



The Child Care Provider Connection

Tips, Tricks, and Tidbits

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

July-September 2021



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Tips to Help Day Care Providers Stay Motivated

Staying motivated as a caregiver can be tough. In addition to the fact that you work long hours, being a caregiver is a difficult job.

Fortunately, most caregivers love their jobs and want to find ways to excel at them. That's where these motivational tips come in. Ideal for helping caregivers get excited about work each day, this simple checklist can make it easier to love your job and avoid burnout, both now and in the long-term. Whether you're a new caregiver or a veteran looking for ways to stay involved, these ten tips can help:

- Remember why you are doing it
- Reach out to family and friends
- Connect with support groups
- Exercise
- Start each day rested
- Brainstorm new approaches
- Develop a morning routine
- Set goals
- Take breaks
- Take a deep breath

Caregiving is a challenging profession, and learning how to stay motivated will help you achieve better results with the children in your care. From taking care of your mind and your body to setting goals for your attention and interaction with your children, these ten tips will allow you to be a more efficient, motivated, active caregiver – every single day.



Preventing Tick Bites

Here are some simple landscaping techniques that can help reduce tick populations at your daycare:

- Remove leaf litter.
- Clear tall grasses and brush around homes and at the edge of lawns.
- Place a 3-ft wide barrier of wood chips or gravel between lawns and wooded areas to restrict tick migration into recreational areas.
- Mow the lawn frequently.
- Stack wood neatly and in a dry area (discourages rodents).
- Keep playground equipment, decks, and patios away from yard edges and trees.
- Discourage unwelcome animals (such as deer, raccoons, and stray dogs) from entering your yard by constructing fences.

Remove old furniture, mattresses, or trash from the yard that may give ticks a place to hide.

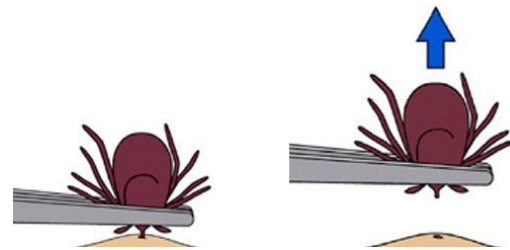
If you find a tick attached to your skin or on a child in your care, there's no need to panic—the key is to remove the tick as soon as possible. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers work very well.

How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.

Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.

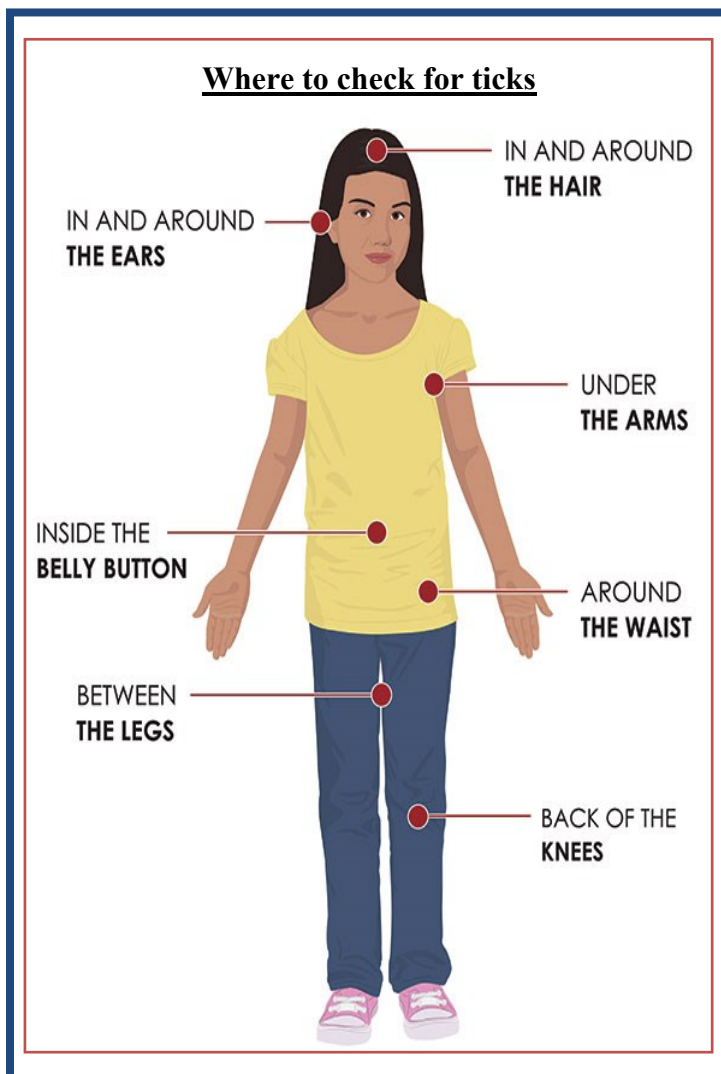
Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible—not waiting for it to detach.



