

Child Care Resource and Referral  
is a project of the Indiana  
Association for Child Care  
Resource and Referral and the  
Indiana Family and Social Services  
Administration



February 2011

Issue # 2

Printed monthly at:  
1101 S. 13th St.  
Terre Haute, IN 47802

## Clean Ideas: Simple Steps to a Clean & Healthy New Year

### Resolutions to Help Keep Everyone Healthy

Here are half a dozen ways to make 2011 a cleaner and healthier year for you and everyone around you.

1. **Get a Flu Shot.** While flu season starts to peak in November, the heaviest months for flu are December through March. It takes about two weeks after vaccination for the antibodies that provide protection against influenza infection to develop in the body. The Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov)) recommends that all Americans 6 months of age and older should get a flu shot each year.
2. **Wash Your Hands.** According to the CDC, the single most important thing we can do to keep from getting sick and spreading illness to others is to clean our hands. Critical handwashing times include:
  - Before and after preparing or eating food
  - Before and after tending to someone who is sick
  - After using the toilet
  - After changing diapers or cleaning up a child who has used the toilet
  - After blowing your nose, coughing or sneezing
  - After handling an animal or animal waste
  - After handling garbage
3. **Spread the Word, Not the Germs.** Help others learn the importance of handwashing for good health. The American Cleaning Institute's Hooray for Handwashing materials can be used in nursery schools, day care centers and at home to teach pre-schoolers the importance of washing their hands. Posters, bookmarks and fact sheets are also available for use in work or school settings. Visit [http://www.cleaninginstitute.org/clean\\_living/hands\\_publications.aspx](http://www.cleaninginstitute.org/clean_living/hands_publications.aspx) for an overview of materials that can be downloaded or ordered online.
4. **Cover Your Coughs and Sneezes.** "Droplet spread" is a major culprit in spreading cold and flu germs. Cough or sneeze into a tissue, then throw it away. If there's no tissue in reach, bend your arm and cough or sneeze into your elbow. The idea is that people are less likely to touch each other's arms than each other's hands. But no matter what cover-up you use, promptly wash your hands.
5. **Keep Food Preparation Surfaces Clean.** This includes countertops, cutting boards and utensils. Use the appropriate cleaning product for each surface to help remove bacteria that can cause foodborne illnesses. Use a disinfectant cleaning product to kill those bacteria. Clean these surfaces thoroughly and often.
6. **Donate Handwashing Supplies.** Get involved in community service projects which can help solve social problems and meet tangible needs. Homeless shelters and food banks are always in need of handwashing and cleaning supplies. Conduct a drive at your daycare or school.

This article is by the American Cleaning Institute.

Cover your mouth • Use a tissue • Wash your hands



# Congratulations!

Providers newly Enrolled in Paths to QUALITY  
In January



It's All About Us Childcare (Vigo)

## What is Paths to QUALITY?

Paths to QUALITY is a free and voluntary program created to recognize child care providers on a four-level rating system. It also gives parents a tool to find the best quality program for their family's needs and most importantly it is designed to improve the quality of child care and early education for children.

## What are the four levels of Paths to QUALITY?

Level 1:

- ☆ Health and safety needs of children are met

If you are a *licensed* home or licensed center you already qualify to be a level one provider

Level 2:

- ☆ Environment supports children's learning

Level 3:

- ☆ Planned curriculum guides child development and school readiness

Level 4:

- ☆ National Accreditation (the highest indicator of quality) is achieved

## What are the rewards for enrolling in Paths to QUALITY?

Just for enrolling in the Paths to QUALITY program the provider will receive:

- An incentive package of materials valued at \$50
- FREE mentoring assistance to help achieve each level
- Training, technical assistance, and support from the CASY staff
- A provider tool kit to help market your business as a Paths to QUALITY provider
- A workbook that is yours to keep that will help guide you through each level
- A certificate and window decal signifying your current level status to parents

All of that is just for signing on to the program;  
there are more incentives with each level that is obtained!

