



DCC Newsletter

May: the bridge between spring & oh, so much fun!

~Updated-

DEALING ASSERTIVELY WITH PARENTS



WED, MAY 4th, 7PM @OP Lutheran Church

- 2 hrs licensing
- FREE
- 79th/Lowell, 7810 W 79th, 66204

Ever wonder how some parents can drive you up a wall at times? After all, this is YOUR business under YOUR roof but why, oh why, can't you get all of them to abide by YOUR rules?! Why do you get the feeling sometimes that (because they hold an outside job) they're better than you? Do you just feel like you want to stomp & scream OR like you just got run over by a steamroller? Often spend the evening going over in your mind how you could have handled a situation better or how you might handle it best tomorrow?

Join DCC Director, Valerie Cable, as she maneuvers through the quagmire of revamping your environment to a fair family day care setting where all are satisfied. Gain some insight into the minds of parents, see how you truly can come across & learn proven techniques to make your days truly more joyful!

You'll gain strategies to have positive communication habits, which will give you a better, more peaceful stance with others. And, as always, all with an extra dose of humor! What a super learning event, complete with role plays & interesting discussion.

-RSVP pronto: kay@daycareconnection.org or 529-1200.



•Fire Extinguisher Checks-bring them to this workshop, 6-7PM only.

1

GREAT REFERENCE

- Be sure to keep handy & use your white DCC CACFP Orientation notebook...especially good to refer to when checking out Ounce Equivalents, Whole Grains (WG) or Labels.



2

FRESH AIR & BODY MOVEMENT

- Little's love it! Nothing fancy needs to be planned. Just run 'em sound the yard or take a walk around the block. Soak up the outdoors. Everyone grows by inhaling that oxygen!

3

THAT TIME OF YEAR- DCC'S ANNUAL AUDIT

- All parents have received it so **DO encourage them to return...** the more quality responses, the better CACFP looks to funders... these dollars are very important to day care homes across the USA.

CPR/1st AID @DCC

SAT, JULY 30, 8:30AM

(RSVP by 7/20)

SAT, AUG 20, 8:30AM

(RSVP by 8/10)

Course is excellently given by Tiffany Saturday, EMT.



- Send \$70 check to DCC, 8853 Long, Lenexa, KS 66215, with preferred date on memo line OR call & use credit card, 529-1200.
- 6 hrs licensing credit
- non-refundable fee
- wear masks

Calendar Reminders

- 5/3 open-8PM, video 6PM "Janey's Junk Foods Adventures"
- 5/4 MENUS DUE 4:30PM, OP Lutheran: extinguishers 6-7PM **"DEALING ASSERTIVELY WITH PARENTS"**, 7PM
- 5/30 DCC closed
- 6/2 DCC's 40th B'day- opened our doors in 1982!
- 6/3 MENUS DUE 4:30PM
- 6/7 open-8PM, video 6PM "Let's Go Outside"/"Large Motor Games"



We don't "babysit"!

-USDA/DCC is an equal opportunity provider-

NOT EVERYTHING IS EQUAL!

Zoom digital-recorded link for viewing/2 training hours



“OUNCE EQUIVALENTS”-It's a current CACFP phrase you'll be hearing more about, designed to make nutritious meals for children more practical & healthy.

DCC e-mailed out info on our staff Zoom recording April 26th.

Plan TODAY to watch & get the basics from our very own Home Visitor Educators. They help to break this topic down for better understanding.

This doesn't effect how you follow CACFP or how you do menus. **DON'T THINK YOU HAVE TO FULLY "GET" IT.** These pointers ensure you're serving enough grains, which you probably already are! **We simply want you to be familiar with the phrase “Ounce Equivalents” & its basic meaning.**

Keep doing the GREAT job you're already doing in serving those little ones in your loving care!

-2 hours licensing/food program.