Follow-up

If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.

Content source: [Centers for Disease Control and Prevention](https://www.cdc.gov/)



Small Hands Crafting

Kids will love painting with water spray bottles. Mix different colors of washable tempera paint with water in separate water bottles. Lay out different canvases or large pieces of poster board outside. In clothes that can get dirty, let the kids be creative and make a work of art.



Butterfly Crackers

Ingredients

- 3-4 baby carrots
- 3-4 oz. cream cheese, softened
- 6-8 crackers
- 1-2 stalks celery, cut in approximately 2-inch pieces (about 6 or 8)
- 2 raisins, cut in little pieces
- pretzels



Instructions

1. In a food processor, chop carrots and then fold into cream cheese. Mix thoroughly.
2. Spread cream cheese mixture on each cracker.
3. Spread peanut butter into crevice of celery piece and carefully place on top of each cracker.
4. Place two pretzels within the celery and then add your small raisin pieces (they will act as your butterfly's "eyes.") Enjoy and happy snacking!

The Importance of Hydration throughout the year but especially in the Summer months

As a provider, your child care home knows the importance of water and fluids to maintain a healthy body. Did you know the human body is 75% water? Water hydrates the body, cushions muscles and joints, and is used by the body to transport nutrients to and carry water away from cells and assist in regulating body temperature.

We must rehydrate regularly to keep our muscles and body systems working properly. The daily recommended amount of water for a 4-8 year old is seven cups!

As the summer sun heats up, make sure to drink plenty of water. Stay hydrated!



Water Fun:

Movement in the Summer

Summer is the best time to step outside and play in the water. Try these water games with your kids for some cool fun!

Drip, Drip, Splash - This is a simple variation on the old classic Duck, Duck, Goose. On the drip, the person that is it will drip just a tiny bit from a wet sponge on the other players. When it is time to splash, it will be a big soaking from the sponge.

Sponge Bullseye - With sidewalk chalk, draw various circles and assign point values, letters or numbers. Ask the children to get as many points as possible, hit a certain letter or a certain number with their wet sponges.

Car Wash - Those bicycles and toy cars need a good washing. Get out sponges and buckets and let the kids wash away all the dirt.





SUN SAFETY



Spending time outdoors is a common activity on spring breaks or summer vacations, but remember to protect against the sun's rays. Everyone is at risk for sunburn. Children especially need to be protected from the sun's burning rays, since most sun damage occurs in childhood. Like other burns, sunburn will leave the skin red, warm, and painful. In severe cases, it may cause blistering, fever, chills, headache, and a general feeling of illness. The American Academy of Pediatrics offers tips to keep children safe in the sun.



Sun Safety for Kids

- The first, and best, line of defense against harmful ultraviolet radiation (UVR) exposure is covering up. Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
 - Select clothes made of tightly woven fabrics. Cotton clothing is both cool and protective.
 - Try to find a wide-brimmed hat that can shade the cheeks, chin, ears and back of the neck. Sunglasses with ultraviolet (UV) protection are also a good idea for protecting your child's eyes.
 - Apply sunscreen with an SPF 15 or greater to areas of your child's skin that aren't covered by clothing. Before applying, test the sunscreen on your child's back for an allergic reaction. Apply carefully around the eyes, avoiding eyelids. If a rash develops, talk with your pediatrician.
 - Be sure to apply enough sunscreen -- about one ounce per sitting for a young adult.
 - Reapply sunscreen every two hours, or after swimming or sweating.
- If your child gets sunburn that results in blistering, pain or fever, contact your pediatrician.

Sun Safety for Babies Under 6 Months

- Babies under 6 months of age should be kept out of direct sunlight. Move your baby to the shade under a tree, umbrella or stroller canopy. Dress babies in lightweight clothing that covers the arms and legs and use brimmed hats that shade the neck to prevent sunburn.
- When adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) on infants under 6 months to small areas, such as the infant's face and the back of the hands. Remember it takes 30 minutes to be effective.
- If an infant gets sunburn, apply cool compresses to the affected area.