## What do I need to do to enroll in the program?

1. Call the **CASY office at 812-232-3952 or 800-886-3952** and speak with Ashley at **ext 36**
2. Sign up and attend a **FREE Paths to QUALITY Introduction session**

# Helping Children Become Thinkers

Here is a list of opportunities to help children develop thinking skills:

1. *Present open-ended activities.* Instead of having the child do a self-portrait by giving them a page with the outline of a body, give them several colors of construction paper, scissors and glue to create a picture of their self. The possibilities are endless.

2. *Ask the child for his opinion.* When issues occur in the classroom, instead of issuing commands, turn the discussion to the children. "Friends, we are having trouble remembering to clean the art center when we are finished. Do you have any suggestions for what we can do about this problem."

3. *Conduct a daily share time activity.* When I was teaching, I gave the children an opportunity to verbally share any information item they would like to that day (no show and tell items, just verbal sharing). I did insist that the children listen to the speaker (listening skills practice) and encouraged anyone to share. It was not a requirement, but an opportunity. It only took 3-4 minutes and was a great beginning to the school day.

4. *Let the children be the teacher.* Children learn many more things from their peers than they do from adults. I found the value of using other children as teachers early on in my teaching career. I routinely partnered my students so that they could share with each other during an activity. The thinking and discussion were so valuable that I looked for other opportunities to allow children to 'teach' each other.

5. *Help children understand the 'why.'* Discuss with children why they are learning what you are teaching in the classroom. "Girls and boys, why do you think it is important for us to learn the letters of the alphabet?" A routine why discussion will help children develop the thinking skills of reasoning and understanding the foundation of learning.

Helping a child develop thinking skills will open up the world to him, much like opening the shell of a clam.

Modified from: *Early Childhood News*



## Community Helpers



### Community Helper Collage

#### What You Need:

- Paper
- Magazines
- Glue
- Scissors

#### What You Do:

Let the children cut pictures from the magazines of community helpers. Then they can glue the pictures on the paper.

### Construction Site

Place cardboard boxes, blocks, plastic pipes, wheelbarrows, hard hats, paper, and pencils in the block area to represent a construction site.



### Weighing Mail

#### What You Need:

- Scales
- Mail
- Boxes

#### What You Do:

Bring in scales and let your children weigh mail (and boxes you provide) just like they do in the post office. They can then add correct postage (how much they feel it should have). For added fun have them deliver the packages to different areas of the classroom.

### Books

- Career Day by Anne Rockwell
- A Day with Firefighters by Jan Kotke
- We Need Plumbers by Helen Frost
- Jobs People Do by Christopher Maynard

### Matching Game

#### What You Need:

Objects or pictures that correspond with different community helpers (mailbox, dentist chair, firetruck, etc.).  
Pictures of community helpers in uniform.

#### What You Do:

Let your children match which object goes with what helper.

### Mailman

#### What You Need:

- Several shapes (triangles, squares, circles, diamonds etc).
- Shoeboxes

#### What You Do:

Make mailboxes out of the shoeboxes. Draw a shape on the outside of each box. Let the children deliver the mail to the correct boxes.



# Winter Sports Safety

The cold weather during the holidays does little to keep winter sports enthusiasts inside – especially children. In fact, children ages 14 and under are at a high risk for winter sports injuries; each year, approximately 49,000 injuries are sustained among this age group involving skiing, snowboarding or sledding.

According to the U.S. Consumer Product Safety Commission, ski helmets could prevent or reduce the effects of 50 percent of head injuries suffered by children under 15 while skiing or snowboarding. Along with wearing a helmet while skiing or snowboarding, parents should know these useful tips to keep their children safe when doing outdoor activities this winter:

### Sledding

- Kids can suffer serious head injuries from sledding, and should always wear a helmet. When sledding, do not go down a hill head-first. Sit up, face forward, use a clear, safe path and make sure an adult is supervising.

