

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



# NEWSLETTER

January 2011

Issue # 1

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1101 S. 13th St.  
Terre Haute, IN 47802



## CASY United Way Activities 2010



**A look back at some of the events CASY has participated in for the United Way!**



# ***Congratulations!***

Providers who increased a level  
in November

**Level 3**

Sam's Shinning Stars III (Vigo)

**Providers newly Enrolled in Paths to QUALITY**

**In November & December**

Small World Learning Center LLC (Vigo)

Angela's Child Care (Morgan)

iCare Activity Center (Vigo)

Cloverdale Resource Center Head Start (Putnam)

Country Kids Family Child Care ( Parke)

Wiggles N' Giggles (Vigo)

Kids Cottage (Morgan)

Nyla Reynolds (Morgan)

KIDZone II (Vigo)

Future Scholars Childcare Development Center (Vigo)

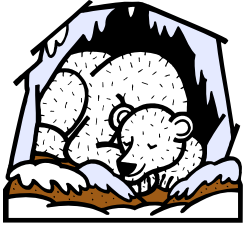


## **Paths to QUALITY Celebration Dinner**

On November 18, 2010 Community Alliance and Services for Young Children-CASY hosted a Paths to QUALITY Celebration Dinner in honor of all providers on the program. The event was sponsored by the Wabash Valley Association for the Education of Young Children and United Way of the Wabash Valley. More than 50 providers came to celebrate their achievements and listen to guest speakers Erin Ramsey of Indiana Association for Child Care Resource and Referral and Dianna Wallace from the Indiana Association for the Education of Young Children. The attendees enjoyed food from Fazoli's as well as door prizes at the end of the night. Thank you to all the volunteers and to all of the providers who attended this event!

## **Paths to QUALITY Marketing Training**

Paths to QUALITY has a new training called Marketing the Paths to QUALITY Advantage. The goal of this program is to prepare child care providers to take an active role in marketing their business and marketing Paths to QUALITY. The training will be held on February 9, 2011 from 6:30pm-8:30pm at the CASY office. To register call Hannah at 812-232-3952 ext. 38.



# Hibernation

Where do animals go for the winter? One fun activity is to take a large box; paint it brown, then glue leaves, grass, etc., on it. This becomes a "bear cave." Discuss hibernation and let the children use the "bear cave" throughout the winter season in their dramatic play area.

## Coffee Bear

What You Need:

- Glue
- Water
- Coffee Grounds
- Construction Paper

What You Do:

Have the children make bears with watered down glue. Then let the children sprinkle coffee grounds on them. Now they have great brown bears.

## Hibernation Books

Sleepy Bear by Lydia Dabovich  
 Bear Snores On by Karma Wilson  
 What's Hibernation by John Crossingham  
 Time To Sleep by Denise Fleming

## Cupcave Snack

Make a chocolate cupcake mix. Push a teddy graham inside of the cupcake before baking. Ice the cupcakes with white icing to look like snow. The kids will have fun finding their bear in the "cupcave"!

## Hibernation Party

Let the children hibernate one day. They can come to class in their pajamas (tell them to bring their teddy bears). You can make dens out of pillows and blankets. For snack serve food shaped like bears (pancakes, Jell-O, sandwiches, toast, or cookies).



## Here is a Cave

Here is a cave (bend fingers to form cave)  
 Inside is a bear (put thumb inside fingers)  
 Now he comes out (thumb out)  
 To get some fresh air  
 He stays out all summer  
 In sunshine and heat  
 He hunts in the forest  
 For berries to eat (move thumb in circle)  
 When snow starts to fall  
 He hurries inside  
 His warm little cave (thumb in)  
 And there he will hide  
 Snow covers the cave  
 Like a fluffy white rug (cover with other hand)  
 Inside the bear sleeps  
 All cozy and snug

# Cooking With Children

Cooking assists children in reaching important milestones while having fun. Here is a list of some of the benefits of cooking for children of all ages:

- Healthy eating habits
- Self esteem
- Fine motor skills
- Gross motor skills
- Creative and imaginary development
- Social skills
- Cognitive development
- Vocabulary skills
- Learning about different cultures
- Learning about origins of foods



## Healthy eating habits:

Cooking encourages kids to try healthy foods. Parents' feedback shows that kids are more likely to sit down to a family meal when they help prepare it.

## Improving self esteem:

When our chefs say, "I made it myself", they feel a sense of accomplishment. When children like what they cook, they feel a sense of pride and achievement.

