Illinois Child Care Bureau News

July - September 2019

Dear Provider:

WE MOVED! Please note that the Illinois Child Care Bureau office moved upstairs to Suite #303.

Recently, USDA updated on crediting dried meat snacks (shelf-stable, dried and semi-dried meat, poultry, and seafood snacks). If you need additional information about crediting this component on your menus, please call the Illinois Child Care Bureau at 773.444.0115.

Your participation in the food program is based on the information we shared at the introductory visit. For some of our providers, that was a very long time ago – thank you for continuing to place your trust in the Illinois Child Care Bureau staff to deliver high-quality customer service and for submitting your accurate reimbursement. The reimbursement is based on the higher of the following: 2 meals and 1 snack or 2 snacks and 1 meal per enrolled child per day. More importantly, your reimbursement is based on your 'tier' level. The Illinois Child Care Bureau works hard to provide you with the greatest allowable claim each month. If you have any questions about your reimbursement, please call the Illinois Child Care Bureau or email us at Info@IllinoisChildren.com.

Reminder: Your Illinois Child Care Bureau program advisor will visit you three times per year to provide nutrition training and to ensure you understand the food program rules and regulations. The fiscal year is broken into three trimesters: October 1 – January 31, February 1 – May 31, and June 1 – September 30. Two of the three visits must be unannounced which means your program advisor does not contact you in advance to announce her/his visit. One of the three visits may be announced, however, it is not a requirement to have an announced visit. If you need further clarification, please contact the Illinois Child Care Bureau office. You may also receive a visit from an Illinois State Board of Education monitor, namely: **John Burton, Judy Foster, Andrea Gregory, Paul Hansen, Harley Hepner, Abby Johnson, Carol Montague, Kim Nesler, Mary Newman, Jorge Nieves, Kari Perkins, Jason Prager, Tess Smith, or Matthew Whitaker**.

ENROLLMENT RENEWALS: You will receive your enrollment renewals from the Illinois Child Care Bureau by the end of August. The enrollment forms must be completed (signed/dated) and mailed/faxed/emailed to the Illinois Child Care Bureau by Friday, September 13. The Illinois Child Care Bureau must receive the enrollment renewals by September 13 in order for you to continue to receive your food program reimbursement.

ICCB welcomes **Katrina Brown** of Chicago, **Brissa Catral** of Downers Grove, **Brenda Cervantes** of Lake Villa, **Erica Douglas** of Chicago, **Rudy and Monica Figueroa** of Chicago, **Chasity Goodrich** of Chicago, **Shunarah Johnson** of Chicago, **Chanel Myles-Wince** of Chicago, **Felicia Oliver** of Chicago Heights, **Casheema Omowabi** of Joliet, **Audrell Pleasant** of Chicago, **Latoya Pointer** of Chicago, **Porsha Reasnover** of Chicago, **Alicia Sanchez** of Chicago, **Stavondrea Staples** of Chicago, **Marveline Staten** of Rockford, **Judith Vega Armenta** of Chicago, **Margaret Ward** of Round Lake, and **Carol Washington** of Chicago. ICCB welcomes back **Amanda Avalos** of Waukegan, **Tiquita Dubose** of Chicago, **Sharon Miller** of Tinley Park, **Wilnetta Robinson** of Olympia Fields, and **Rainette Smith** of Chicago.

The Illinois Child Care Bureau office will be closed:

- Thursday, July 4 and Friday, July 5 in observance of Independence Day
- Monday, September 2 in observance of Labor Day.

~ Cathy, Kim, Marguerite, and Sarah

A Provider You Should Know

by Kim Klimek, Compliance Manager

Ms. Lisa Kugler has owned and operated **Just Like Home** home day care located in Carpentersville for the past 19 years. Ms. Kugler has always had an interest in children. At the age of 12, she started babysitting. After she became an adult, Ms. Kugler worked as a regional sales manager at Nine West Shoes© for 15 years. Upon learning that she was pregnant with her 1st child, Ms. Kugler decided to leave the corporate world to take care of her baby. Ms. Kugler's neighbor thought that she would be a wonderful day care provider and suggested that she begin by watching the neighbor's children. Once she was established with regular clients, Ms. Kugler decided to begin the licensing process with the Department of Children and Family Services (DCFS) a few months later.

