

DCC Extra

Bit of This & That

Day Care Connection CACFP Check Insert

10/16



DCC staff reminds you of our continuing efforts to enhance our services for all our hardworking family day care providers! Part of that process is to offer trainings which are most convenient (AND interesting) for you in maintaining your license... amidst life's obligations. To that end, we're presenting a 5-hour training day this autumn.

Be sure to read all about this fun & helpful event in your invitation... coming to you next week!!

DCC does this because we sincerely believe what you do is so very important in the lives of today's children.



DCC office hrs
Office Hrs: M-F, 8:30 - 4:30
Office Open/Video Trngs: 1st Tues, monthly till 8PM

DCC  **video trngs**

OCT 4 office closed in evening/
NO Video trng

NOV 1 "Tips From Tina"

(All begin@6:30PM. These group video trainings **DO** count as health dept credits.)

*** A "CUT" ABOVE: SUPERIOR SELECTIONS FOR YOUR CHILD CARE**



SAT, OCT 29th, 9AM - 2:30PM @ LENEXA UNITED METHODIST CHURCH

9138 Caenen Lake Rd, 66215 (Old Town Lenexa)

Your personal invitation will be arriving in a few wks for DCC's NEW fall, 5 hr trng! Folks, this fun learning event is full of what you need... useful & interesting info just right for family day care home businesses. Important topics include:

"Human Attachment: a Practical Approach"

Kimberly Levitan, Playful Solutions

"Move to the Beat of Your Own Drum"&"Vital Vitamins"

Rebecca DeYoung-Daniels, KSU Dietetics Professor

"De-Stressing the Child Care Setting with Yoga"

Cynthia Herdt, JCCC seminar instructor

All this, plus, sharing & support from your fellow providers! Speakers bring warmth, understanding of your profession, as well as extensive education & experience. Enjoy fun & different boxed lunches. Come & catch the spirit! Space IS limited. Watch for your special invite & return RSVP form/\$ quickly.

(5 hrs licensing/2 hrs required-CACFP credits)

• Fire Extinguisher Cks- (8:15-9:30AM) -same day, same place



CPR/1ST AID

- **SAT, OCT 22nd, 8:30AM, @DCC** RSVP by 10/12.
- **SAT, DEC 3rd, 8:30AM, @DCC** RSVP by 11/23

Tiffany Saturday, EMT, is excellent in understanding just what providers have to be responsible for these days! CPR/ Pediatric 1st Aid



(6 hr) combined class is \$70. (Fee is non-refundable as materials/teacher must be planned.) Please bring lunch. Send ck to: "DCC", 8855 Long, Lenexa, 66215. Write preferred date on "memo" line.

SAME assigned letters for each child listed on menus



Please keep us from being confused! Use the SAME letter for the SAME child all month long. (Don't switch letters for different kiddos every week!) THANKS.

calendar reminders



We don't "babysit"!

- 10/5 **MENUS DUE!**
- 10/10 Columbus Day -DCC closed-
- 10/22 CPR/1st Aid
- 10/29 **A "CUT" ABOVE: SUPERIOR SELECTIONS FOR YOUR CHILD CARE**

SUPERIOR SELECTIONS FOR YOUR CHILD CARE

- **Fire Ext Cks- (8:15-9:30AM)**
- 11/1 Office Open/Video Trng (Call DCC @529-1200, for info or to RSVP.)



visitors'
views

Kelly, Nancy & Kathy couldn't resist sharing this super recipe full of Vitamins A, C & Iron! Sweet Potato Soup

(makes 6 C)

-from dear provider: Dianne Echohawk- many years ago-

- 4 med sweet potatoes, peeled/diced
- 1 T sweet onion, finely chopped
- 1 can beef broth
- 1/8 t garlic salt
- 1/8 t black pepper
- 1 C milk
- 3 T margarine
- 3-4 T flour

Cook potatoes in broth along with seasonings, until mush consistency. (Best not to rush.) Use mixer to ensure broth is well mixed. (A few lumps may remain.) Heat margarine in milk until melted & whisk in flour until smooth. Bring potato mixture to boil & whisk in milk mixture. Cook until thick. YUM!

Hmmm...
something to think about

Why is being a part of **Child & Adult Care Food Program** so very important?



- **CACFP** plays an essential role in childhood obesity prevention, in development of healthy family habits & with children later in life.
- **CACFP** shows that children & their futures matter.
- CACFP helps agencies like **Day Care Connection** exist to offer provider support services for each of you.
- **CACFP** shows parents & the community you strive to be a high quality caregiver & to be successful in your profession!

Hmmm...
something to think about

A challenging time to get good nutrition into sm bodies is Halloween. Read some of "tricks" which have been used to encourage healthy habits & cut down on candy "goblin".

- Regular meals should be encouraged, including supper before trick-or-treating. Maybe a hearty soup or stew might interest them, especially if you call it "Witches Brew". Upset tummies & grouchy dispositions come from eating candy instead of meals.

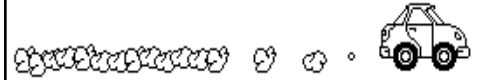
- Include healthy snack choices: pumpkin cookies, whole grain crackers & humus, fruit juices, fruit & veggie chunks, pretzel sticks & hot chocolate at Halloween parties. Healthy choices will balance out all candy.

- It's OK to give non-candy treats. Pencils, stickers, sm toys or noisemakers are thing kids also enjoy. Indiv bags of pretzels, sugarless gum, & prepackaged fruit make for a better balanced treat bag. Of course, they'll still get plenty of sweet treats!

- It's better to eat trick-or-treat candy moderately over several days as substitute for dessert or a few pieces along with a healthy snack. Eating candy nonstop throughout the day will only dull appetites for more healthful food choices. So, do set a household policy for eating their haul!



helps a coming



PROVIDER SHARING CORNER



important to get
w others in
mutual support.

• **WELCOME!**

The following providers recently joined our DCC family from these schools.

- | | |
|------------------|----------------|
| Lori Gemmill- | E Antioch |
| Brooke Ross- | Brookridge |
| Megan Schoen- | Sunflower (SM) |
| Stacie Williams- | Douglass |

• **DID YOU KNOW?**

You can request your own school's provider list. Call DCC @529-1200, & we'll gladly mail. Just remember; it's supplied for your personal networking use ONLY & shouldn't be used for referrals.

referrals
& you

Thanks to all of our dear Day Care Connection caregivers who up on their openings. This helps our agency give the best possible info to parents we serve. It also helps DCC to continue to be regarded as the best referral service in town. Thanks again!



an up side to moving

As you know, DCC just moved. While it's true that it's a very weary process; it has also freshened our perspective on what lies ahead. We have a bright clean office to begin the new program year. AND, we're excited about the opportunities to provide you with even more fresh direction for your business in the months ahead. Feel free to drop by & see your new "home"!

~ DCC is an equal opportunity provider & employer.
~ DCC is committed to making workshop activities accessible to all participants. Please contact us: 8853 Long, Lenexa, KS, 66215, 913-529-1200, for special requirements or assistance needed. In order to accommodate you, we must receive request 1 week before event. After this date, we'll make every effort to provide assistance, but can't guarantee requested equipment or services will be available.

