

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

March 2011

Issue # 3

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

Training Opportunities Are Now Available On Our Website!!

Check out our website under Child Care Provider information, and then click on e-learning. This will take you to the list of trainings that are currently available. Simply log on to take advantage of this opportunity! Here is some of the information you will find on that page.

Online Child Care Professional Education Center

Our training courses are designed to help early childhood professionals complete annual training requirements and acquire required training hours for those seeking a Child Development Associate (CDA) credential, CDA credential renewal or in-service training. Our courses provide a variety of engaging topics designed specifically for the early childhood professional.

Courses are available 24 hours a day, 365 days a year!

Here is a list of courses and price breakdown:

120 Hour CDA Credential Training 120 hours (12 CEUs) of certified online self-paced training	\$199
45 Hour CDA Credential Renewal Training 45 hours (4.5 CEUs) of certified online self-paced training Annual subscription	\$129
8 Hour Child Abuse Awareness for Family Child Care Home Providers 8 hours (.8 CEUs) of certified online self-paced training Annual subscription	\$55
8 Hour Child Abuse Awareness for Center Staff 8 hours (.8 CEUs) of certified online self-paced training Annual subscription	\$55

We do plan to add more trainings at a later date so watch for more information in the future!

Training Opportunities

The CASY office offers many training opportunities every month. These trainings are organized based upon the requests that we receive from providers on our annual training needs assessments. We spend a great deal of time preparing for our trainings and planning activities to meet the needs of the registered participants. The main reason we require registrations is so we can prepare adequate handouts, room seating, activities, give aways, etc. If you are unable to attend a training that you have registered for please contact us at 812-232-3952 or 800-886-3952, ext 38, by noon the day of the training so that we can contact registrants on the wait list. We are experiencing several no shows and it is leaving our training rooms with open seats that could be filled with registrants from our waitlist. Our waitlists have grown significantly over the last few months and we would like for those interested in attending a training to have the opportunity to do so. If you have any training requests you may submit those to us and we will do our best to meet your needs!



Congratulations!

Providers who increased a level
in January

Level 4

Indiana State University Child Care Center (Vigo)
Indiana State University Infants (Vigo)
Indiana State University Toddlers (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 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?

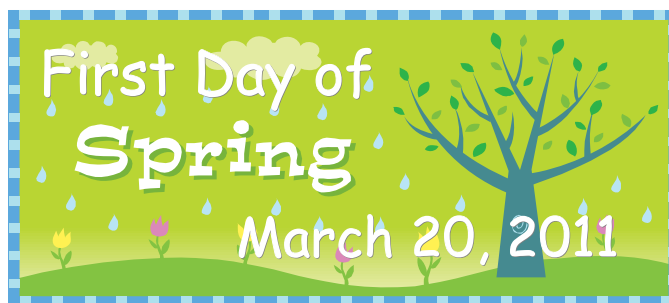
Just for enrolling in the Paths to QUALITY program the provider will receive:

- 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!

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 Alyssa at **ext 51**
2. Sign up and attend a **FREE Paths to QUALITY Introduction session**
3. Fill out the enrollment forms and return to the CASY office
4. Meet with your mentor to sign an agreement



Books About Spring

Mouse's First Spring by Lauren Thompson

Guess How Much I Love You in the Spring by Sam McBratney

It's Spring by Linda Glaser

Planting a Rainbow by Lois Ehlert

The Tiny Seed by Eric Carle

When Spring Comes Rolling In!

(Tune: "When The Saints Come Marching In")

Oh when spring, comes rolling in,
Oh when spring, comes rolling in,
The Bee's will all start to buzz,
When spring comes rolling in.

Oh when spring, comes rolling in,
Oh when spring, comes rolling in,
The tree's will all start to bloom,
When spring comes rolling in.

Oh when spring, comes rolling in,
Oh when spring, comes rolling in,
The rain will start to fall,
When spring comes rolling in.



Shiny Spring Flowers

Materials:

Heavy white paper, Karo syrup, paint brushes, smocks, tempera paint in spring colors.

Description:

Give each child a piece of heavy, plain white paper. At the table help the kids mix tempera paint with Karo syrup. They can use the paint mixture to paint their paper. When it dries it will be beautiful shiny Spring colors.

Bug Movements

Encourage your children to crawl around the room like their favorite bug. Make a simple obstacle course for your bugs to crawl through and around. Also, recite some bug songs or rhymes as your children crawl around.

Flower Shop (Dramatic Play)

Change your dramatic play to a flower shop. Some things you can add are: artificial flowers, plastic vases, wrapping paper, seed packages, catalogues, ribbon, misting bottles, watering cans, small cards to put on flower arrangements, aprons, notebook for taking orders, cash register, and play money.

Spring Walk

Take the children on a Spring walk. Point out the signs of Spring and discuss with the children.

