”, 7:00 – 9:00 pm at CCC – for Day Care Center teachers only
March 6	“Communicating With Parents”, 7 – 9:15 pm at CCC
March 13	“Managing Children’s Behavior and Home Safety”, 7 – 9:15 at CCC
March 15	CCC 2003 Benefit Auction – “Flying High with Child Care Choices”
March 16-22	CACFP Week
March 20	Nutrition and Food Safety, 7 – 9:15 at CCC
March 22	“Engaging Children’s Hearts and Minds”, 8:30 am – 2:30 pm at Edison College
March 25	“Song and Dance Man”, 7-9 p.m., Location to be announced
March 27	“First Aid and Communicable Disease”, 7 - 9:15 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](mailto:childcarechoices@yahoo.com)

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