Illinois Child Care Bureau News

April – June 2015

Dear Provider:

The Illinois Child Care Bureau welcomes Maria Gutierrez to our team. Maria has many years of customer service experience and is an English and Spanish speaker. Welcome Maria!

ICCB welcomes **Sandra Amaya** of Chicago, **Julia Arenas** of Zion, **Montrice Arrington** of Chicago, **Teary Burns** of LaGrange, **Delgrashiea Carr** of Waukegan, **Marivel Cintron** of Berwyn, **Melissa Corona** of Huntley, **Savannah Cox** of Chicago, **Tamme Johnson** of Bolingbrook, **Kiana Jones** of Matteson, **Crystal McClain** of Chicago, **Kajie McMullen** of Chicago, **Jamica Miller** of Chicago, **Miriam Morales** of Cicero, **Lenora Payton** of Chicago, **Martinique Powell** of Chicago, **Maria Quintana** of Chicago, **Robin Randle** of Chicago, **Zaida Sanabia** of Cicero, **Jeannette Scarver** of Hazel Crest, **Brenda Scrutchins** of Chicago, **Tommika Tyus** of Chicago, and **Nichelle Weathers** of Chicago.

ICCB also welcomes back **Pilar Blondet** of Grayslake, **Paulette Brandon** of Lansing, **Rosalind Gee** of Calumet City, **Cecile Hooker** of Waukegan, **Maribel Ocampo** of Chicago, **Danita Stanton** of Chicago, **Zaida Sanabia** of Cicero, and **Tanya Wilkins** of Chicago.

The Illinois Child Care Bureau office will be closed:

- ✓ Monday, May 25, 2015 in observance of Memorial Day

– Cathy, Kim, Marguerite, Maria, and Mary

A Provider You Should Know

by Kim Klimek, Compliance Supervisor

Mrs. Kimberly Mullis has owned and operated **Kim's Day by Day** located in Rockford for the past 18 years. Prior to opening a licensed day care home, Mrs. Mullis worked in a machine shop. Mrs. Mullis' daughter was born with health issues so Mrs. Mullis decided to stay home to care for her daughter because she did not feel comfortable leaving her child's care in someone else's hands. When a friend asked Mrs. Mullis to care for her children Kim's Day by Day business began.

Currently, Mrs. Mullis cares for children ages 3-4 years, however, Kim's Day by Day has cared for children of all ages (6 weeks to 12 years). Mrs. Mullis uses the **Funshine®Express** curriculum, as well as her own ideas with a focus on learning, nutrition, and staying active. All the children learn numbers, letters, colors, shapes, body parts, and how to write their own name which helps prepare the child for school.

Field trips are a part of the curriculum as well with visits to museums, parks, farmers markets, and other places of interest throughout the year. In addition, the children participate in the local library summer reading program. Mrs. Mullis contacts restaurants and stores in her area when planning field trips as well. The local businesses are happy to work with her and help educate the children. A local restaurant owner worked with Mrs. Mullis so the children could make their own pizzas which they thoroughly enjoyed. Mrs. Mullis suggests day care home providers work with their local businesses to plan educational trips for the children. Visiting a restaurant provides a great space for the children to learn about how to prepare food and the importance of good nutrition.

Day care home providers know the importance of keeping children active throughout each day. **Kim's Day by Day** keeps the children active throughout the year even if it as simple as taking a walk to the park for fun just to get some exercise.

Nutrition is also a focus of Mrs. Mullis' curriculum. Five years ago her father had a health scare due to poor nutrition. Because Mrs. Mullis witnessed the relationship between poor nutrition and health issues, **Kim's Day by Day** does not serve processed food. Mrs. Mullis embraces the "food for fuel" mind set and teaches the children that our bodies need a variety of foods to function properly. Mrs. Mullis takes the children shopping with her, includes them in the meal preparation, and the children set their own place at the table each day. Color-coded plates, cups, bowls, and utensils for each child round

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Celebrate Water

From the Centers for Disease Control and Prevention, the National Food Service Management Institute, and the National Resource Center for Health and Safety in Child Care and Early Education

Healthy people meet their fluid needs by drinking when thirsty and drinking fluids with meals. Water is essential for our bodies because it is in every cell, tissue, and organ in your body. Getting enough water every day is important to the health of you and all the children in your care. Water helps your body in many ways, namely:

- Keeps your body temperature normal.
- Lubricates and cushions your joints.
- Protects your spinal cord and other sensitive tissues.
- Rids your body of waste through urination, perspiration, and bowel movements.

