

COAD



Early Care and Education News



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Office Hours

Monday – Friday
8:00a.m. – 4:30p.m.

COAD offices will be closed:

December 24 & 27 Christmas Holiday
December 31 New Year's Holiday
January 17 Martin Luther King Jr.
February 21 President's Day

CONTACT US www.coadinc.org
1-800-577-2276
ece@coadinc.org



ohio4kids.org
child care info for families and providers

Ohio4Kids New Family and Provider Resource

Look in the new year for ohio4kids.org, COAD's newest family and provider resource! Ohio4Kids is a friendly fast way to get information on training, the latest news affecting kids and care and fun things to do!

The Ohio Benefit Bank

If you know someone who has lost their job, needs help with medical care or needs help with groceries, The Ohio Benefit Bank can help. The Ohio Benefit Bank (OBB) can help individuals check eligibility for more than 20 work supports and public benefits. OBB can help families locate programs such as Healthy Start, Healthy Families and local foodbanks. Call 1-800-648-1176 or visit www.obb.ohio.gov.

Invest Short-term to Yield Long-term Return

Working with children is as much an *art* as a science. To master this art, caregivers are required to continually advance their learning and update their practice through professional development such as pursuing the CDA credential, taking in-depth and advanced trainings, learning more about best practices and joining professional learning communities. This short-term investment yields long-term return both in the day-to-day practice working with children and in long-term professional growth and development. COAD has reformatted our training calendar to assist you in finding the professional development that fits with your long-term plans. Look for basic, prerequisite, elective and advanced professional development opportunities designated by age-level icons.



Congratulations!

The network of Step Up to Quality child care centers keeps growing! There are 59 One Star centers; 28 Two Star centers and 30 Three Star centers in the 31 counties served through COAD.

New Three Star Rating

Echoing Hills Head Start (Coshocton)

New One Star Rating

Toddler House Nursery School and Day Care (Wayne)

Visit www.coadinc.org for a comprehensive list of star-rated programs in your region. Call 1-800-577-2276 for information on how your center can get involved!

Star Ratings per ODJFS website, October 21, 2010.

Simple Snacks

Trees in Snow

- ½ cup cottage cheese
- Broccoli florets, raw, pre-cooked or steamed lightly
- 1 Tablespoon Italian dressing

Directions: Spread cottage cheese in a thick layer in a small dish. Arrange broccoli so they stand like trees in the cottage cheese. Drizzle dressing over the broccoli to flavor the salad and serve with a fork as a healthy, tasty salad.



From the book, *Snacktivities!* by MaryAnn F Kohl and Jean Potter, available through the COAD lending library

Water First for Thirst

Here are some ways to make drinking water fun!

- Add a splash of 100% juice to the water for color
- Use design ice cube trays to create 100% juice cubes; add small fruit pieces to the ice cube trays before freezing. Spruce up water with juice cubes.
- Use other names for water like “aqua” or H₂O
- Drink water first! They look up to you!

Remember, if juice is offered:

- Read labels for 100% fruit juice.
- No juice before 6 months of age
- 6 months - 3 years old= Less than 4 oz. per day
- 3 years old & older= Less than 6 oz. per day

From Ohio's Healthy Programs, *Healthy Children, Healthy Weights* trainings

Inside This Issue!

Infants and Toddlers need to be encouraged to move and have space provided to move in. Preschool and school aged children need at least 60 minutes of physical activity daily. Even during the cold weather months, take them outside for a limited amount of time. When there is an active weather advisory and it is unsafe to take children outside, try some fun physical indoor activities with children to keep them moving. Provide opportunities for active play using inexpensive, free or recycled materials to support large motor development and encourage movement.

When setting up indoor play space for children, think of the acronym SCOPE: Safe, Clean, Organized, Professional, and Educational.

Safe: Indoor play space should be fun and exciting but most importantly, it needs to be safe. Use painter's tape to create a bike, wagon and riding toy “road” around the perimeter or at one end of the play space.

Clean: Little hands touch many things in a short amount of time. When washing tables and chairs after meals or messy play, clean edges of tables and the front and backs of chairs. Clean walls and floors present a more inviting and healthy atmosphere.

Organized: Labeling shelves helps children know where to put their toys and will make for smoother transitions and clear space for play.

Professional: When talking with parents or other teachers remember to be confidential and professional. It is important to show parents that we value their privacy.

Educational: Purposeful and intentional room arrangement allows children to engage in play and learn everyday.

Adapted from ExchangeEveryDay

Activities for Infants

Moving & Grooving

Materials List: bright colored painter's tape, soft mats, rugs, cushions and cubes, various toys to encourage movement

Lay soft mats, rugs, cushions, and cubes in an out-of-the-way corner of a large motor space. Surround area with painter's tape and instruct toddlers sharing the space that they cannot cross the tape. Tell them it marks the “safety zone” for the infants. Closely supervise the infants in the soft area and encourage them to roll, crawl, climb and cruise on the cubes. Younger babies build muscles when placed on their tummies for play. Play games such as peek-a-boo or place a favorite toy just out of reach to encourage movement.

Activities for Toddlers

Bowling

Materials List: medium or large ball, 2-liter plastic bottles filled with a few bells and sand, stones or whatever you have on hand.

Set up multiple alleys of bottle pins. Encourage toddlers to try to knock over the pins and then run and set pins up for the next person. Provide enough pins to prevent toddlers from becoming frustrated while waiting.

