



# Child Care Chat

Fall 2011

## Child Care Choices



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### LISTING OF SCHEDULED TRAININGS THROUGH JANUARY 2012

**Quarter Auction to benefit CCC  
November 3, 2011,  
7 p.m.  
Concord Room,  
Club 55, Troy  
JOIN US  
FOR THE FUN!  
Tickets-\$2.00**

## Five 15-Minute Activities

1. Read to your children every day.
2. Prepare a meal together: help children set the table attractively, let them wash greens for a salad and arrange rolls on a baking sheet, make bread or cookie dough and bake it, and do clean-up together. A relaxed parent in a cozy kitchen offers great opportunity for companionship and sharing.
3. Make up tunes for nursery rhymes and sing them while you do chores or ride in the car.
4. Take a walk or at least go outside every day unless the elements are such that you will get soaked with cold rain (warm summer rain is ok!) or hit by flying debris, or unless there's too much ice to stand up.
5. Make cookies and take some to an elderly neighbor or shut-in and visit for a few minutes.

## Good news and bad news....

**First the bad news....**the US has 3 million job openings with no workers and 9% unemployment with no jobs. Why don't these statistics match up? There seems to be a skills gap - too few workers have the education and training to fill available jobs.

The literacy experts tell us that good literacy skills will be needed for jobs now and in the future. Good literacy skills are the basis for all other future learning.

**Now for the good news....** Early Childhood professionals are uniquely placed to bolster literacy foundations in our homes and classrooms. We have students at the beginning of their school experience and we have time and opportunity in our classrooms to help each child make significant progress towards literacy. And that starts in the easiest, most natural way with talk.

Research shows that children who are talked to the most in the preschool years do the best in kindergarten. Meaningful conversations, being sure to converse with each child each day, and bringing new ideas into conversation times help children develop their own language skills. Teachers can look for those "sandwich" opportunities - times to converse while waiting in line, having a topic ready for the snack table, inserting challenging vocabulary, discussing the story you just read and then being eager to listen to children's responses and ideas.

Another researcher asserts that children who are read to the most in preschool years do the best in elementary. Reading to children at least once a day is essential for putting in place those beginning literacy skills of rhyming, alliteration, letter and word recognition, and the pure enjoyment of story.

Early childhood teachers can help each child towards life success. Just talk, talk, talk, and read, read, read.

## Hoop it Up This Fall!

*By Lynn Ratliff*

Hula hoops are a fun, inexpensive way to keep kids of all ages moving in the fall months! So turn off that TV, break out some hoops and get outside!

Toss beanbags into hula hoops that are staggered around your yard/play space. Hoops laying flat on the ground and standing up, (check online how to make hoop stands) or even hanging from trees or clothesline with ropes. (older children: record numbers of successful throws on a clipboard)

Lay several hula hoops side by side in a path. Have the children jump, skip, hop on one foot through hoops. (older children: use a stopwatch and record and compare times)

Create a hula hoop obstacle course! Over, under, around, and through! Hoops all over the yard!

Spin hoops on arms, wrists, neck, ankles, knees! Toss in the air and catch.

With partners: roll hoops back and forth to a partner. Toss and catch hoop with a partner.

One partner rolls the hoop while the other tries to run through the rolling hoop.

Nerf ball toss! One partner holds hula hoop out to his/her side while other partner tries to throw the Nerf football or kick the Nerf soccer ball through the hoop.

Beach ball toss through hula hoop. One set of partners holds a hula hoop between them. The 2<sup>nd</sup> set of partners stands on either side of the hoop and sees how many times they can pass the beach ball through the hoop. Or a wet sponge. Then the two sets of partners switch positions.

Hula Hoop Working Together From Here to there. Designate a start and finish line. 2 children—2 hoops. Both Children stand inside one hoop. One child lays the extra hoop on the floor in front of the hoop they are standing in. Both children get inside that hoop. One child picks up the hoop from behind, hands it to his/her partner who lays it down in front. The children travel from "here to there" without ever touching the floor outside their hoops until they get to the finish line.

Do a "Hula Hoop Talent Show". Participants demonstrate their hoop tricks!



Become a fan of Child Care Choices of Miami County on Facebook. See photos of events, links to child development news, notification of events and any changes.