National Nutrition Month® 2011



March is National Nutrition Month

National Nutrition Month was first initiated in 1980, by the American Dietetic Association (ADA). However, since 1973, there had been a National Nutrition Week that took place during the month of March. The reason for the switch from one week to one month was due to the nations increased interest in nutrition. This year's nutrition month is entitled:

“eat right. WITH COLOR”

In addition to March being National Nutrition Month, March 13-19 is National Child and Adult Care Food Program (CACFP) Week. This year's theme is “Flying High with the CACFP”. March is a very important month for those who value nutrition and nutrition education for themselves and for members of their community.

For the month of March the challenge will be to make your meals as colorful as possible, and in order to do so here are some simple tips to help:

Replace snacks high in fat, such as potato chips with a colorful vegetable, such as carrots or celery sticks

Replace white bread with whole wheat bread

Add tomatoes and lettuce to your favorite sandwich

Replace your mid-afternoon snack from the vending machine with a fresh piece of fruit, such as an apple, banana, or orange

Replace your French fries with a side salad

Replace your high sugar cereal in the morning with a flavored yogurt such as blueberry or raspberry

Kid Friendly Colorful Snack Recipes:

“Bugs on a Log”

Ingredients:

“Logs”

- 3” celery stalks
- or 3” carrots
- or quartered apple slices

“Log Toppers”

- cream cheese
- or peanut butter
- or egg salad

“Bugs”

- raisins
- or sunflower seeds
- or chopped peanuts



Instructions:

- Make Logs
- Top Logs
- Place the Bugs on the log

“Frozen Fruity-tootie”

Ingredients:

- Banana
- Low fat yogurt (Flavored)
- Cereal

Instructions:

- Peel the banana
- Dip the banana in your favorite flavored yogurt
- Roll the banana in your favorite colorful cereal
- Place the banana in the freezer until it is frozen



Continued on page 5...



Five Day Healthy Menu



(Breakfast)

Reduced- Fat Milk Banana Whole Wheat Toast	Reduced-Fat Milk Apple Oatmeal	Reduced-Fat Milk Orange Whole Wheat Bagel	Reduced-Fat Milk Raisins Bran Cereal	Reduced Fat Milk Blueberries Whole Wheat Pancakes
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(Snack)

Low-Fat Yogurt Strawberries	Celery Peanut Butter	Wheat Thin Crackers Low-Fat Cheese Slice	Rice Cake Peaches	Low-Fat String Cheese Cucumber Slices
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(Lunch or Supper)

Reduced-Fat Milk Baked Chicken Strips Whole Wheat Roll Broccoli Carrots	Reduced-Fat Milk Lean Beef Burger Patty Whole Wheat Bun Corn Peas	Reduced-Fat Milk Grilled Salmon Brown Rice Mixed Veggies Pineapple	Reduced-Fat Milk Grilled Cheese Whole Wheat Toast Sweet Potato Tossed Salad	Reduced-Fat Milk Peanut Butter and Jelly Whole Wheat Bread Pears Cantaloupe
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Congratulations Better Baby Care Graduates!!



CASY would like to congratulate the following providers for completing the Better Baby Care Series classes:

Kim Boland, Kelbie Drebes, and Shannon Sebastian from Sam's Shining Stars; Rhonda Bryant from Rhonda's Angels Daycare; Amanda Compton, Maria Kutch and Nikki Marshall from Nana's Place/Gibs Place Daycare; Susan Davis from Grow Smart Daycare; Sara Flak from Kid Logic Daycare; Lacey Mott from Tender Times Daycare; and Kathleen Knopp from Like Home Daycare in Vermillion Co. These providers completed 30 hours of learning best practices when caring for infants and toddlers. Way to go!

Congratulations!

Congratulations to Sara Flak, owner of Kid Logic Daycare in Terre Haute for finishing the CASY Self Paced CDA course! Sara accumulated 178.5 hours – 155 of which were in the last 10 months! She has now submitted her paperwork to the council and is awaiting her visit.



CPR Information

CPR & First Aid

Classes include Universal Precautions

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

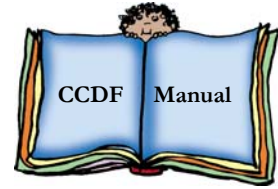
- * Registration and payment must be received in advance.
- * Classes are filled on a first-come basis and money is non-refundable.
- * Classes are held at the Booker T. Washington Community Center, Small Conference Room.
- * Classes begin promptly; late attendees cannot be admitted.
- * Classes are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

Attention CCDF Providers:

There is a new “Indiana CCDF Provider Manual” There are 2 ways to get this new manual, you can either go to

www.hoosierchildcare.com

or you can call
Rhonda Schmalfeldt at
317-234-4908.



The Provider Resource Room

Hours

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

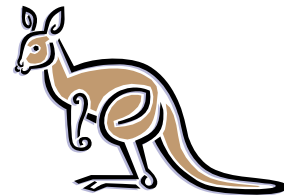
&

1st Saturday of the month

Our next open Saturday is March 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

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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_____	_____

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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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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.