



DCC Extra



Summer is upon us. Everyone wants some time off. But, DCC staff encourages you NOT to let your food program participation slide by NOT turning in menus.

- ~ If you only serve 1 meal...
- ~ If you only have 1 child in care...
- ~ If you're not sure you want to take time to fill out a menu... **DO!**

Not only does turning in a menu ensure you extra household \$, but it helps our agency stay afloat as we get reimbursed, too. DCC gets a set amt of administrative dollars (based on number of menus recv'd) to oversee CACFP & ensure participating children are being given nutritious meals. So, over summer, please continue to turn in your menus.



You'll be supporting DCC, your lifeline to all the support services you'll ever need for a successful family day care, stay-at-home business!

DCC office hrs

Office Hrs: M-F, 8:30-4:30
Make/Take Supplies, Resource Cntr: 1st Tues, monthly- 8PM,
Video Trngs: 1st Tues, monthly

DCC



video trngs

- JLY 5 "The Think Space"
- AUG 2 "A Positive Approach to Discipline"

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

CHAT & CHEW WITH YOUR CHUMS-

"COLOR THE DAY WITH FRUITS & VEGGIES"

THUR, JLY 28th, 7PM



@ OP CHURCH OF CHRIST
(119/Pflumm, 13400 W 119th, 66213)

Tons of you always enjoy our Home Visitors' fun annual nutrition trng. This 1 on fruits & veggies is no exception! Learn: new ways to serve old standbys, how 1 of your own uses creativity to make these more fun to eat & why portion control is truly important.

We guarantee you'll gain strategies not heard before-- & all with an extra dose of humor! What a super learning event, complete with samples to nibble, door prizes & giggles galore!

RSVP now: @529-1200 or marcie@daycareconnection.org

Remember, 2 hrs nutrition trng is required to continue CACFP \$\$.

"CPR/1ST AID"

• SAT, JLY 16th, 8:30AM, @DCC



(RSVP by 7/6.) OR
• SAT, AUG 20th, 8:30AM, @DCC

(RSVP by 7/6.) 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.

crave your colors

Eat a variety of colors of fruits & veggies daily. They not only add a variety of flavor, color & texture to the diet, they keep the body healthy! Each color offers specific benefits to our health.

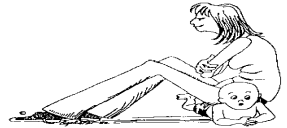
- RED fruits & veggies help maintain a healthy heart, memory function & urinary tract health, & lowers risk of some cancers.
- ORANGE & YELLOW fruits & veggies help maintain heart, vision & immune system health, & lowers risk of some cancers.
- BLUE, PURPLE & BLACK fruits & veggies provide antioxidants to help lower risk of some cancers, promote healthy aging, & improve urinary tract health, memory function & heart health.



- GREEN fruits & veggies help lower risk of some cancers, reduce risk of heart disease, maintain vision health, protect against birth defects & keep red blood cells, bones & teeth strong.
- WHITE, BROWN & TAN fruits & veggies can help maintain heart health & lower cancer risk.

- K-State Research & Extension

calendar reminders



We don't "babysit"!

- 7/4 DCC closed- 4th of July holiday
- 7/5 Resource Cntr/Video Trng
- 7/6 MENUS DUE!
- 7/16 CPR/1st Aid
- 7/28 "**CHAT & CHEW!!**"
- 8/2 Resource Cntr/Video Trng (Call DCC @529-1200, for info or to RSVP.)

visitors' views

Kelly, Nancy & Kathy remind all our provider family of an often-forgotten CACFP rule. Every day care home should keep copies (either paper or electronically) of:



- Enrollment Forms • Menu Sheets
- Attendance Forms
- Home Visits • Trng Certificates.

These documents must be kept for 4 yrs + current yr. Current yr + last yr must be in your home. The rest may be stored off-site.

Hmmm... something to think about

Keeping older kids engaged with open-ended activities which stretch imaginations during summer help develop independence, creativity & thinking.