# CCC Calendar of Trainings

**PLEASE POST**

Fall 2011

Workshop Name	Date	Location	Time	Trainer	Fee
Conscious Discipline Part 1	9/19/2011 (Mon)	West Charleston CoB	6:30p - 9:00p	Nancy Snyder	\$25/ 4 part series
Conscious Discipline Part 1	9/27/2011 (Tues)	Troy Christian	6:30p - 9:00p	Barb Ruland, Elizabeth Studebaker	\$25/ 4 part series
Count Me In Math Part 1	10/8/2011 (Sat)	West Charleston CoB	9:00a - 2:30p	Kristi Kirinch 4C	\$10 (4C)*
Art and other Creative Ideas for Infants	10/13/2011 (Thurs)	West Charleston CoB	7:00p - 9:00p	Roxanne Welsh	\$10 material fee
Count Me in Math Part 2	10/15/2011 (Sat)	West Charleston CoB	9:00a - 2:30p	Kristi Kirinch 4C	\$10 (4C)*
Conscious Discipline Part 2	10/17/2011 (Mon)	West Charleston CoB	6:30p - 9:00p	Nancy Snyder	\$25/4 part series
Growing Up Wild: Wildlife is Everywhere	10/20/2011 (Thurs)	West Charleston CoB	6:30p - 9:30p	Think TV - Tina Spaulding	0
Conscious Discipline Part 2	10/25/2011 (Tues)	Troy Christian	6:30p - 9:00p	Barb Ruland, Elizabeth Studebaker	\$25/ 4 part series
Conscious Discipline Part 3	11/7/2011 (Mon)	West Charleston CoB	6:30p - 9:00p	Nancy Snyder	\$25/ 4 part series
Emergent Writing and Environmental Print	11/10/2011	Walnut Grove Learning Center	7:000- 9:00p	Karen Leffel and Amy Hawkins	\$10
Conscious Discipline Part 3	11/15/2011 (Tues)	Troy Christian	6:30p - 9:00p	Barb Ruland, Elizabeth Studebaker	\$25/ 4 part series
It's Fundamental. School Age	12/1/2011 (Thurs)	West Charleston CoB	6:30p - 9:00p	Janine Rigg 4C	\$10 (4C)*
Conscious Discipline Part 4	12/5/2011 (Mon)	West Charleston CoB	6:30p - 9:00p	Nancy Snyder	\$25/ 4 part series
Home Care Provider Christmas Party	12/8/2011 (Thurs)	West Charleston CoB	7:00p -	CCC Staff	0
Conscious Discipline Part 4	12/13/2011 (Tues)	Troy Christian	6:30p - 9:00p	Barb Ruland, Elizabeth Studebaker	\$25/ 4 part series
Healthy Lifestyles	1/24/2012	West Charleston CoB	7:00p- 9:00p	Elizabeth Studebaker	\$10
Movement and Brain Connection	1/17/2012	West Charleston CoB	7:00p - 9:00p	Lynn Ratliff	\$10

## REQUIRED TRAINING for Certified Providers and Center Teachers

Workshop Name	Date	Time	Trainer	Fee
Communicable Diseases Part 1	1/5/2012	6:30p - 9:30p	Hila Collins	\$35/ 2 parts
Communicable Diseases Part 2	1/12/2012	6:30p - 9:30p	Hila Collins	"
Communicable Diseases Recertification	1/26/2012	6:30p - 9:30p	Hila Collins	\$22
First Aid Part 1	2/9/2012	6:30p - 9:30p	Hila Collins	\$35/ 2 parts
First Aid Part 2	2/16/2012	6:30p - 9:30p	Hila Collins	"
First Aid Recertification	2/23/2012	6:30p - 9:30p	Hila Collins	\$22
Child Abuse Part 1	3/22/2012	6:30p - 9:30p	Bonnie Basil-Davis	\$35/ 2 parts
Child Abuse Part 2	3/29/2012	6:30p - 9:30p	Bonnie Basil-Davis	"
Child Abuse Recertification	3/6/2012	6:30p - 9:30p	Bonnie Basil-Davis	\$22

**The workshops listed above will be held at the West Charleston Church of the Brethren.**

**Registrations for all workshops is at [www.opdn.org](http://www.opdn.org).  
Workshops with a fee require payment prior to the scheduled date.**

We have fabulous workshops planned for the 2011-2012 year. Due to severe budget cuts, we ask you to share part of the cost for these workshops. This will ensure that trainings remain in Miami County, are of high quality, and are relevant to your needs.