Just Like Home home day care typically cares for children 6 weeks-12 years old. Currently, the day care home is caring for children 1 to 10 years old. Ms. Kugler feels fortunate that her home day care is full and has

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DEVELOPMENTAL READINESS:

Are the infants in your care developmentally ready for solid foods?

Developmental readiness for solid foods is one of the most important times for infants. However, when is an infant ready for solid foods? This question is very important because of the significance of the associated health challenges of introducing solid foods to infants too early or too late.

Breast feeding should be encouraged. Breastfeeding is healthy for the baby and for the mother. If a mother breastfeeds her child at your day care home, you may claim that milk as part of a reimbursable meal as long as you provide all other required food components. If a parent provides pumped breastmilk for the infant, the meal is reimbursable as long as the minimum serving size is offered. Remember infant formula must be iron-fortified. The day care home provider may provide the formula or the parent/guardian may provide the formula. The minimum serving size of 4 – 6 ounces must be offered to infants ages 0 – 5 months. Soy-based, low-lactose and lactose-free infant formulas are allowed as long as the formula meets the iron-fortified requirement.

Infant Readiness Guidelines for Solid Foods

The American Academy of Pediatrics recommends breastfeeding as the sole source of nutrition for infants until 6 months of age, and that by 7 or 8 months of age, infants should be consuming solid foods from all food groups (vegetables, fruits, grains, meat/meat alternate, and dairy).

Typically, around six months of age are ready to eat solid foods. However, an infant's readiness depends on his or her rate of development, not age. By 7 – 8 months, infants can eat a variety of foods from different food groups.

Timing Is Important

Why should we wait?

- Increases the risk of weight gain
- Choking risk is higher because the infant has not developed the necessary skills for eating solid foods
- Digestive difficulties may occur if the infant is not developmentally ready
- Infant may consume less breastmilk or iron-fortified formula and not get enough essential nutrients for proper growth and development

How Late is Too Late?

- Negatively affect food acceptance
- Reduce allergy protection
- Undernutrition and poor growth/development

Signs of Developmental Readiness

- Good head control
- Sitting with little or no support
- Tongue thrust and extrusion reflex
- Opens mouth and shows interest

Communication with Parent/Guardian

- Is your baby eating solid foods?
- What textures of foods does your baby eat?
- Has your baby had a reaction to any food he/she has eaten?

There are 3 components for infants ages 6 – 11 months at breakfast, lunch, and supper:

- 6 – 8 ounces breastmilk/iron-fortified infant formula
- 0 – 4 tablespoons iron-fortified infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0 – 2 ounces of cheese; or, 0 – 4 ounces cottage cheese; or, 0 – 4 ounces yogurt or a combination of the above
- Vegetable or fruit (or a combination of both): serving size is 0 – 2 tablespoons

There are 3 components for infants ages 6 – 11 months at snack time:

- Breastmilk/Iron-Fortified Infant Formula: serving size is 2 – 4 ounces
- 0 – ½ slice of bread or 0 – 2 crackers, OR
  0 – 4 tablespoons infant cereal (*iron-fortified infant cereal*) or ready-to-eat breakfast cereal, AND
- 0 – 2 tablespoons vegetable or fruit, or a combination of both

The decision to start solid foods is up to the infant's parent/guardian. Introducing solid foods for infants should be done slowly by offering one component at a time. It is important to know they can digest the component. In addition, the day care provider needs to be aware of any negative reaction or possible allergy to the component. There is no requirement that the infant receives solid foods by a certain age in order for the provider to claim the child's meals for reimbursement. However, once the infant is developmentally-ready, and the infant's parent/guardian requests the infant receive solid foods, the provider is required to offer them to the infant at meals and snacks.

Looking for 2 hours of free training on feeding/caring for infants? Please visit Illinoischildren.com.

