

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:

May 30 Memorial Day
July 4 Independence Day

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



“Greener” Communication

COAD “green” communications keep you up-to-date between newsletters. Look in your inbox for COAD e-news updates on news, community events and requests for your input. To streamline the registration and payment process, we reformatted our print training calendar and added new features to our on-line training calendar. Visit our website, www.coadinc.org for up-to-date training information. Call us with your email address at 1-800-577-2276 if you have not received our e-news updates.

Pursuing the CDA Credential

Highly qualified staff at your local COAD office can assist you as you pursue your CDA credential. We can help you assess the training you need, guide you through the process and connect you with a CDA Advisor for the CDA observation. Please take a few minutes to help us understand where you are in the process and what assistance you may need: <http://www.surveymonkey.com/s/coadcda>.



Congratulations!

The network of Step Up to Quality child care centers keeps growing! There are 52 One Star centers; 35 Two Star centers and 40 Three Star centers in the 31 counties served through COAD.

New Three Star Rating

Fun Growing Child Development Center (Belmont)
Cadiz Head Start (Harrison)
Fairland Early Childhood Education (Lawrence)
Sandyville Head Start (Tuscarawas)
Uhrichsville Head Start (Tuscarawas)

New Two Star Rating

Jewett/Scio Learning Center (Harrison)
Chesapeake Early Childhood Education Program (Lawrence)
Dennison Learning Center (Tuscarawas)
Newcomerstown Learning Center (Tuscarawas)
Twin City Head Start Center (Tuscarawas)
High Street Head Start (Wayne)
West Salem Head Start Center (Wayne)

New One Star Rating

Learning Garden of Coshocton, Ltd. (Coshocton)
Sunrise Sunset Childcare & Development Center Inc. (Highland)

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, February 14, 2011.

Supporting Children and Those Who Care for Them

A program of COAD – the Corporation for Ohio Appalachian Development

Simple Snacks

Pretend Soup

Ingredients:

- 2 cups orange juice
- ½ cup plain yogurt
- 1 tablespoon honey
- 2 teaspoons lemon juice
- 1 small banana, sliced
- 1 cup berries (any kind, fresh or frozen, if they are frozen, defrost them first, and use all the juice – it'll add color to the soup)

Directions: Place the orange juice in a bowl. Add yogurt, honey, and lemon juice. Whisk until it is all one color. Place 5 banana slices and 2 tablespoons berries in each bowl. Ladle the soup over the berries and bananas. Eat!

(Note: You can add other kinds of fruit as well.)

Chocolate-Banana Shakes

Ingredients:

- 1 cup milk
- ½ ripe banana
- 2 tablespoons sweetened cocoa
- 3 ice cubes



Directions: Put all ingredients in a blender. Blend until smooth (or “until the very loud crunching noise stops”). Serve in a glass. Yields 1 large serving.

Homemade Lemon-Lime Soda Pop

Ingredients:

- 2 Tablespoons fresh lemon juice
- 1 Tablespoon fresh lime juice
- ¼ cup + 2 Tablespoons apple juice concentrate (thawed)
- 3 ice cubes
- 1 cup soda water

Directions: Squeeze lemon and lime juice and add correct amounts of each to a cup. Add everything else and stir. Drink it up!! Yields 1 serving

From the book, Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers and Up by Mollie Katzen and Ann Henderson, available through the COAD lending library

Inside this issue!

Look inside this issue for simple snack and fun activity ideas that encourage healthy and safe habits in children! As you prepare for the warmer months, contact us for suggestions and ideas on ways to keep kids cool, safe and engaged. Look to pages 1 and 4 for more information about COAD's green communication, services for providers pursuing the CDA credential or applying for Ohio's Healthy Programs status.

Activities for Infants and Toddlers

Infant and toddlers use their senses to explore and learn about the world around them.

Shady Play on the Textured Trail

This activity creates sensory experiences for children 6 to 18 months to safely explore new surroundings.

Materials: Shaded flat outdoor space, fabrics with different textures, large piece of cardboard, glue, and contact paper

Directions: To prevent sunburn, choose a shaded area at least 12X16 feet. Select a flat surface for children as they learn to crawl and walk. Glue a strip of contact paper to the cardboard so that the sticky side is up. Let dry. Then line all the different textured objects up end to end to create an outdoor trail. Remove their shoes so they can feel the textures. Encourage the children to crawl/walk the trail. Talk with the children about what they are exploring.

Swimming Doll (for children ages 24 months and older)

Materials: Rubber doll with moveable arms and legs, infant bathtub or plastic container and water

Water play is not recommended for children under 18 months of age. Provide close supervision at all times with any water play activity. Infants and toddler can drown in as little as an inch of water.

Directions: Fill the container with water ½ to ¾ full. Place the rubber doll in the container. Show and explain how to move the dolls arms and legs to splash, kick and float. Encourage your toddler to try to teach the doll how to swim.

