



Family Day Care News

Illinois Child Care Bureau

October 2010



In Memory

We are saddened at the recent death of one of our long time employees, Anne Barrett. Anne died on August 25th from complications following an accident. She started her long association with ICCB in 1991 as a Program Advisor in the western and southern suburbs. Anne was a graduate of Saint Xavier College and had been a public school teacher before coming to ICCB. For the past few years, Anne has worked in the office processing claims.

Anne was known for her unfailing courtesy and kindness and will be greatly missed. Her wry sense of humor provided us with many enjoyable moments, and those of you who come into the office will remember her smile and willingness to help. She was the first person you saw as you entered our door.

Anne was a person of deep religious faith and was active in her church throughout her years. She was truly a valiant woman, and we are grateful that we had the opportunity to know and work with her. We offer our condolences to her family, especially her husband Ed, and her niece Sally Carrano, another member of our staff.

Fit Kids - Happy Kids

Children Need Physical Activity

There must be a concerted effort to change some habits in order to combat the child obesity crisis in our nation. Parents, caregivers and schools must work together to instill healthy habits in our children - and the younger the better.

As a participant in the Child and Adult Care Food Program, you are required to offer and serve meals and snacks that meet USDA requirements. We hope that the nutrition education that we provide, as your sponsoring organization, gives you the ability to make the best choices possible in that area.

Along with eating wholesome and healthful foods is the need for our children to get enough physical activity. The following statistics are eye opening and should spur us on to action and increased activity!

- Children in the United States today are less fit than they were a generation ago. Many are showing early signs of cardiovascular risk factors such as physical inactivity, Excess weight, higher blood cholesterol and cigarette smoking.

- Inactive children, when compared with active children, weigh more, have higher blood pressure and lower levels of heart-protective high-density lipoproteins (HDL cholesterol).
- Even though heart attack and stroke are rare in children, evidence shows that the process leading to Those conditions begins in childhood.
- A fitness testing program sponsored by the Chrysler Fund Amateur Athletic Union, which tracks fitness among 9.7 million people between ages 6–17, shows that children are getting slower in endurance running and weaker.
- The National Health and Nutrition Examination Study (NHANES, 1999–2004) found that the prevalence of overweight American adolescents ages 12–19 was 17.9 percent for males and 16.0 percent for females. There was an increase of nearly 179 percent from 1971 to 2004.
- An estimated 59 percent of American children under ages



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CHILD ENROLLMENT RENEWAL

Instructions were mailed in August to all providers detailing how to re-enroll your children for the new fiscal year.

Please note:

ALL CHILDREN MUST BE RE-ENROLLED!

Either your **ENROLLMENT RENEWAL REPORT** (bubble menus) or your updated child enrollment forms (internet claimers) are due now.

If you have not completed this task, do so immediately! Remember that you must send in two forms for children who were recently enrolled in August or September. One of the forms should contain an enrollment date of 10-1-10. Both need to be signed by parents or guardians. Call the office if you have any questions regarding this process.



Visit our website

www.illinoischildren.com for:
the latest CACFP updates, recipes and activities, downloadable forms, reimbursement dates.

Contact us at: ICCB@illinoischildren.com

October is National "Eat Better, Eat Together" Month

Welcome **NEW PROVIDERS!!**

ICCB welcomes providers who were approved to begin participating in the program in **August 2010**:

Doristene April	Chicago
Veronica Buckley	Chicago
Tyon Crump	Chicago
Tamica Douglas	Rockford
LaRhondae Fleming	Bourbonnais
Shirley Gray-Johnson	Waukegan
Mattie Hill	Lombard
Bridget Humphrey	Loves Park
Traci Johnson	Riverdale
Stephanie Kloepping	Orangeville
Tawnya Stewart	Aurora
Diane Walsh	Tinley Park
Mary Washington	Chicago

Training



Child and Adult Care Food Program regulations require that sponsoring organizations, such as ICCB, provide training each year to ALL providers for a total of two hours. One of these hours must cover the topics of civil rights and food program regulations. The second hour may be any topic relating to some aspect of the food program or child care in general.

At your first home visit of this new fiscal year, you will receive the mandatory training entitled **Civil Rights and Recordkeeping Basics - Steps to Success in the CACFP**. This training packet comes with a quiz that must be completed and returned to the ICCB office. This is the same procedure as we have been doing for the past several years. Most providers are now in the habit of completing the training way before the deadline.

The second hour of training will be your choice of the following:

- Attendance at an ICCB Sponsored Workshop
- Completion of an ICCB Training Packet
(Currently 16 available and new topics to come.)
- Completion of one Family Day Care News (newsletter) training.

More details on mandatory training requirements for FY2 2011 will be supplied at your next home visit.

Fit Kids - Happy Kids

(continued from front page)

4-10 are exposed to secondhand smoke in the home.

- An estimated 1,500 young people become smokers every day.
- 37.2 percent of high school students spend three or more hours a day watching TV.
- Inactive children are more likely to become inactive adults.

Healthy lifestyle training must start in childhood if the childhood obesity crisis in our nation is ever to be reversed. The final point mentioned above is crucial. Young children are naturally active until they are given too much opportunity to be inactive. This is an area that can be controlled especially in the preschool years. Greater attention should be given to **"keep them moving"** from the infant stage onward. This will reduce the chances of children becoming couch potatoes and potentially overweight teens and adults.

Statistics from www.americanheart.org

The Kids' Recipe Corner

Pretzel Spiders Recipe

The children will enjoy creating their very own spider for snack.



For one serving you need:

- 2 round crackers
- 2 tsp. creamy peanut butter
- 8 small stick pretzels
- 2 raisins or chocolate chips

Make cracker sandwich with the peanut butter. Insert the pretzel "legs" into the filling. With a dab of peanut butter, set raisins or chocolate chips on top for eyes.

Yield: One spider Serving Size: One spider is a grain/bread serving for a 3 - 5 year old.

Source: Creating Healthy Futures

Each month, a provider's site number is hidden in this newsletter. If it happens to be your number, contact our office to claim your fabulous prize! Not sure what your site number is? It's located on the top, left corner of your site sheet and on the bottom of reimbursement check stubs.

Family Day Care News is produced by Illinois Child Care Bureau: Thora Cahill, Executive Director; Patti Elste, Nutrition Director.

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