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a waiting list. Ms. Kugler has not had to advertise as the business has grown through word-of-mouth. There have been families that have waited for two years for a place in **Just Like Home** home day care. Once a child has a place in the day care, they generally stay in care until age twelve.

Just Like Home home day care focuses on teaching life skills and literacy to all children in care. Ms. Kugler utilizes the preschool curriculum Funshine Express© which is aligned with Excelerate Illinois®. A typical day at the day care includes the children learning the alphabet, numbers, math and science. They also have circle time daily which helps to enhance the joy of reading. Ms. Kugler spends a lot of time reading to the children and engaging their imagination. Although the children spend a lot of their day learning, **Just Like Home** includes fun activities. The children enjoy arts and crafts and outdoor time daily. Ms. Kugler is conscious of balancing the children's activities.

Ms. Kugler knows the importance of healthy and nutritious meals. The children are exposed to all types of vegetables and fruits. **Just Like Home** prepares menus that the children will enjoy as well as be a healthy and well-rounded meal. Ms. Kugler has been lucky that she has not had many picky eaters. She has found that the children prefer simple foods such as raw vegetables. She is careful not to mix the vegetables together. Ms. Kugler has found that happy/healthy menus make happy meal times.

Ms. Kugler keeps up with her food program responsibilities by rotating her menus which she inputs in the morning, and completing the attendance throughout the day. There is rarely a time that she would need to record her menus and attendance on a *Daily Meal Worksheet* (please contact the Illinois Child Care Bureau if you need additional information on this form which can be printed from your KidKare account). Ms. Kugler actively participates in her own continuing education and prefers classroom training to keep up with her responsibilities. Ms. Kugler has utilized online training, however, she prefers the interaction with other students to deepen her training. She also attends DCFS tele-meetings and is active with YWCA activities and classes.

The most rewarding part of Ms. Kugler's career is spending time with the children and "watching them grow into likeable and well-balanced people". She looks forward to seeing the children and does not stress on Sunday knowing that a new work week will soon begin. Her passion lies with the children. Ms. Kugler stated "I would never open a child care center". She feels that home care providers have a much more personal relationship with the families in their care. She also stated, "It is not a job so much anymore – it is like I am a second mom". Ms. Kugler has formed a bond with each family and they are secure knowing that their children are in a day care home that is stable. Ms. Kugler enjoys participating in the children's life outside of her day care home which includes attending their sporting events, theater and musical performances as well as other activities.

The most challenging part of her career is the time and energy that it takes to be successful. In addition to caring for children during her operating hours, Ms. Kugler spends many hours preparing the day care home meals and activities as well as doing all the necessary paperwork. One goal of **Just Like Home** is to make every child feel special every single day. The day care celebrates each child's birthday as well as each holiday. Day care home providers also have the challenge of being available to their own children while running a business in the home. The provider's own child wants their parent's full attention. The parent/day care home provider is running a business and must care for all the children. In addition to the parent's attention, the children of day care home providers also have shared space, shared toys/electronic equipment, and shared meal/snack times. Ms. Kugler designated her daughter's room as her private space which helped. However, the day care children were able to use all the other rooms in the home. Day care home providers face this challenge daily with their own children. Ms. Kugler is very thankful to her family for their continued support. Ms. Kugler's daughter grew up in a loving home which was also a day care home business and is now an assistant in the day care home.

When asked if she would choose the same career, Ms. Kugler stated, "Yes, for sure. I really like children and am really good with kids."

MAKING YOUR OWN INFANT FOOD

from the University of Maine Extension Program

You can make infant food with a little bit of planning, a blender, a strainer, a food mill or baby food grinder. Making infant food may save money too.

Pureed fruits and vegetables can be prepared from fresh-cooked fruits and vegetables. Use the cooked fruits without added salt, sugar or fat. Puree means to put food through a sieve or grinder to make the food into a liquid-like, smooth texture. Some foods, like ripe bananas, can be mashed or pureed with a fork and won't need to be precooked. It may be necessary to add some fluid (iron-fortified formula, or water) to other pureed food to make it the right consistency for the infants in your care.