## Fine and gross motor skills:

Cooking involves all sorts of new types of movements that allow preschoolers to experiment with manipulating their muscles and practicing their fine and gross motor skills. Actions involve sprinkling, mixing, measuring and more.

## Creative and imaginary development:

Getting children involved in the kitchen also improves their comprehension and reasoning skills, teaches them how to follow directions, enhances their imaginations, makes them more resistant to peer pressure, and gives them practical life skills. Children love the creative freedom of open-ended art projects. When they engage in self-directed food preparation activities such as creating their own mini pizza, it encourages them to explore and express themselves without rules.

## Social skills:

Experience has shown that there is something about good food that sparks a flurry of conversation. So, one way to communicate with children is to spend some time together in the kitchen. This may be the perfect way to encourage them to open up.

## Cognitive development:

For all ages, cooking is one of the best ways to learn math and pre-math skills. For preschoolers, cooking encourages number recognition, counting cupfuls, and basic numerical concepts like "more," "all," and "half." Older kids get practice reading fractions and doing addition.

## Vocabulary skills:

When children cook, they are exposed to an entirely new set of words. Using words like skillet, preheat, teaspoon, defrost, brown, drain, and grate expand a child's mind. Also, we read to learn, and cooking is one of the best ways to show kids that reading offers tangible results. Following step-by-step instructions to get to a finished result is an important reading skill, and using that skill to cook shows kids that reading has very practical benefits.

## Learning about different cultures:

It is far more interesting to teach kids about the Chinese New Year by making a Chinese traditional dish than by giving them a history lesson. Kids learn by experience. Cooking touches all of their senses, enabling them to remember what they have learned in a way unlike any other.

## Learning about origin of foods:

When they cook together, kids learn that pizza doesn't have to come from a restaurant and spaghetti sauce doesn't have to come from a jar. One of the easiest and most enjoyable things to cook with kids is bread. Many kids think bread is a raw ingredient. Just showing them that they can make white bread in their own homes is a revelation to many kids.

Here are some tips for having fun, helping kids learn, and staying safe while you're cooking:

**Take your time.** Cooking with kids is more about the process and less about the end result.

**Start slow and simple:** Provide your child with safe opportunities to spread sauces, butters, or frosting with blunt knives, then move up to cutting as he matures.

**Make it fun.** Cooking should be an enjoyable experience. It should be fun to work together in the kitchen, and your kids will surprise you by eating their own creations -- even vegetables. Kids often will try unfamiliar foods, including vegetables and fruits, when they transform them into personal "creations" like a funny face pizza or a fruit kabob. To the kids, it will seem like fun, but there are other benefits to this time together: Preschoolers see how the dishes they eat are put together - and they get hands-on experience, which is a great way to learn and feel like they are helping out. You don't have to be a skilled chef to have fun in the kitchen; simple recipes abound, from cooking instant oatmeal to building a sandwich to making fruit salad.

**Take time to explain the process,** talk about ingredients, etc. Remember that one of the most important elements when using cooking as your learning tool is to be as talkative and descriptive as possible, especially with younger children. This can be a good time to teach children about color, because foods come in all different colors. You can also teach your children about shapes. This is especially fun when baking cookies, but can be used with any recipe. Some other things your child can learn while cooking might be textures, temperature, and measurements.

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**Offer them experiences** such as: rolling bananas in cereal for a snack, juicing oranges, lemons, and limes, and mashing soft fruits and vegetables

**Kids can help** measure ingredients and pour them into a bowl, stir the ingredients together and add to a baking pan, skillet or pot. You can let your child pull cookie dough apart and press onto a baking sheet. For younger kids, consider starting with simple dishes with fewer than five ingredients. Small kids can use a step stool to be able to work more comfortably on the counter. Older kids can be taught how to crack eggs or measure ingredients, grind cooked meat for a meat spread, or beat eggs with an eggbeater

**Keep it safe.** Keep a fire extinguisher in the kitchen and baking soda next to the stove to douse any fires, and consider storing a first-aid kit nearby for quick treatment of minor accidents.

Good cooks of all ages always wash their hands before cooking. Don't forget to educate on the dangers of eating raw foods like eggs and meat or unwashed fruits and vegetables.

Cooking with kids does require a little bit of extra time, effort, and patience but it can be good learning experience for kids and enjoyable for everyone. Cooking with kids can be a way to create wonderful memories that will last a lifetime.

