



Caring For Your Kids

PLAYING IS GOOD FOR THE BRAIN



October 22 ~ Newport News 9am—1pm. What adults may call “child’s play” has a long term positive effect on IQ and academic potential. Running, jumping, swinging and other physical activity can lower blood pressure, improve cholesterol; and prevent obesity. But playing also keeps the brain healthy. It builds and stimulates neural connections, making the brain ready to learn.

parts of the learning routine. Workshop participants practice activities that not only enhance physical/motor development and nutrition, but positively impact the ability to learn. In addition they gain techniques for integrating movement into the daily routine, as well as creating low cost learning tools.

And that is the concept behind our fall *I Am Moving, I Am Learning, (IMIL)* workshop.

The workshop fee is \$10.00. Registration deadline ~ October 15th.

Virginia Cooperative Extension is offering a low cost *IMIL* workshop to equip staff that work with young learners to use these strategies in their classroom, daycare, summer and church camps, or after-school program. Targeting youth three to eight years of age, *IMIL* is an educational approach that incorporates movement and nutrition as integral

For further information on the workshop call the Newport News office at 591-4838 during business hours of 8:00 a.m. to 5:00 p.m. M-F.

If you are a person with a disability and desire assistance or accommodation, please notify Helen Harris at (757-591-4838/TDD*) during business hours of 8 a.m. and 5 p.m. *TDD number is (800) 828-1120.

Virginia Cooperative
Extension
Family & Consumer
Sciences Program

Volume 4, Issue 1
September 2008
Published quarterly

Mark your calendar...

**Family Day
September 22**

**Homemade Cookie Day
October 1**

**Grover’s Birthday
October 14**

**National Cashew Day
November 23**

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October 18 Child Care Conference Save the date!

Back by popular demand our Fall half-day conference to help you get those needed continuing education hours. Very much like our April conference but shorter!

WHEN:

Saturday, October 18
from 8:30am—12:30pm

COST: \$15 early bird registration ends September 26. After the 26th—\$20 per person.

WHERE:

King of Glory Preschool,
Long Hill Rd., Williamsburg

SAMPLE TOPICS:

Kids In Cars
Science in the Classroom
Parent Handbooks
Cooking with Kids
ACT Against Violence
Food Allergies

Call 757-564-2170 for more information and a conference brochure.



"Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Mark McCann, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Alma C. Hobbs, Administrator, 1890 Extension Program, Virginia State, Petersburg."

Healthy Kids—What's to Eat?

Clever caregivers can provide healthful snacks from a simply stocked pantry. These healthy snack starters will see your kids through any munchies attack.

Bread: Toast and slice into quarters for dipping into hummus, low-fat cheese dips and extra-chunky salsa. For a sweet treat, top with cinnamon-sugar, jelly, honey or applesauce. Use toasted whole wheat bread as a base for vegetable and low-fat cream cheese sandwiches. Try topping bread with sliced apples or applesauce.

Cereal: The quickest breakfast in town is also one of the speediest snacks. Munch on dry cereal,

or use it to top yogurt and ice cream. Combine cereal with dried fruit, pretzels and marshmallows for a tasty trail mix delight.

Crackers: With the wide variety of crackers available, this snack is never boring. Team crackers with low-fat cheese and luncheon meats. Use wheat crackers as a platform for a chunky fruit and yogurt dip.

Pasta: Small children especially love plain pasta as a snack. Try different shapes and colors of pasta sprinkled with parmesan cheese. Older snackers go for cold pasta salads kept handy in the refrigerator as a healthy way to curb hunger between meals.

Try mixing whole grain with more traditional types of pasta.

Tortillas: Spread a wheat tortilla with low-fat peanut butter and jelly and roll up a new snack. Make a quick quesadilla by placing slices of cheese on a tortilla. Microwave until the cheese melts and fold the tortilla in half.

Grain foods make great snacks because they help curb hunger. They do not come with many added fat and extra calories. Snacking is a healthy, tasty way to get the carbohydrate energy boost needed daily.

Adapted from: The Wheat Foods Council. 2008. www.wheatfoods.org.

Family Day - A Day to Eat Dinner with Your Children™

Family Day - A Day to Eat Dinner with Your Children™ is a national



movement to inform parents that the parental engagement fostered during frequent family dinners is an effective tool to help keep America's kids substance free. *Family Day* reminds parents

that *Dinner Makes A Difference!* Celebrate **Family Day** on **Monday, Sept. 22**.

While you are enjoying your meals together why not engage the kids in conversation? Use these conversation starters for a fun way to get everyone talking.

1. Where is the coziest spot in your home? **2.** If you were in charge of the music for your family vacation, which songs

would you select? **3.** Which TV family is most like your own?

4. What qualities do you look for in a friend? **5.** Which amusement park is your favorite and what is your favorite ride?

