

FAMILY DAY CARE NEWS

Illinois Child Care Bureau

January 2011



Fit Kids - Happy Kids

Happy New Year!

"When parents promote fitness as an important family value, preschoolers are more likely to remain active throughout childhood -- even as many of their peers turn to television shows and computer games," says Michelle May, MD, an advisor to the American Academy of Family Physicians' Americans in Motion fitness initiative. "One in seven preschoolers is already overweight, and the number rises in the elementary and middle-school years. Prevention begins at home."

As a daycare provider, you do not have any control over the above but you do have influence! Keeping screen time at a minimum and keeping the children active, *even in these cold winter months*, is a worthy goal that can reap benefits in a child's life for years to come.

Toddlers love to move and play. They'll play with anything -- boxes, pots and pans, pillows. Sometimes they will even play with their toys. They enjoy their play even more if a grown up is playing with them. So, turn on the fun with one of the ideas below!

Row, Row Your Boat

Sit on the floor with legs apart and face your child. Hold your child's hands and lean forward as your child leans backward. Then lean backward as your child leans forward. As you move back and forth sing a familiar song like "Row, row, row your boat".

Simon Says

Simon Says is another classic game! One person as "Simon," calls out orders for the toddlers to follow. This is an excellent way to get toddlers to use certain muscle groups and work on their coordination as well. Simon can instruct toddlers to do a silly dance, jumping jacks, even sit-ups if Simon chooses.

Follow the Leader

The "leader" can move any which way, doing any fun movement that he or she can think of. This is great exercise for adults as well as kids.

Dance to the Music!

Dancing is fun for toddlers, and it's also a wonderful way for both parents and toddlers to exercise. Turn on some fast-paced music and dance for as long as you can (the toddlers will probably last longer than you!).

Indoor Bowling

Make ten bowling pins out of toilet paper rolls or paper towel rolls cut in half. You can leave them plain or cover them with white paper so they look a little more like bowling pins. Arrange the pins and have the child roll a tennis ball or other small ball to knock them down. This works best on hard floors.

Freeze Dance

This is a great activity for one or several toddlers. Put on some music and dance. When the music gets turned off everyone must freeze.

Hide and Seek

Teach a toddler hide and seek by using a stuffed animal as the "hider." Hide the stuffed animal when the child is not looking and then help him seek out its hiding place.

Ball Roll

Sit on the floor directly across from the child. Make V's with your legs and then roll a ball back and forth. This is fun for a toddler and also helps him develop motor skills.



Do the Hokey Pokey

You know how to do it. Put your right leg in, put your right leg out. You may find it "hokey" but a toddler will love it.

Please note that the ICCB office will be closed **Friday, December 24, 2010** through **Friday, December 31, 2010** and will re-open on **Monday, January 3, 2011**.

Mandatory Training

Many of you have not yet submitted the training quiz for the second hour of 2010 mandatory training, **STRETCH YOUR CACFP FOOD DOLLAR!**

IT IS NOW PAST DUE! IF NOT RECEIVED BY DECEMBER 31, 2010, YOU WILL BE PUT UNDER CORRECTIVE ACTION. THIS COULD JEOPARDIZE YOUR PARTICIPATION IN THE CACFP AND YOUR MONTHLY REIMBURSEMENT.

If you have received a notice in this mailing, then you must complete this training immediately. Can't find the material? Go to the ICCB web site Training Page or call the office at **708-409-6070**.

Have you taken advantage of Direct Deposit?

No more worries about the mail and whether your check will be delivered promptly. Contact the office for an application and we will get you started as soon as possible.



Visit our website

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

Contact us at: ICCB@illinoischildren.com

January is National Soup Month



New Providers!

ICCB welcomes providers who began participating in the program in November 2010:

Barbara Garbin	Channahon
Bonnie Harms	New Lenox
LaDonna Horton	Joliet
Joann McBride	North Chicago

Provider Tip of the Month!

Note Children Not in School!

If you will be caring for school aged children over the holidays, be sure that you note the days that they will not be in school.

If you claim online, do one of the below:

1 - As you record attendance per child, mark the School Out column as well. Both the attendance column and Sch Out boxes must be checked!

2 - Note these days in each child's calendar. When you access your Minute Menu account, go to Children (upper left of screen) and then Manage Child Calendar. Follow directions to note days off school.

Bubble menu providers - Note the days The child is not in school on your CIF. Be very clear! Use the back of the CIF form if you need more room.

REMEMBER: CHECK TO MAKE SURE YOUR SCHOOL AGED CHILD IS APPROVED FOR **AM SNACK AND LUNCH**. IF NOT, BE SURE TO SUBMIT AN UPDATED CHILD ENROLLMENT FORM.

Souper Bowls!

It's cold outside so what better time for a bowl of soup! If you do not like all of the sodium in your typical canned soup, make some yourself. Try the quick and easy recipe to the right, using leftover chicken. For 50 more souper easy homemade soup recipes visit:

<http://www.foodnetwork.com/recipes-and-cooking/50-easy-soups-1--10/index.html>

STARTING THE NEW YEAR OFF RIGHT!!!!

Most resolutions are good and worthwhile but broken all too soon within a few weeks of the new year! When it comes to the food program however, the practices listed below need to be followed **ALL THE TIME** or the privilege of participation in this beneficial program could be in jeopardy. So, just a few reminders of how you can start 2011 off well!

Keep your records on a **DAILY BASIS!** *Online/Computer, Daily Meal Worksheets, Bubble Menus.* A simple requirement but **VERY IMPORTANT!** Menus and attendance must be up to date!

Do not claim children who are not in attendance for any particular meal or snack! This is **FALSE CLAIMING** and the main reason providers are terminated from participation in the CACFP.

Never refuse a visit from an ICCB monitor or an Illinois State Board of Education monitor. We understand the safety issues; however, ask for identification and/or call the ICCB office to verify the status of the person at your door.

Complete your Mandatory Training! This is the fourth year of this requirement and it is your responsibility to be in compliance. ICCB is required to supply you with 2 hours of mandatory training each year and this includes a review of Civil Rights and Recordkeeping requirements. Complete this training as soon as you receive it. Fax or mail the completed quiz to the ICCB office. For 2011, you have a choice for your second hour of training. Please read the information that you receive at your home visit and complete this second hour promptly.

THE KID'S FAVORITE RECIPE CORNER

Easy Chicken Noodle Soup

Flavor just like mom's and ready in minutes.

- 2 cups cubed cooked chicken
- 3 (14 1/2-ounce) cans low sodium chicken broth
- 3 medium (1 1/2 cups) carrots, sliced
- 2 ribs (1 cup) celery, sliced
- 1 medium (1/2 cup) onion, chopped
- 4 ounces (about 2 cups) uncooked dried wide egg noodles
- 2 tablespoons chopped fresh parsley; salt and pepper..



Combine all ingredients except noodles, parsley, salt and pepper in 4-quart saucepan. Cook over high heat, stirring occasionally, until mixture just comes to a boil (5 to 8 minutes). Reduce heat to medium. Cook, stirring occasionally, until carrots are tender (10 to 15 minutes). Meanwhile, cook noodles according to package directions. Rinse with hot water; drain. Stir hot cooked noodles into hot soup mixture. Sprinkle with parsley. Season to taste with salt and pepper.

Yield: 8 - 1 cup servings 1 meat/meat alternate, 1 fruit-vegetable alternate for 1 - 2 yr. olds; serve 1 cup; 3 - 5 year olds serve 1 1/2 cups; 6 - 12 year olds serve :2 cups.
<http://www.backofthebox.com/recipes/soups/easy-chicken-soup-g.html>

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.

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