Article Source:

[http://EzineArticles.com/?expert=Ruby\\_J](http://EzineArticles.com/?expert=Ruby_J)

CASY Employees	Ext.	E-mail
Karen Harding– Executive Director	26	kharding@casyonline.org
Julie Jones– Administrative Assistant	30	jjones@casyonline.org
Heather Stephens– Bookkeeper	23	hstephens@casyonline.org
Jennifer McClain, CCDF Intake Manager	21	jmcclain@casyonline.org
April Brown, CCDF Administrative Assistant	20	abrown@casyonline.org
Pam Davis– CCDF Intake Coordinator	22	pdavis@casyonline.org
Carla Schoelkopf– CCDF Intake Coordinator	39	cschoelkopf@casyonline.org
Andrea Pezan– CCDF Intake Coordinator	32	apezan@casyonline.org
Natalie Pugh– Resource & Referral Manager	35	npugh@casyonline.org
Jill Erickson– Infant/Toddler Specialist	34	jerickson@casyonline.org
Crystal Haskett– Inclusion Specialist/PTQ Mentor	37	chaskett@casyonline.org
Alyssa Day– PTQ Mentor	51	aday@casyonline.org
Jacquie Stepp– Referral Specialist	25	jstepp@casyonline.org
Hannah Thompson– Education Coordinator	38	hthompson@casyonline.org
Ashley Vicars– PTQ Specialist	36	avicars@casyonline.org
Terri Hemminghouse– CACFP Manager	28	themminghouse@casyonline.org
Amy Bush, CACFP Coordinator/Data Manager	29	abush@casyonline.org
Sherrie Snyder– CACFP Monitor	31	ssnyder@casyonline.org
Linda Noble– CACFP Assistant	27	lnoble@casyonline.org

## What Makes A Good Leader?- One Man's Opinion

We all want to think of ourselves as good leaders, both in our business and private lives. We all hope we set positive examples for others to follow. What makes a good leader?

Each of us would have our own version of an answer to that question. It's always interesting to hear others describe good leadership. At a recent symposium, former secretary of state, national security advisor and chairman of the Joint Chiefs of Staff, Colin Powell, shared his thoughts on the subject with the following key points.

- Leaders exist to give followers what they need to get their job done. It is the followers who go into battle and accomplish the tasks assigned.
- The most important part of leadership is instilling trust in those you command. If you have their trust, they will follow you anywhere.
- Leadership begins with goals. When followers know what the goals are, everyone understands the importance of their own role for the common purpose.
- Solve problems. A leader also needs to recognize when someone is not performing well. It is a leader's job to identify the source of the problem and fix it. Leadership is problem solving.
- Express appreciation. Make sure that those under you understand that you appreciate what they are doing.
- People want to know that you are serving a greater purpose than just your own. People want to see leaders who are respected, selfless, dedicated and who are working toward a great good.

Does this sound like you?

## What is Professional Development in Early Childhood Education?

NAEYC defines professional development as initial preparation (preservice) and learning experiences (inservice) designed to improve the knowledge, skills/behaviors, and attitudes/values of the early childhood workforce. It is necessary to have a highly competent workforce in the early childhood field to assure that high quality early childhood programs are available for young children. Professional development provides the path to achieving this goal.

Professional development includes general education as well as training specific to child development and the ages of children with whom you work and is an ongoing process! All professionals/learners need to continue to update their knowledge and skills-through a vast array of learning experiences. These learning experiences help professionals learn to have a deep foundation of factual knowledge, understand facts and ideas, and organize their knowledge so that they can implement what they have learned with the children/families in their program. Professional development experiences must be evidence based by linking research and practice and that is relative to the learners' background, experiences, and their current role. Professional development should have desired outcomes that define what the professional should know and be able to do for young children and families as a result of their education and training. Each learner should work with a supervisor/advisor to develop a professional development plan to support their professional development.

For more information: [www.naeyc.org](http://www.naeyc.org)

Adapted from: NAEYC Promoting excellence in early childhood education

### The Provider Resource Room

#### Hours

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

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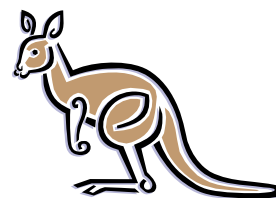
1st Saturday of the month from 9:00am - 1:00pm

January 1 we will be closed.

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! 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**

January 1– New Year's

January 17– Martin Luther King Jr.



# 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

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.casyonline.org>

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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.***