July is National Ice Cream Month



Ice Cream Songs and Fingerplays to do with Children

Take Me Out For Some Ice Cream

(Tune: *Take Me Out To The Ballgame*)

Take me out for some ice cream,
Take me out to the store.
Buy me a triple scoop jumbo cone.
I won't share, I'll eat it alone!
For its scoop, scoop, scoop up the ice cream—
Give me three kinds I adore!
For it's one, two, three scoops to go
At the ice cream store!

5 Ice Cream Cones

Five little ice cream cones so good to eat.
The first one said, "I'm a summertime treat."
The second one said, "It's such a hot day."
The third one said, "I'm melting away."
The fourth one said, "Don't lose your top."
The fifth one said, "Oh dear, ker-plop!"
(Place the last cone upside down.)



Ice Cream Art Activities

Shaving Cream Ice Cream Art

Mix equal parts of shaving cream and glue (you can also add a few drops of tempera paint: brown for chocolate ice cream; pink for strawberry ice cream). Give the children a piece of construction paper and let them 'scoop' some paint onto their paper. Using a brush, spoon, or their fingers, have the children spread the paint around. When they are done, add a brown triangle construction paper 'cone.' It will resemble a dropped ice cream cone. Kids can have a lot of fun adding sprinkles or being creative with the project.

Make Pretend Ice Cream Sundaes

Buy disposable plastic bowls and glue cotton or fiber fill in the bowl to look like ice cream. Put brown and red paints in squeeze bottles. Let children drizzle paint over the cotton to look like chocolate or strawberry sauce. Kids can also add sprinkles and glue a red pom pom ball on top for a cherry. Add a plastic spoon on the side.

Ice Cream Motor Skills and Movement

Ice Cream Relay

Give each child an ice cream cone and have them run to the opposite side of room or playground, where you will have a container of balls (the size of ball pit balls). Have the child balance the ball on the ice cream cone and go back to their starting place. Play continues until each child has a turn.

Ice Cream Snacks

Ice Cream Sundae Bar-Give each child a scoop of ice cream in a small bowl. Invite them to make sundaes by adding such toppings as chocolate sauce, nuts, whipped cream, sprinkles, chocolate chips, etc.

Ice Cream Sandwiches-In a large bowl, mix a container of whipped topping and half of a package of any flavor pudding. Freeze this mixture for a half hour. After the "ice cream" has chilled, let children spread it between two graham crackers.

Make a family emergency plan.

The infographic is set against a background of a green and grey map. It features a central orange path with arrows connecting six steps. Each step includes an icon and a text box. The steps are: 1. Flood (blue house with waves), 2. Tornado (blue house with a funnel), 3. Earthquake (blue house with a crack), 4. Pack an emergency supply kit (red first aid kit), 5. Keep a list of important addresses (blue notepad), 6. Identify safe places (green map with pins), 7. Agree on one friend or relative (purple group of people with a phone), 8. Know the evacuation location (orange group of people with arrows), and 9. A final summary box: 'Being prepared can help you and your family stay connected in an emergency.' (orange box with blue text).

Flood

Tornado

Earthquake

Pack an emergency supply kit.


Keep a list of important addresses—like work and school.

Identify safe places around your neighborhood and further from home to meet.


Agree on one friend or relative for everyone to call.

Know the evacuation location for your area.

Being prepared can help you and your family stay connected in an emergency.



Build an emergency preparedness kit



- ☐ Water
- ☐ Food
- ☐ Battery-powered radio
- ☐ Flashlight
- ☐ Extra batteries
- ☐ First aid kit
- ☐ Whistle
- ☐ Dust mask
- ☐ Duct tape
- ☐ Personal hygiene items
- ☐ Wrench or pliers
- ☐ Can opener
- ☐ Local maps

ARE YOU READY?

NATIONAL PREPAREDNESS MONTH

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Intro to Safe BABYSITTING by SAFESITTER

The Child Care Resource and Referral Department at SCCAP

will be offering SafeSitter Trainings this
Summer!

Children from ages **12 to 16 years** are welcome. The training will include basic CPR/First Aid, as well as numerous topics that encompass the responsibility of caring for young children. The name and age of the child, parents' name, and a contact number will be needed when registering.

Please call Melissa for more details.

How Can We Better Serve You?

Do you have suggestions on what you would like to see in our newsletters, or how Child Care Resource and Referral can better assist you and your needs?

Please email:
childcare@sccapinc.org

Or call
Dawn Garvey
(518) 234-2568 x3123
Melissa Bevins
(518) 234-2568 x3016

This summer, CCR&R is planning to have a
**101-Level of the Adverse Childhood Experiences
Institute training**

Please contact Dawn Garvey at dgarvey@sccapinc.org
or Melissa Bevins at mbevins@sccapinc.org for more
information.