### Workshop Locations

**Child Care Choices Office**, 4817 State Route 202, Tipp City—located in the West Charleston Church of the Brethren. Take the Tipp City exit from I-75. Drive east (through Tipp City) on Route 571. The CCC office is located near the intersection of Rt 571 and Rt 202. Turn north on Rt 202—the church is the first building on the right.

**First Place**, 110 West Franklin Street, Troy

**Riverside School**, 1625 Troy Sidney Road, Troy

**Troy Christian School**, 1586 McKaig Avenue, Troy (park in front of school – use front doors—north entrance).

**Upper Valley JVS**, 8811 Career Drive, Piqua

**West Charleston Church of the Brethren**, 4817 State Route 202, Tipp City. (see directions to CCC above)

**Walnut Grove Learning Center**—5760 E. Walnut Grove Rd., Troy, OH 45373

**If you do not have access to a computer or require special assistance, call  
Child Care Choices at 937-667-1799. We will be glad to help.**

## The Kid Whisperer is Coming to Miami County

Scott Ervin, the Kid Whisperer, is an independent facilitator for Love and Logic programs for teachers and parents. Love and Logic is designed to provide simple and practical techniques to help parents and teachers raise responsible kids, have more fun in their roles, and easily and immediately change their children's behavior.

Scott will be presenting a two hour work shop on **March 8, 2012**, beginning at 7:00 PM at the Upper Valley JVS.

### Quarter Auction to Benefit Child Care Choices, November 3, 2011 at 7 PM at the Concord Room, 845 W. Market St., Troy

A Quarter Auction is a unique opportunity to win great gift items such as jewelry, household items, accessories, gift certificates, items by Vera Bradley, The Sak, Longebarger and more.

The \$2.00 entry fee gives you the opportunity to bid 1-4 quarters on the wide variety of available items.

Come join in the fun, and help keep Child Care Choices as your local resource for child care workshops, referrals, Story Lady visits, and all early childhood information.

To purchase tickets, call Child Care Choices at 937-667-1799.



Quarter Auction 2010

### Story Lady—2011-2012

Don't miss it! Contact Child Care Choices to schedule a visit from the Story Lady! This year's theme is: **How Does It Work: Physics with Young Children.**

The first visit will be centered around *The Three Little Pigs*. Nothing cures the fidgets like physical activity, and each child will be "huffing and puffing" as they experience the fun of blow painting. The Story Lady will read the book to the children who participate in the activities so that they can teach them to their parents and siblings. A good time will be had by all!

The Story Lady demonstrates innovative ways to use books. Each provider will receive a copy of *The Three Little Pigs* with additional related activities to become the "Story Lady" for the children in her care.

If you have yet to schedule your next Story Lady visit, call Child Care Choices at 667-1799 to set up a



**Remember—if you need help or have questions,  
call CCC at 937-667-1799 or 1-866-667-4799**



Step Up To Quality (SUTQ) is Ohio's voluntary, quality-rating system for early care and education programs licensed by ODJFS. Step Up To quality provides:

- The recognition a program deserves for continued commitment toward achieving higher quality standards
- An easy tool for parents to select higher quality programs for their children
- An annual payment to qualifying centers known as the Quality Achievement Award
- T.E.A.C.H.® Early Childhood Ohio scholarships so teachers can obtain an associates degree in Early Childhood Education.
- Technical assistance and support to help programs achieve and maintain a Star Rating

For more information on Step Up To Quality, go to [www.stepuptoquality.org](http://www.stepuptoquality.org) or call Child Care Choices 937-667-1799 for assistance on getting started.