Drinking water is the main solvent for foods, minerals, and vitamins; assists the kidneys, assists in maintaining normal bowel functions; assists in the normality of body functions; and does not add fat or calories to your diet.

The human body is made up of about 75% water. As you know, children also need more water when they are running a fever, have diarrhea or are vomiting. In addition, children need more water when participating in vigorous physical activity or on a hot summer day. It is important children drink water before they feel thirsty. **Thirst is a signal that their bodies are on the way to dehydration.** Symptoms of dehydration may include lethargy, no tears or limited tears when crying, decreased frequency of urination, irritability, and sunken eyes.

Although beverages that are sweetened with sugar provide water, they usually have more calories than unsweetened beverages. It is healthier to provide beverages and foods that do not have added sugars. Examples of beverages with added sugar include: fruit drinks (not fruit juice), some sports drinks, and most soft drinks and sodas (non-diet).

Read the *Nutrition Facts Label* if you want to know if the drink you are serving is sweetened. The label may list a sweetener using a word other than 'sugar' such as high-fructose syrup, fructose, fruit juice concentrates, honey, syrup, corn sweetener, molasses, malt syrup, corn syrup, sucrose, and dextrose. If any of these words appear on the label, then you are serving the children a beverage with added sugars. The consumption of sugar-sweetened beverages begins in early childhood and increases as children age. Beverages are a major source of added sugars in the American diet. If you wonder why the children are asking for those sweetened beverages, keep in mind that each year beverage companies spend millions of dollars to promote the purchase and consumption of sugar-sweetened beverages through advertising, sales promotions, games, and social media.

Drink more water!

Most of our daily water needs are met through the water and beverages we drink each day. You can get some fluid through the foods you eat. Broth soups are a source as well as other foods that are 85-95% water such as celery, tomatoes, oranges, and melons.

- Talk about the importance of drinking water with the children. Explain the different forms of water (ice, liquid water, and steam).
- Make drinking water available to the children by providing an age-appropriate water pitcher and cups, so the children can refill their cups throughout the day.
- Take photos of the children drinking water and post them in your day care home.
- Serve water instead of sugar-sweeten beverages for snacks.
- Keep a water jug or water bottles in the refrigerator so that you have refreshing cold water available at any time.
- Plant a small garden or a container garden and allow the children to take turns watering the plants.
- Invite the local librarian to read books to the children about water.
- Send home information to parents/guardians pertaining to making water available to the children at home.
- Set an example for the children by drinking water when you are thirsty.
- Serve water with snacks (only when no other beverage is being served).

Help protect the health of children you care for by not serving sugary drinks at all and limiting the amount of 100% juice provided.

Juice and fruit nectar are high in sugar and have fewer nutrients than fresh fruit. Drinking too much juice may be associated with obesity, malnutrition, diarrhea and bloating. Serve tap water. Most US tap water is safe. If you are concerned about your tap water, check local EPA water reports to ensure it is safe.

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out the table setting. Occasionally, she will switch the colors so the children can have their favorite color.

Kim's Day by Day has a vegetable garden which engages the children from planting to harvesting the fruits and vegetables. The children assist with weeding and watering and they are the first to notice when a fruit or vegetable has ripened and is ready to be picked. There is never a lack of interest in the garden. The only gardening issue at **Kim's Day by Day** is the children often eat the crop before Mrs. Mullis has gone to pick it. This is not a problem for Mrs. Mullis because she enjoys seeing the children eat their fruits and vegetables.

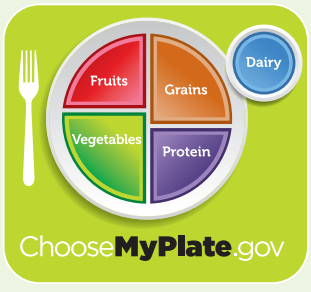
Children who start at **Kim's Day by Day** from a young age develop a routine of eating a variety of nutritious foods. There is an occasional "picky eater". Mrs. Mullis' advice is to use the "2-bite rule". The first bite is to taste the food and the second bite is to decide if you like the food. Using this "2-bite rule" has enabled Mrs. Mullis to turn the picky eater into a child that will eat everything.

Mrs. Mullis went back to school after her children were grown and received a veterinarian technician degree because she thought that she would change careers. Mrs. Mullis found that she truly enjoyed being a day care home provider and stayed with her current career. She stated that "providing care for children is in my blood".

