

# Family Day Care News

Illinois Child Care Bureau

January 2010



## FROM THE DIRECTOR'S DESK.....

### *Civil Rights Rules*

Items 3 and 4 of the Civil Rights regulations address Complaint Procedures and Compliance Review. As a day care home provider and a small business owner, you are no doubt already familiar with complaints! However, complaints about the food you serve, or your hours, or how little Johnnie or Joanie should be given preferential treatment, do not fall under the discrimination complaint category.

A Civil Rights Complaint is a complaint or allegation based on race, color, national origin, age, sex, or disability. Complaints of this nature must be handled differently from the way you deal with disgruntled parents. If someone feels they are treated differently and their civil rights are violated, they may want to file a complaint with the USDA, either here in IL or in Washington, DC.

*If that happens, what should you do?* Even if you think the complaint is not justified, you should never discourage individuals from voicing allegations or filing a complaint; that might seem as though you were trying to prevent them filing. Complaints to USDA may be written or verbal as well as anonymous. Let the complainant know where he/she may file. Here in the Midwest, a complaint may be sent in writing to the Regional Director, Civil Rights/EEO, 77 West Jackson Blvd., Floor 20, Chicago, IL 60604-3591, or by phone at 312-353-3353. Strange as it seems, you should follow-up on complaints if the individuals will not

do it themselves. Sometimes things are said in anger and the threat to file a discrimination suit is made, but the complainant does not follow through. As a provider, you need to know whether a complaint has been filed against you.

Item 5 deals with Noncompliance. What are some examples of noncompliance?

Denying family child care services or CACFP participation on the basis of a protected class.

Providing child care services or CACFP participation benefits in a dissimilar manner. (except as a disability accommodation).

Serving meals or snacks in a manner that denies an individual access, assistance, or services on the basis of a protected class

Noncompliance means that the failure/refusal of a provider to abide by the civil rights laws can result in loss of federal assistance from **all** federal sources.

It should be remembered that the Civil Rights Laws were enacted to protect all of us; occasionally, someone will invoke their protection out of spite or retaliation. It is equally important to know **your** rights, too, so that you are not unjustly accused of discrimination.

Thora Cahill

### Direct Deposit

Let there be no more worries about the mail and if your check will be delivered promptly.



#### Direct deposit is here!!

If you are interested, please call the ICCB office for an application or download this form from our website.

## Happy New Year!



### ICCB Office Closed

Please note that the ICCB office will be closed **Friday, December 25, 2009** through **Friday, January 1, 2010** and will re-open on **Monday, January 4, 2010**.

### Flu Update

You may have noticed that there is not as much news on the flu lately, H1N1 or otherwise.

Recently, flu activity has declined with less states reporting widespread flu activity. Flu-related hospitalizations and deaths continue to decline, as well, **but remain high compared to what is expected for this time of year.**

Do not let down your guard, however. The proportion of deaths attributed to pneumonia and influenza have remained above the epidemic threshold for the **ninth consecutive week.**

Continue to educate your clients about the flu in general. A great resource is available at the following link: [http://www.cdc.gov/flu/freeresources/2009-10/pdf/parents\\_guide.pdf](http://www.cdc.gov/flu/freeresources/2009-10/pdf/parents_guide.pdf). Take the time to print and post this excellent brochure or make a copy for each of your daycare families.

Visit our website

[www.illinoischildren.com](http://www.illinoischildren.com) for:

the latest CACFP updates, recipes and activities, downloadable forms, reimbursement dates.

Contact us at: [ICCB@illinoischildren.com](mailto:ICCB@illinoischildren.com)

# January is National Bath Safety Month



## New Providers!

ICCB welcomes providers who began participating in the program in November:

Sabrina Banks	Chicago
Ann Connor	Elwood
Darlene Cook	Loves Park
Jamie Giberson	Mendota
Laura Greier	Loves Park
Sandra Rodriguez	Round Lake
Kelly Simon	Round Lake
Antoinette Sims	Chicago
Jaquellin Snell	Peru
Nancie Stewart	Naperville
Maria Zarinana	Gurnee

3/1/05

## Important Notice!



The Illinois State Board of Education requires that providers who have not claimed for 3 consecutive months be made inactive.

Once inactive, a provider is not eligible to claim on the food program. However, the process to reactivate is simple, if there is not a cross-over of fiscal years.

Our procedure will be as follows:

1- A letter will be sent to all providers who have not claimed in the prior 3 months stating that they have been made inactive.

2 - If you receive such a letter and plan to submit menus that month or the next, contact Mary at the ICCB office immediately to inform her of your intent.

3 - If you have no idea when you will be able to start, note that you are inactive. When you would like to submit your claim once again, contact the ICCB office and we will take measures to re-activate you and inform you of your new start date.

*Please call the ICCB office if you have any questions!*

## Infant and Toddler Drownings

Infants and toddlers are at high risk for drowning in bathtubs, spas and buckets. Eighty percent of these deaths involve children younger than two. Bathtubs were involved in most (71 percent) of the non-pool drowning deaths from 2002-2004. Many of these incidents involved caregivers leaving the room to answer the phone/door or to retrieve an item. In some incidents, an older sibling was left to watch a younger sibling.



"Infants and toddlers need particularly close supervision," said U.S. Consumer Product Safety Commission (CPSC) Acting Chairman Nancy Nord. "Drowning can occur within seconds in only inches of water, so parents need think of, not just the pool, but any water anywhere as dangerous."

CPSC recommends parents and caregivers follow these safety tips when children are around bathtubs, spas, buckets, or decorative ponds or fountains:

- Never leave young children alone near any water. Young children can drown in even small amounts of water.
- Always keep a young child within arm's reach in a bathtub. Never leave to answer the phone, answer the door, get a towel or for any other reason. If you must leave, take the child with you.
- Don't leave a baby or toddler in a bathtub under the care of another young child.
- Never leave a bucket containing even a small amount of liquid unattended. Toddlers can fall headfirst into buckets and drown. After using a bucket, always empty and store it where young children cannot reach it.
- Prevent children from gaining access to spas or hot tubs when not in use; always secure with safety covers and barriers.

<http://www.cpsc.gov/cpsc/pub/prerel/prhtml07/07316.html>

## The Kid's Favorite Recipe Corner

### Easy Chicken Parmesan

*Quick and tasty! Serve with spaghetti and a salad.*

1 pound boneless, skinless chicken breast  
1 28 oz jar spaghetti sauce  
8 oz mozzarella cheese, shredded  
1/2 c Italian seasoned bread crumbs



Cut chicken breasts in half lengthwise and crosswise. Place in covered casserole dish and bake at 400°, 15 minutes until meat is no longer pink.; drain juices. Spread spaghetti sauce over each chicken piece; sprinkle with mozzarella cheese and bread crumbs. Bake uncovered in 375° oven until cheese is toasted.

Yield 8 - 2 oz portions 1 serving = 1 meat/meat alternate for 3 - 12 yr olds

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!

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

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