6. What is your favorite smell in the whole world? **7.** If you could compete in the Olympics which sport would you do?

Check out: <http://casafamilyday.org/familyday/>

Welcome to KidsPriorityOne!

www.KidsPriorityOne.org is a "One Stop" Internet Resource Center where families, and those working with families, turn to find local resources. **KidsPriorityOne** heightens public awareness and actively disseminates information from a single source. In the past two years, more than 75,000 times, parents, teens, teachers and other human services professionals visited www.KidsPriorityOne.org for

valuable resources and helpful information. **KidsPriorityOne** is a free Information & Referral service, and is available by calling the Information Line at 244-5373 during regular business hours, Monday through Friday. Weekends, call 1-800-244-5373 they will be glad to help. Check out the new Community Calendar.

You'll find links to many public and nonprofit's serving children and families If you love children, start with **KidsPriorityOne!** A program of the YMCA of South Hampton Roads.



Professional Providers Keep Good Records

WHY KEEPING RECORDS IS IMPORTANT

As a professional, you must keep good records. You are running a small business. You must keep records of your income and expenses. You are in business to earn money. Good records show you how much you are making.

SET UP A SYSTEM FOR KEEPING YOUR RECORDS

The first thing you need is something to hold your records. You can use a file cabinet, a drawer, or a sturdy box. A box or drawer is easy to carry. You may be able to take it to a table and do some work while the children nap. You need to put your records in

order. You'll need separate files for the children's information, business records, Child and Adult Care Food Program, and other records that your sponsors need. Your records can be kept in large envelopes or file folders.

CHILDREN IN YOUR CARE

You will need a folder for each child. Folders should have such items as: enrollment information such as the child's name and birth date; food likes and dislikes; toileting habits; nap schedule; discipline methods; parent's home, work, addresses and phone numbers; parent's schedule; records required by state licensing; medical and health re-

ords, including emergency medical authorization and immunization, etc.

BUSINESS RECORDS

Your business records should include: Receipts for all your day care purchases; mileage record; a monthly record of income and expenses; copies of your liability insurance policies; copies of your tax returns; tax forms and instruction booklets; warranties.

RESOURCES TO EXPLORE

Visit day care providers in your area and see how they set up their record-keeping system. Give the extension office a call and they will offer help.

Source: www.redleafpress.com

Kids love clothespin magnets—simple and inexpensive to make

A fun arts & craft activity for kids 4 years old and up

Supplies:

wooden or plastic clothespins,
buttons
pompoms of all sizes and colors
google eyes
small silk flowers
hot glue gun
magnet strips
poster board

What You Do:

Begin by drawing the first letter in each child's name on a piece of posterboard.

Cut out the letters, they should be approximately 3 inches in height.

Glue together two clothespins in crisscross fashion so that both open at the same end (bottom). Position your letters onto the

crisscrossed clothespin to make sure it will fit comfortably.

Lay the poster board letter onto a flat work surface.

Have the children choose what they would like to use to decorate each letter with. On the table have the children arrange their "finds" on the letters the way they would like them to be on their magnets.

Using the glue gun, the adult applies glue to the items and affixes them. Let all dry completely. On the back of the crisscrossed clothespin, attach a long magnet strip (these are self adhesive and available at discount and craft stores). You can also recycle old business cards and flat magnets that you have accumulated by



cutting them to fit and gluing to the back. When finished, glue the letter to the clothespin and its ready to hang on the refrigerator. The kids will be so proud of their work!

Source: <http://www.kinderart.com/crafts/clothespinmagnets.shtml>

Caring For Your Kids

Published Quarterly

Editor—Johanna Hahn, Sr. Ext. Agent, FCS

The purpose of this newsletter is to offer child care providers of all varieties timely information on topics of interest to parents, providers and early childhood educators. Any commercial or brand name products named are for educational purposes only. No endorsement implied.

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EQUAL OPPORTUNITY EMPLOYER

OFFICIAL BUSINESS



PRESCHOOL PARTNERS' Resource & Referral Benefits Providers

Preschool Partners, located at 321 Main Street, Newport News (757-240-2731), is a non-profit organization formed in 2004 for the purpose of promoting and



creating opportunities for quality, early childhood experiences for all children from birth to age 5 years. Preschool Partners is a member of the Virginia Child Care Resource and Referral Network, the state child care infor-

mation system. Resource and Referral (R&R) provides child care referral listings to families seeking center care, family home care, and preschools in Newport News and Hampton.

Having developed a comprehensive data bank of regulated providers (licensed, voluntary registered, religiously exempt, or certified), Preschool Partners' R&R can match the type of care families are seeking with listed providers. This free service offers parents a single point of access to narrow their search for resources and help ensure a suitable fit for their child. The data bank enables providers to list their programs and helps them receive more appropriate referrals based on their program offerings.

Many providers of care are already actively involved with the R& R staff and are aware of the value of ensuring that current information is included at: www.preschoolpartnersva.org. Providers who have not responded to Preschool Partners' request for program information have limited information listed by the Virginia Department of Social Services website included in the data bank. Preschool Partners is not regulatory and offers benefits including consultation, toys and books, and training sessions.

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