VISITORS' VIEWS



DCC Home Visitors extend yet, another wonderful reason to be thankful for all of you. We exist because of each & every one of you. The majority of our funding comes from sponsoring CACFP. Every menu we process monthly brings us the support to provide all our caregiver services.

Needless to say, your entire DCC staff is very grateful for all the potential providers you steer our way. Whether it's a neighbor, a church friend, a relative or a complete stranger; the overwhelming calls we get from someone interested in starting family day care comes to us because of YOU!

REFERRALS & YOU

DCC desperately needs those willing to care for babies, our most innocent little ones EVERYWHERE. We have a very small amount of those openings. So, we beg you to consider taking a baby, even if it's for fall. Just remember to keep us updated by marking your Cover sheet monthly, calling 913-529-1200 or emailing kay@daycareconnection.org . Please don't state you have openings if indeed you don't. Thanks much for caring enough to help.



- Gifts don't have to cost money to BE from the heart...
especially for Mother's Day.

With your little ones gathered, try talking about ideas they could give as Mother's Day gifts which don't come from a store. Suggest giving simple things; a big hug & kiss, making an original card or doing a special chore. Teach them gifts don't have to cost to be from the heart. Tell them Momma truly likes these things the very best.

Salt Dough Handprints

These can be colorful reminders of little sweet hands in years to come!

Mix well: 4 C regular flour, 1 C salt, 1 & 1/2 C warm water until dough Forms.



Knead & rollout to 1/4" - 1/2" thick. Press child's hand down firmly. Use circle-shaped bowl to go around handprint. Once removed, circle can easily be trimmed to heart outline. Use straw to make top hole. Let air dry for 24 hours. Bake @250° 1-2 hours. Flip over & repeat. Once fully dry, paint entire heart white. Then, decorate handprint with glitter. After paint is dry, seal with Hodge Podge or clear glaze spray. Tie ribbon or twine through the hole for a gift BOTH child & mom will hold dear!

Cereal Rainbow Craft with Color Matching



Rainbows are a fun way for kids to practice their colors. Use whatever colored cereal you have to make this colorful rainbow!

Draw a rainbow with markers, matching colors of your cereal. You can use a plate to start it, then space other lines to fit approximate size of a cereal piece. Have kids match up colors of the Cheerios to rainbow outline. They can put glue on rainbow little by little.

Try not to let them eat any of their artwork. You'd be surprised how this spring activity can keep toddlers/preschoolers engrossed for quite some time!

CHANGES AHEAD FOR YOUR BUDGET

We have some advice for those of you who've grown used to the nice Tier 1 higher CACFP reimbursement meal rates. USDA made these available to all caregivers, beginning with your 7/21 claim, paid 8/21.



Unfortunately, all meal rate determinations revert back to old Tier 1 AND Tier 2 rates, beginning with your 7/22 claim, paid 8/22.

If you have parents you suspect are low-income do have us mail them a form to fill out before the end of June. Additionally, if your own household has gone through some tough times but you never alerted us, the time to call is now.

PLEASE adjust your budget accordingly in regards to food program reimbursements.

10 Tips to Teach Your Baby to

Drink from a Cup

1 You can start as early as 6 months.



2 Baby is ready when he* can:

Sit up on his own, hold his head steady, put his lips around the rim of the cup.

3 To start, put baby in a **high chair** or on your knee.

4 Try a little bit of **breastmilk or formula**, at one meal a day.



5 Hold the cup for your baby.

6 Tilt the cup and let baby drink a few sips at a time. **Go slowly** to allow baby time to swallow.

7 Be patient and continue practicing. Slowly give baby more control over the cup.

8 Until 12 months, only put **breastmilk or formula** in baby's cup.



9 You can try some of the small cups shown here.



10 At about 12 months, baby should be **only drinking from a cup and/or breastfeeding**.



* All tips apply to both boys and girls



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NOODLE SOUP

Excerpt from *Introducing your baby to the cup* (#1294).
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