## Colored Glue Designs

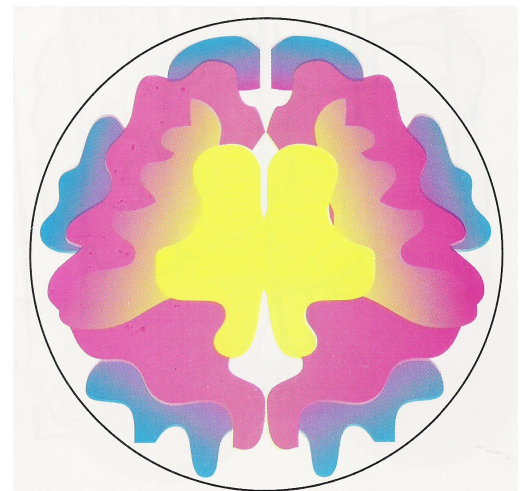
These eye catching projects are fun to make and simple enough for the littlest of hands! Flatten two or three coffee filters (basket type) on top of each other. Squeeze several different colors of colored glue onto different places on the top filter. Fold the filters in half and gently press them together. Unfold the filters. (The colored glue bleeds through the filter layers and holds them together.) When the glue is dry, punch a hole in each project and hang it from the ceiling, or mount each project on a sunny window to further enhance the shiny colors.

From *The Mailbox Magazine*

## Child Care Choices Thanks!

Child Care Choices thanks the following for their recent generous donations. We are very grateful for your support!!

Troy United Way  
 Tipp City Area United Way  
 West Charleston Church of the Brethren  
 (for workshop space)  
 Miami County Foundation  
 Unity National Bank  
 Heather Bailey  
 Stan Evans  
 Sonia Ewald  
 Lucy Godbey  
 Joyce Herron  
 Charlie and Carole Janning  
 Pat Oates  
 Betsy Russ  
 Ruth Safreed  
 Ruth Slauter  
 Judy Sheldon  
 Bruce Smith  
 Joyce Ward  
 Burt Wolf



## Good Food Choices for Healthier Lives

By Kate Johnsen, CACFP director

We know we need to make more nutritious choices, both personally and for the children in our care, but with so much information and marketing out there, it can be confusing to know what the most nutritious choices are. Here are some tips to help in the journey:

### **Include a fruit, vegetable, milk, and protein at each meal.**

Help the children in your care to develop good eating habits early. If they fill up on healthy choices, they won't be hungry again as soon and will have energy to be active and alert.

### **When you can, choose whole grains instead of refined, white foods.**

Kids won't usually be able to tell the difference between white rice and brown rice, or between whole-grain pasta and white pasta, but they'll get more nutrients and retain them longer if they eat whole grains. Experiment with whole-grain breads, pastas, rice, and sweet potatoes. Avoid white foods (white potatoes and foods made with white flour and white sugar) whenever possible.

### **Serve water whenever possible.**

Often kids will tell you they don't like to drink water, but if it's the only option, they'll drink plenty. Water is the best for rehydration and rejuvenation of our bodies. Milk or juice can be good for meals, but try incorporating water at snack time. Also, set a one-glass limit for caloric drinks. If they're still thirsty after that, switch to water. And the same rule goes for us!

### **Avoid the carbs!**

We have become overly dependent on carbohydrates to fill our tummies, and they're making us fat. Whenever possible, avoid eating bread, pasta, rice, high-sugar fruits, and desserts. Keep those snacks with refined sugars for special times, not every snack, every day.

### **New foods? Let the kids help prepare them.**

We all know kids sometimes aren't the most adventurous when it comes to trying new foods. One way to get buy-in from them is to have them help prepare the food. That way they have some ownership and are willing to try their own creation. Just be sure you keep the tasks age-appropriate. (No sharp knives for young children, for example.)

If you are interested in the Child and Adult Care Food Program (CACFP), please contact Kate or Lynn at (937) 667-1799. The CACFP is a federally funded program that helps to reimburse you for the meals you feed to children in your care. Many of the providers on the program receive monthly checks in excess of \$200 each month.



## Child Care Choices

Your Link to Community Child Care  
in Miami County



4817 State Route 202  
Tipp City, Ohio 45371

Phone: 937-667-1799

1-866-667-4799

Fax: 937-669-5469

Email: [childcarechoices@yahoo.com](mailto:childcarechoices@yahoo.com)

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**September 2011—January  
2012 CCC Workshops  
are scheduled!  
Look inside for details.**

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### **CCC Benefit / Auction 2012**

**April 21, 2012 — 6 pm at The Crystal Room, Club 55 in Troy  
"Mystery on the Orient Express with Child Care Choices"**

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