A good sledding hill does not lead to a street, a body of water or a crowded gathering place. In addition, remember to inspect sleds regularly for worn, damaged or loose parts that could break or snag at high speed.

### Snowmobiles

Children under 6 should not be riding a snowmobile and no one under 16 should drive one. All snowmobile drivers and passengers should be wearing helmets designed for high-speed motor sports - a bike helmet isn't sufficient for a four-wheeled motorcycle that can go up to 90 miles per hour.

### Ice Skating and Hockey

- There is no consensus among experts about the need for helmets while ice skating, but parents should consider them for kids who are just beginning to learn to skate.
- Helmets are a must for ice hockey, along with mouth guards, knee pads and elbow, shoulder and shin protection.

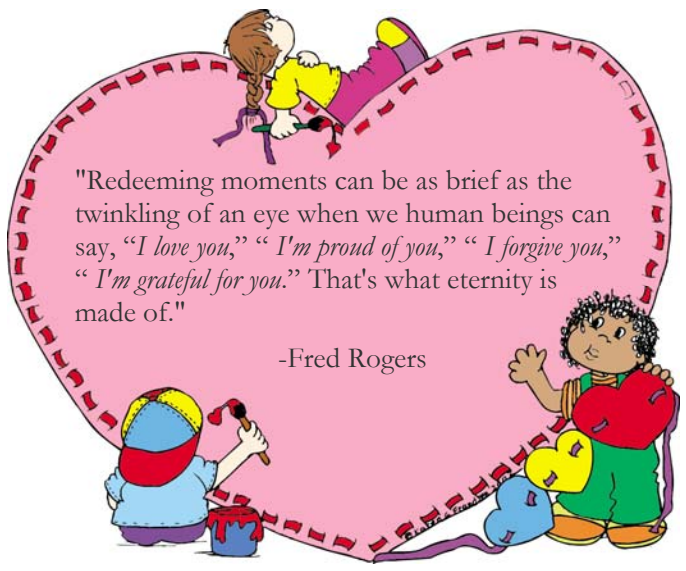
Teach kids how to protect themselves if they do fall through ice. Remind them to stretch their arms out wide and kick as if swimming, shout for help, and try to crawl backward onto solid ice.

### General

- Always wear sport-specific, properly fitting safety gear when participating in winter sports activities. Since proper equipment fit and maintenance are important for safety, bring your child along when shopping for skates, helmets, boots, etc.
- Dress in layers and wear warm, close-fitting clothes. Make sure that long scarves are tucked in so they don't get entangled in lifts, ski poles or other equipment.
- Stay hydrated and wear sunscreen with a rating of SPF 15 or higher.

If children become distracted, irritable, or begins to hyperventilate, they may be suffering from hypothermia or altitude sickness, or are too tired to participate safely in winter sports. They should go indoors, rest and warm up.

Safe Kids is led by CHANCES for Indiana Youth



**February Membership Gift Bags**

CASY members can stop by our office February 1-28 to pick up your membership gift bag that is stuffed full of fun items! If you are out of county and have a difficult time getting to our office you can call Jacquie at ext. 25 to make arrangements to have the bag delivered to your county. If you are not a paid CASY member & would like to join in February, you will receive your gift bag!



## Cooking Valentine's Day Sweets With the Kids



Valentine's Day is full of surprises, from unexpected boxes of chocolate to handmade valentines sent by secret admirers. Have your children create these recipes for some Valentine's Day sweet surprises.