Mrs. Mullis treats her day care children and their families as part of her own family. She stated that "the day doesn't end when it ends". She has often taken children on the weekend to help the parents out. She also takes all of her day care children camping in her family camper at least twice a year. Mrs. Mullis bought the house next to her parent's home, where she grew up. Her father comes to the day care every day to help out or just play with the children. "Papa Dale" is loved by all of the children and they look forward to his visits.

Mrs. Mullis keeps up with her food program responsibilities by being disciplined -- "just sit down every day and do it". Mrs. Mullis stated that "using Minute Menu ™ is much easier. I just hit a button and my menu is gone (submitted). No more postage, writing, or bubbling those dots!" Mrs. Mullis stays up to date on current day care issues by using the Illinois Child Care Bureau's website and finds good information on the DCFS website too.

The most rewarding part of Mrs. Mullis' career is staying young by playing with children and taking them to new places where they learn and experience new things. The greatest single influence in Kim Mullis' life is her grandmother Catherine who cared for children for twenty years. Mrs. Mullis was exposed to the day care home experience as a child in her grandmother's day care home. She tries to be "a total reflection of her grandmother".



Choose My Plate

Consuming water is a healthy ingredient to our daily diet. For more tips on how to include water in your diet, visit http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet19MakeBetterBeverageChoices.pdf

recipes

Roasted Fish Crispy Slaw Wrap

Ingredients

2.5 cups fresh red cabbage, shredded
2 cups fresh white cabbage, shredded
1.5 cups fresh carrots, peeled, shredded
1 cup fresh bok choy, julienne cut "shoestring strips" 1/8"
2 TB fresh cilantro, chopped
¾ cup low-fat balsamic vinaigrette dressing
1 TB salt-free chili-lime seasoning blend
1 TB extra virgin olive oil
6 Tilapia fish filets, raw, 4 oz each
1.5 cups fresh romaine lettuce, julienne cut "shoe-string strips" 1/8"
6 whole-wheat tortillas, 8"
6 slices fresh avocado, peeled, pitted, sliced
6 quarters of fresh limes quartered

Instructions

1. In a large mixing bowl combine red and white cabbages, carrots, bok choy, cilantro, and balsamic dressing to make the slaw. Cover and refrigerate for at least 1 hour.
2. Preheat oven to 375 degrees.
3. Place fish filets on a baking sheet lined with parchment paper sprayed with nonstick cooking spray. Brush fish with olive oil and sprinkle with salt-free seasoning blend. Roast uncovered at 375 degrees for 12 minutes or until internal temperature reaches 145 degrees or higher and fish flakes with a fork. Use a food thermometer to check the internal temperature.
4. Remove fish from oven.
5. To assemble wrap: Place 1/4 cup lettuce on tortilla. Cut fish in half and place both pieces on top of lettuce. Add 1 cup cabbage slaw and a slice of avocado. Squeeze lime on top of mixture. Roll in the form of a burrito. Cut diagonally. Serve immediately.

Servings: 6 wraps

Fruit and Oatmeal Bars from Healthy Recipes from the White House to You

Ingredients

6 TB grapeseed oil, or other neutral oil, plus extra for brushing pan
2 cups quick-cooking oats
½ cup mixed seeds, such as pumpkin, sunflower and sesame
½ cup honey
1/3 cup dark brown sugar
1/3 cup maple syrup
Pinch of salt
1 ½ cups mixed dried fruit, such as raisins, cherries, apricots, papaya, pineapple and cranberries (at least 3 kinds, cut into small dime size pieces if large)
1 tsp ground cardamom or cinnamon

Instructions

1. Heat oven to 350 degrees.
2. Line a 9" square baking pan with parchment paper or foil, letting a few inches hang over the side of the pan. Brush with oil.
3. Spread oats and seeds on another baking pan and toast in oven just until golden and fragrant, 6 – 8 minutes, shaking pan once.
4. In a saucepan, combine oil, honey, brown sugar, maple syrup and salt. Stir over medium heat until smooth and hot. In a mixing bowl, toss together toasted oats and seeds, dried fruit and cardamom (or cinnamon). Pour hot sugar mixture over and stir until well combined.
5. While mixture is warm, transfer to prepared pan, pressing into pan evenly with a spatula.
6. Bake until brown, 25 – 30 minutes. Transfer pan to a rack and let cool completely. Using the overhanging foil (or parchment paper), lift out of pan and place on a work surface. Cut into bars, about 1 ½" x 3".

Servings: 9

Special thanks to the Centers for Disease Control, the National Food Service Management Institute and the National Resource Center for Health and Safety in Child Care and Early Education.

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