Adapted from an extract, *Supporting children's development, gross motor skills* by Sonja Tansey published in *Putting Children First*, the magazine of the National Childcare Accreditation Council (NCAC) Issue 30 June 2009 and *Gross Motor Skills for Toddlers*, by Jean Warren published on the website www.preschoolexpress.com

Activities for Preschool Aged Children

Cut Out Stomp

Materials list: Cut out shapes

Ask for volunteer helpers to place cut outs of different colored hearts (for Valentines Day) or shamrocks (for St. Patrick's Day) around the room. Ask a leader to give directions such as stomp to the red heart, slither to the yellow heart, etc. It will keep them engaged in a fun movement activity and get their wiggles out on a cold winter day.

Snowball Relay Race

Materials list: Styrofoam balls, pencils, object to use as obstacle

Have children line up in groups of 3 or 4 with Styrofoam balls (snowballs) on the floor in front of them. Each child takes a turn by bending over, placing the snowball on the floor and pushing it with a pencil across the room, around an obstacle and then back to the next child on the team.

Activities for School Aged Children

Color Me Healthy Bracelets

Materials list: (per person) 12" to 14" inch leather strap for stringing; beads in clear (1), blue (3), green (2-3), red (2), orange (6), purple (5-6) and yellow (1)

Tie a knot close to the end of one string. Add a clear bead for the adjusting bead. String the remaining beads by food group color. Lace the unknotted end of the string through the clear bead and tie a knot on the end to adjust the bracelet. Trim excess. Use the guide below to determine which beads to use for each food group.

Blue – 3 cups of milk or dairy	Orange – 6 ounces of grains
Green – 2-3 cups of vegetables	Purple – 5-6 ounces of protein
Red – 2 cups of fruit	Yellow – 1 serving healthy oils



Run for the Rainbow Challenge

Materials list: pictures of food for each food group, 4 dozen colored plastic balls and 6 hula hoops for each food group color: red, yellow, orange, green, blue and purple, tape or chalk to mark starting line, stopwatch, charting materials

If space is limited, use bowls or bags and small discs in place of hula hoops and balls. On the balls write the names or affix pictures of foods for each group found on the food pyramid. Match the food to the food group color. Place hula hoops and scatter balls around the room. Seat school agers in teams along the starting line, at the signal to start, teams work as fast as possible to collect balls and place them inside matching hula hoop food groups. Once all balls are in place, teams return and sit upright at starting line. Use a stopwatch to time the activity. Chart teams' best times.

Source: Wisconsin Farm Bureau, *Agriculture in the Classroom* series: www.agclassroom.org/rainbow/pdf/main.pdf

For free kids nutrition materials and information visit <http://teamnutrition.usda.gov/kids-pyramid.html>.



Encouraging . . .

Trying New Foods

Trying new foods at a young age can help develop healthy habits that last a lifetime! Try new foods with children so they follow your lead. Here are some tips and techniques to encourage children to try new foods.

No Thank You Bite technique

This technique builds trust. Place a small spoonful of a new food on a child's plate. Encourage the child to try one bite and decide with thumbs up or down if he/she will eat more.

Try again and again

Studies show that children need to try a new food 8-15 times before they develop a taste preference for the new food. Introduce new foods in a positive way and remember consistency is the key.

Visit a farm or farmer's market

Introducing kids to a farm or farmer's market helps them understand how fresh produce is grown, picked and eventually sold. Allow kids to choose which foods they would like to try.

Adapted from Ohio's Healthy Program's *Healthy Children, Healthy Weights* training.

Resources

For more ideas, browse COAD's FREE Resource Lending Library or call our offices to request technical assistance.

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Child Care Corner

SpecialQuest Although Special Quest grant-funding has concluded, the professional development community remains active, vibrant, and focused! Call COAD at 1-800-577-2276 to request trainings to support inclusive child care for all children.

COAD Publications COAD publishes Early Care and Education News and the training calendar four times a year. To keep up-to-date between issues through COAD's e-news updates call 1-800-577-2276 today!

Child Development Associate (CDA) Credential Your local COAD office has a CDA Advisor on staff to conduct the CDA observation and verify training records. For more information, call 1-800-577-2276.

New Training Fee Policy To better meet the greatly increased demand for quality training classes – at a time when state funding has been reduced - COAD, along with Ohio's other child care resource and referral agencies, has adopted new training fees effective January 1, 2011. Fees are listed by training in the enclosed training calendar and on the registry website, www.opdn.org.

Update Your Profile! Please update your registry profile information with changes in name, county of employment and contact information at www.opdn.org.

Recall Notifications

Visit often www.odl.nhtsa.dot.gov, www.fda.gov/safety/recalls and <http://cpsc.gov> for current recall information, or to sign up for email notifications.

Did You Know?

Families look for providers who:

- Hire qualified & committed staff
- Provide safe, healthy & engaging environments
- Teach to their children's needs
- Involve them in their children's care & education

1/3 of licensed centers & providers in the COAD region have met Step Up to Quality Benchmarks and achieved star ratings.

25% of the states use rating systems that includes continued professional development as a measure of quality.

Contact us for training & technical assistance to meet the needs of the families you serve.

Call 1-800-577-2276 or email ece@coadinc.org

COAD



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Ohio's Healthy Programs Discover ways to make healthy habits a natural part of playtime, mealtime, class time, anytime. Contact us at 1-800-577-2276 or ece@coadinc.org.