### Sweet Surprise Muffin

#### Ingredients:

- ♥ 6 tbsp. butter
- ♥ 3/4 cup sugar
- ♥ 2 eggs
- ♥ 1/2 cup milk
- ♥ 14 strawberries, fresh or defrosted frozen
- ♥ Food coloring, optional
- ♥ 2 cups all-purpose flour
- ♥ 1/4 tsp. salt
- ♥ 1 tbsp. baking powder
- ♥ Hershey's Kisses, Hugs or strawberry jam

#### Instructions:

1. Preheat the oven to 350 degrees. In a large bowl, cream the butter and sugar. The chef can do this with a wooden spoon, a potato masher or a handheld electric mixer. Mix in the eggs, one at a time, and add the milk. Tip: Instead of cracking the eggs into the batter, have the chef crack them into a small bowl first. Remind him to whack them hard and pick out any shells.
2. Rinse the strawberries and cut off the greens with a plastic knife (a fun job for 3- to 5-year-olds who are accustomed to cutting play dough). Mash the berries with a potato masher or puree in a blender. Then stir the berries into the butter and milk mixture. Tip: For muffins with a more pronounced pink color, add a few drops of red liquid food coloring or dabs of paste coloring.

3. In a separate bowl, ask the chef to sift the flour, salt and baking powder. Stir well. Tip: If you are cooking with more than one child, let the kids take turns cranking the sifter. Also, be sure your baking powder is fresh and that all of it makes it into the bowl. Explain that this key ingredient makes the muffins rise.
4. Add the flour mixture to the berry mixture. Use a wooden spoon to stir until all the white disappears. Tip: For an excellent crumbly consistency, mix the batter just until everything is moist.
5. Line the muffin tin with paper liners. Drop the batter from a tablespoon to fill the cups halfway. Add a surprise: an unwrapped Kiss, Hug or 1/2 teaspoon of jam. Then spoon more batter to fill almost to the top. Bake until the muffins begin to brown and a toothpick inserted near the center (but not in the Kiss) comes out clean, about 20 to 25 minutes. Tip: While the muffins bake, consider making Valentine cards to go with them.
6. Remove the muffins from the tin and cool. Serve them warm in a basket lined with a red napkin or on plates with doilies. If making as gift, wrap in pink or red cellophane wrap and tie with coordinating ribbon. Makes 12 muffins.  
Happy Valentine's Day!



### Sweetheart Rice Krispie Treats

#### Ingredients:

- ♥ Cooking spray
- ♥ 3 tablespoons margarine
- ♥ 6 cups mini (or 60 regular-size) marshmallows
- ♥ Red food coloring
- ♥ 9 cups Rice Krispies cereal
- ♥ Heart-shaped cookie cutter
- ♥ Plastic bags, yarn



#### Instructions:

1. To begin, lightly coat a 10- by 15-inch baking sheet with cooking spray and set it aside.
2. Melt the margarine in a large pot over low heat. Add the marshmallows, stirring them continuously until they melt. Remove the pan from the heat. Stir in drops of red food coloring until the color receives a thumbs-up from the chef.
3. Add the Rice Krispies, stirring until they are evenly coated with marshmallow. Spoon the mixture onto the baking sheet.
4. With waxed paper (or lightly buttered hands), smooth out the mixture, spreading it to an even thickness.
5. Cut out hearts with the cookie cutter. Place each heart in a clear plastic bag, tie on a yarn bow, and they're ready for giving. Makes seven 5-inch hearts.

Tip: As always when cooking with children practice safe food handling and supervise closely especially around hot ovens and stoves.

### Fruit Hearts

#### Ingredients:

- ♥ Watermelon slices
- ♥ Orange
- ♥ Bamboo kitchen skewers or toothpicks



#### Instructions:

Use a heart-shaped cookie cutter on watermelon slices. Poke a bamboo kitchen skewer through each heart, then complete the arrow with an orange slice tip and tail.



## 2011 Indiana Early Childhood Conference

Pre-Conference Sessions Thursday April 7, 2011  
Conference & Exhibition Friday April 8 & Saturday April 9, 2011

Indiana Convention Center  
100 South Capital Avenue  
Indianapolis, IN 46225

Early Bird Registration Ends March 18, 2011

For more information: <http://www.iaeyc.org>



## Engaging the Community About Autism

Vigo County Public Library

April 20, 2011

5:00pm-7:00pm

Claire Thoresen on Behavior Management Strategies

Sponsored by Blumberg Center &  
Vigo County Public Library

Presentation is free of charge.

