



The Parent Connection

Tips, Tricks, and Tidbits

SCCAP's Child Care Resource and Referral's Quarterly Newsletter

January-March 2020



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Keep Me Home If...

I have a fever

I have a rash
lice or nits

I have an eye
infection

I have a
sore throat

I'm just not
feeling very
good

I'm
vomiting

I have
diarrhea



Temperature of 100f or more (taken under the arm) AND sore throat, rash, vomiting, diarrhea, earache, or just not feeling good.

Body rash, especially with a fever or itching. Lice or nits.

Thick mucus or pus draining from the eye

With fever or swollen glands

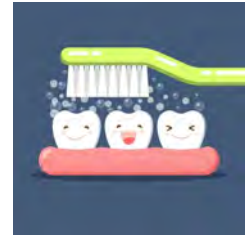
Unusually tired, pale, lack of appetite confused or cranky

Two or more times in 24 hours

3 or more watery stools in 24 hours

When your child is sick:

- 1- Have plans for back up childcare.
2. Tell your caregiver what is wrong with your child, even if your child stays home.



TOOTH-TASTIC!

MAKE DENTAL CARE FUN FOR KIDS

FUN TOOTHBRUSHES

Keep a variety of cool, colorful toothbrushes for kids to choose from each time they brush! Or, invest in an inexpensive children's electronic toothbrush, animal-shaped floss holders, and other fun accessories.



GET FLAVORED TOOTHPASTE

Taste and appearance goes a long way - sparkly bubble-gum toothpaste is a lot more fun!

REWARD THEM

Create a rewards system - use a daily dental chart and give a star for each time the child does a great job brushing and flossing!



EATING HEALTHY

Teach kids which foods are healthy choices and which can cause cavities - and most importantly, lead by example!

TEACH PROPER TECHNIQUE

Make sure your child uses up-and-down, circular strokes on the tooth and gum line, especially on hard to reach back teeth. Use an egg timer to ensure 2 minutes of brushing.

My FAMILY DENTISTRY
IMPLANT • COSMETIC DENTISTRY

7714 Conner Road, Suite 102 • Knoxville, TN 37649 • myfamilydentistry.com



Kids Can Have Fun Indoors During the Winter



Cold wintry days can make for some bored kids. Make sure you have fun activities on hand to keep them active and busy indoors.

There are no excuses to a bored child during winter. Here are some ideas to make snowy, cold winter days when your kids are stuck inside fun and they can practice how to spell their names as well...

Fit activity for kids what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|-------------------------------------------------------|--------------------------------------------------------------------|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

Whether you're looking for something to help your child with math, give them a little extra grammar practice, or even if you're just curious and want to learn a little more about the planets or cells, there's a site for that!

Ready to check some of them out for yourself? Here's a list of 30 free educational websites for kids in hopes that you and your family enjoy them on cold winter days.

Free Learning Websites 4 {kids}

www.pbskids.org	www.funschool.com
www.kids.nationalgeographic.com	www.scholastic.com
www.reading.ecb.org	www.qubo.com
www.seussville.com	www.shnoozles.com
www.abcya.com	www.brainpop.com
www.highlightskids.com	www.disneyjr.com
www.storylineonline.net	www.wonderopolis.org
www.starfall.com	www.whyville.net
www.switcheroozoo.com	www.grammaropolis.com
www.funbrain.com	www.wonderopolis.com
www.kidzui.com {kid browser}	www.kidsknowit.com
www.coolmath4kids.com	<p>In doing research for this post I ran across a website devoted to compiling a comprehensive list of educational websites for kids. "Founded in San Jose, California on February 18, 1997, KidSites.com is among the oldest sites for kids on the Internet. Since 1997, KidSites' primary mission has remained the same; to find and provide reviews for the best sites for kids on the Internet, and bring them together in one convenient location for our visitors." www.kidsites.com</p>
www.animaljam.com	
www.education.com	
www.sheppardsoftware.com	
www.cookie.com	

CACFP Week is March 15-21, 2020

It's Time to Celebrate!



What is CACFP Week?

CACFP Week is a national education and information campaign sponsored annually the third week of March by the National CACFP Sponsors Association. The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger. The CACFP brings healthy foods to tables across the country for children in child care centers, homes, and afterschool programs as well as adults in day care.



recipe *Fruit Salsa with Abby Cadabby*

ingredients

1 cup strawberries, finely chopped

¾ cup raspberries, finely chopped

3 tbsp of lemon juice

1 Granny Smith apple, finely chopped

1 cup melon of your choice, finely chopped

Cinnamon & Nutmeg

directions

Combine fruit in a mixing bowl and add lemon juice.

Sprinkle nutmeg and cinnamon to taste.

Refrigerate before serving. Serve each child ½ cup

fruit salsa with 4 plain pita chips.



Snack Crediting: 7 Servings for ages 1-5
cacfp.org

The Child Care Resource and Referral Center

Offers Parent Education opportunities!

We are here to answer all your questions about children and child care!

(518) 234-2568

TOLL FREE (866) 849-2402

OR

Email us at :

childcare@sccapinc.org

OR

Visit our office located at:

Schoharie County

Community Action Program

795 East Main Street, Suite 5

Cobleskill, NY 12043

OR

Visit us online at:

www.sccapinc.org

Interested in becoming a Child Care Provider?

The Child Care Resource and Referral Center can help you get started running your own child care business!

For more information give us a call at:

Dawn Garvey (518)234-2568 x3123

Melissa Bevins (518)234-2568 x3016

Attention Parents!

Does your child go to a CACFP Provider?

Child care providers can receive reimbursement through the USDA Child and Adult Care Food Program when they serve healthy, nutritious foods, reassuring parents that the providers' top priority is the well-being and development of the children in their care. Participation in the CACFP is an indicator of quality child care.

Child and Adult Care Food Program

Serving over 4.6 million children healthy meals and snacks daily.



"OUR CHILDREN ARE COUNTING ON US TO PROVIDE TWO THINGS: CONSISTENCY AND STRUCTURE. CHILDREN NEED PARENTS WHO SAY WHAT THEY MEAN, MEAN WHAT THEY SAY, AND DO WHAT THEY SAY THEY ARE GOING TO DO."

BARBARA COLOROSO

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