Beat Boredom Jar: Sit down with kids & brainstorm list of activities to enjoy together. Have them come up with their own ideas, too. They'll feel more involved. Next time anyone gets bored, they simply pull idea out of jar.

Stories Alive: Make reading even more fun by finding ways to bring them life. Follow book & have kids create town, scenes & props.

Art Treasure Chest: Put art supplies in special box along with empty oatmeal boxes & paper towel rolls, magazines & bits of aluminum foil. Occasionally, add special surprise like chalk, stickers or stamp pads so there's always something new to find & create crafts.

Performances: Break out old clothes or costumes & encourage kids to create characters & a play to act out. Let them decide story line & be directors, actors, producers & musicians. Record performances & share with parents.

Fort Building: Kids love to build all kinds of things— from towns to towers. Constructing forts or tents is an activity keeping them focused & problem-solving for hrs. Items can easily be found around the house— chairs, cushions, blankets... & of course, adult supervision.

Cookbook Fun: Have you ever shared your favorite cookbook? Take it out & ask them to choose a recipe. Measuring can be a fun & easy way to keep math skills fresh.

Listening Game: Lie down in backyard, den or at park & listen. What do you hear? Do you hear what I hear? Can you imitate the sound? This encourages everyone to slow down & focus on listening.

Camping Out: Pretend to camp in backyard. Plan a meal, pack a back pack & set up campsite. You might even decide to pitch a tent!



water

We're in what looks ot be a long, hot summer. Kids spend more time outside & keeping them well-hydrated is important. It's a great time to teach them about water!

- When kids say they feel thirsty, their bodies are actually saying, "I need water."
- People need water, just like plants & animals. The human body is made of 60% water.
- Water keeps the body cool.
- Water helps the stomach digest food.
- Foods with lots of water include: fruits, juices, milk & veggies.
- Talk about different forms of water. Ice is frozen water. Water we drink is liquid. Steam is also water form. Ask where they've seen different forms.



Above all, offer water! A child-sized water fountain or water bottle filled with water & small paper cups on a counter at child's level are 2 methods to have it available. At 1st, kids may drink a lot through the day. Once they become familiar having water around, they'll only drink when thirsty.

please



Here are 2 assumptions providers innocently make which DCC wants to correct.

• On Friday afternoons, we ARE open & Visitors DO make visits. In order to catch up on all our required paperwork; our a nswering service is simply in use.

• Do NOT try to project when Visitors may come as they can see you within 60 days to 6 months of last visit. It's simply a matter of what neighborhood they happen to be working.

helps a coming



PROVIDER SHARING CORNER



portant to get w others in mutual support.

• WELCOME!

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

Victoria Frazier-	Midland Trail
Christina Gross-	Mahaffie
Callie Lewis-	Nike

• DID YOU KNOW?

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

referrals & you



Data entry is under way for our 2016 SURVEY OF FAMILY DAY CARE RATES. But, we have a problem & need your help! The following have had NO responses:

Blue Valley- Harmony, Heartland, Mission Trail, Morse, Oak Hill, Prairie Star, Valley Pk

Bonner/Edwardsville- Edwardsville

Eudora- Eudora

Gardner/Edgerton- Grand Star, Sunflower

KCK- Bethel, Caruthers, Frances Willard, Hazel Grove, JFK, Stoney Pt N, Stoney Pt S, Welborn

Olathe- Cedar Creek, Havencroft, Madison Pl, Pleasant Ridge, Rolling Ridge, Westview

Osawatomie- Osawatomie

Piper- Piper

Shawnee Msn- Brookwood, Corinth, Rosehill, Shawanoe

Turner- Midland Trail, Oak Grove, Turner

This tool helps caregivers remain competitive with others in the same geographical area. It also has proven to be a valuable resource for parents looking for care.

Please return your survey today! If you can't find it, call 529-1200, & we'll quickly send you another. Results will be published 8/1.

- DCC is an equal opportunity provider.-