Canned or frozen fruits and vegetables may also be pureed and used. When using commercially processed canned or frozen fruits and vegetables, check the ingredient label. Make sure you are not adding extra sugar, salt, and fat to the infant food.

Some commonly home-prepared fruits for babies are ripe mashed bananas, and pureed bananas, and applesauce. Dried prunes that have been cooked and pureed are another food for infants. Fresh pears or peaches in season may also be soft-cooked and pureed. Fresh vegetables that can be home prepared and pureed include

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potato, winter squash, sweet potato, peas, asparagus, and green or wax beans.

Tips for Making Homemade Infant Food

- Work under the most sanitary conditions possible
  - ◊ Wash your hands with hot water and soap, scrub, rinse, and dry with clean towel before preparing the infant's food, before feeding the infant, and after changing the infant's diapers.
  - ◊ Scrub all work surfaces with soap and hot water.
  - ◊ Scrub all equipment with soap and hot water, and rinse well.
- Prepare fresh fruits or vegetables by scrubbing, paring or peeling, and removing seeds.
- Prepare meats by removing all bones, skin, connective tissue, gristle and fat.
- Cook foods, when necessary, boiling them in a small, covered saucepan with a small amount of water until tender. The amount of water is important – the less water used, the more nutrients stay in the food.
- Puree food using a blender, food processor, baby food grinder, spoon or fork. Grind up tough foods. Cut food into small pieces or thin slices. Take out seeds and pits from fruit.
- Test for smoothness by rubbing a small amount of food between your fingers. Add a liquid such as breastmilk, infant formula, water, or fruit juice to achieve a desired consistency.
- If pureed food is not being used right away, refrigerate quickly. (If you are preparing baby foods to store in the freezer, wait and add fluids to thin pureed baby food after food is thawed.)
- To freeze: pour cooled, pureed food into a paper cupcake liner or a section of a clean ice cube tray, and cover with foil. Once the cubes are frozen solid, then remove the cubes, place them in a freezer bag, and return them to the freezer.
- Reheat frozen cube in a heat-resistant container in a pan of hot water.
- When cooking foods for the day care home, remember to separate the infant's portion before adding seasoning or spices. Infants need very little, if any, added salt or sugar.

Equipment

Sieve/strainer: Should have a small mesh so that you can press soft fruits and vegetables through the back of it with a spoon. Do not use for meats.

Spoon/fork/potato masher: Mash canned fruits, egg yolks, bananas, and potatoes to the right consistency.

Food mill or grinder: Useful when preparing soft meats and can be used for cooked fruits, vegetables, and soft fresh fruit.

Blender: Blend each item served to children in your day care, then serve to the infants in your care (ages 8 – 11 months).

Plastic ice cube trays: Freeze the extra, prepared food in the tray. Once frozen, remove from the tray and store in a container or plastic bag designed for freezing.

Safe Storage of Infant Food

	Refrigerator	Freezer
Strained fruits and vegetables	2 – 3 days	6 – 8 months
Strained meats and eggs	1 day	1 – 2 months
Meat/vegetable combinations	1 – 2 days	1 – 2 months
Homemade infant food	1 – 2 days	1 – 2 months

recipe

Infant Food – Simple Pureed Meat or Poultry

for infants ages 8 – 11 months

Ingredients

- **½** cup cooked meat (small pieces of lean chicken, beef, turkey, or pork)
- Do not add salt or any seasoning

Instructions

1. Cook lean meat (fat and skin removed) over low heat in a small amount of water.
2. Puree meat until smooth.
3. If not serving, meat puree can be thinned by adding a small amount of water, reserved cooking broth, expressed breastmilk, or iron-fortified infant formula.
4. If freezing, do not add liquid to the pureed meat.

Special thanks to the Wisconsin Department of Public Instruction, the American Academy of Pediatrics, and the University of Maine Extension Program.
For more information about developmental readiness for infants please visit https://www.fns.usda.gov/tn/feeding-infants-child-and-adult-care-food-program

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