To make your reservation, contact Marlene Lu at  
(812) 237-2842 or [Marlene.Lu@indstate.edu](mailto:Marlene.Lu@indstate.edu)



## The Provider Resource Room

### Hours

Monday - Friday 9:00am - 5:00pm

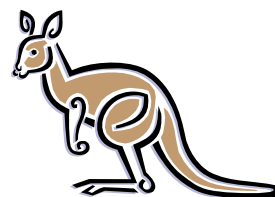
&

1st Saturday of the month

Our next open Saturday is February 5 from 9:00am - 1:00pm

Come in during our business hours to use our Provider Resource Room. We have a Lending Library with several great books available to borrow, also a Waxing Machine, Laminator, AccuCut Machine, and much more! We also have lots of Valentine items available to use. This room is open for providers and their employees to use. We have staff available to answer questions and to show you how to use the items in the Resource Room.

For any questions feel free to contact the CASY office at  
800-886-3952 or 812-232-3952



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Corner



CPR Information

**CPR & First Aid**

Classes include Universal Precautions

All CPR, First Aid and Universal Precautions classes are \$30 per person.

- \* Registration and payment must be received in advance.
- \* Classes are filled on a first-come basis and money is non-refundable.
- \* Classes are held at the Booker T. Washington Community Center, Small Conference Room.
- \* Classes begin promptly; late attendees cannot be admitted.
- \* Classes are not designed to accommodate children.
- \* Call the CASY office, ext. 30 for available dates and additional information.

CASY  
Office  
Closings

The office will be closed on  
Monday, February 21 in  
Observance of President's Day.

# Registration Form

Mail this form along with a check or money order made out to *CASY* for any trainings with a fee noted.  
Registrations are taken on a first come first serve basis.

Attendee Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Training(s) information:

Name

Date

_____	_____
_____	_____

*\*CASY* trainings are about children not for children.  
You will not be allowed to stay at a training if you have a child(ren) with you.

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## Community Alliance and Services for Young Children

1101 S. 13th– 2nd floor  
Terre Haute, IN 47802

### Return service requested

Phone: 812-232-3952 or 800-886-3952

Fax: 812-232-1731

<http://www.casonline.org>

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U.S. POSTAGE

**PAID**

Terre Haute, IN

Permit No. 841

### CASY Membership

CASY Membership fees are used to enhance our programs and projects.

Membership is open to child care and early education professionals as well as business and individuals interested in supporting our mission to promote developmentally appropriate early education and quality child care.

#### General membership types receive:

- AAA Hoosier motor club discount membership
- Monthly newsletter
- Free Notary Public Services
- Access to Lending Library
- Access to Accu-Cut Machine
- Access to Cricut cartridges
- Access to our rubber stamp collection
- Discount coupon from Education World, Terre Haute

#### Child Care provider/Early Educational Professional membership receive in addition:

- 100 free photo copies per month
- Free laminating– 20 sheets per year
- Free newsletter classified ads
- Qualifies as Professional membership for CDA and renewal
- Special gifts and items throughout the year
- Discount to CASY conferences

Thank you for your support!

Your membership is a reflection of your investment in quality child care for our community.

*All membership types only \$30 per year*

#### Type of membership check one

\_\_\_\_\_ Child Care or Early Education Professional (All benefits)

\_\_\_\_\_ Individual interested in quality child care and early education in our community (General membership benefits)

\_\_\_\_\_ Business interested in quality child care and early education in our community (General membership benefits)

Name \_\_\_\_\_

Child Care site or school if applicable \_\_\_\_\_

Business name if applicable \_\_\_\_\_

Mailing address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

***It is the policy of CASY not to discriminate on the basis of race, color, religion, sex, national origin, age, or disability, in its programs, activities, or employment policies.***