Shady Picnic

Materials: soft blanket, toys and storybooks, snack or infant feeding supplies

Directions: Pack a snack or infant feeding supplies and spend the afternoon lounging outdoors in the fresh air on a soft blanket in the shade. Read stories, sing songs, make funny faces and play games like peek-a-boo. Bring along a bag of colorful learning toys to play with older infants and toddlers. Carefully watch infants and toddlers so they do not roll off the blanket. Pick up any food from the ground that might attract insects.

COAD Early Care & Education's Ohio4Kids is a new brand identity for the services we provide to meet family and provider needs.

In January, we hosted family events and launched a new web presence, www.ohio4kids.org to promote COAD Early Care & Education child care resource and referral services. Check us out and let us know what you think!

As we update our look to fit today's technology, just know that this new brand identity represents the same high quality services provided through COAD, the Corporation for Ohio Appalachian Development.

Activities for Preschool Aged Children

Morning Dew

Materials list: magnifying glasses

Avoid the 10 am to 2 pm zone when the sun is hottest. Take preschoolers outside in the early morning while the dew is still on the ground. Give children magnifying glasses and encourage them to explore the dew on the playground equipment, grassy surfaces and plants. Engage children in their scientific exploration and talk with them about how their discoveries look and feel. Challenge children to find a spider web and other interesting objects.



Traffic Light

Materials list: none

Traffic light is a fun way for children to learn the meaning of each traffic light color. Explain that when you say “green light” they can walk fast, when you say “yellow light” they should walk slowly and when you say “red light” they should stop and “freeze.” Ask children to line up side-by-side to create a starting point. Take 10 or 12 giant steps away from the start point and then face the children as the “traffic light.” Start the activity by saying “green light” or “yellow light.” Once they start moving say “red light.” Children who do not stop for the “red light” should return to the start line. Continue the activity giving children a chance to practice what to do when they see green, yellow and red lights. The first child who reaches the traffic light can take a turn as the traffic light.

Activities for School Aged Children

It's nice to meet you!

Materials: Glitter or flour.

Directions: Put glitter or flour on 10% of your student's hands. Have those students shake hands with the other students, who should then shake hands with other students, and so on. After every student has shaken hands with at least two people, ask your students if they have glitter /flour on them. Discuss how shaking hands can spread germs and brainstorm ways to avoid germs and the spread of germs.

Repeat the activity, only this time have the students with glitter/flour wash their hands before they shake hands with other students. Do the students notice a difference?

Traffic Sign Bingo

Materials: Traffic Sign Bingo cards and markers (chips or coins)

Directions: Pass out bingo cards and markers to all players. Instruct players to cover the matching traffic sign when you call out its meaning. The first player to cover his or her board wins. For Traffic Sign Bingo card templates and the meanings of traffic signs, visit:

<http://www.kingcounty.gov/transportation/kcdot/Roads/TrafficMaintenanceEngineering/TrafficSignBingo.aspx>.

Encouraging . . .

Safety in children

Teaching safe habits to children at a young age can help children stay safe long after they move on from your care! Children will be more apt to remember the habits if you follow them too. Here are some tips and techniques to encourage safe habits in children.

Take a Walk

Take children for a walk and point out road signs, cross walks, traffic lights and other signals that keep walkers safe.

Reviewing those Rules

While reviewing rules may seem boring for children, rules exist for a reason. Explain the reasons behind the rules. Instead of simply reciting the rules, engage the children to think of examples of what to do and what not to do while playing on the playground or outside.

Make it fun

Create simple games or activities to help children learn safe habits in a fun way. Remember, practice makes perfect, so try to review safe habits a few times a week, or try reviewing one each day.

Resources

For more fun activities to teach children call COAD at 1-800-577-2276.

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Child Care Corner

Summer Planning As you plan your programming for a safe, engaging and fun summer contact COAD for technical assistance and training at 1-800-577-2276.

FREE Technical Assistance Available! COAD's highly qualified staff can assist you with your application for Ohio Healthy Programs status. Contact us at 1-800-577-2276 for assistance with updating your health and wellness policies, menus and the application process.

Assessing Your Needs COAD uses electronic surveys to assess and plan to meet the training and technical assistance needs of the almost 2000 childcare providers in the COAD region. Please take a few minutes to complete needs surveys as you receive them. If you have not received a survey, please email ece@coadinc.org to be added to the distribution list.

New Resource for Families Please share COAD's new web-based resource, Ohio4Kids.org, with your families. Contact COAD with information about family events in your community. Check it out!

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?

Prevalence of childhood food allergies increased 18% over the past 10 years according to a 2008 Centers for Disease Control report.

79% of all Poison Control Center cases involve children; 64% occur in children under the age of 5. By age 5, an estimated 1 in 5 children will be exposed to a potential poison.

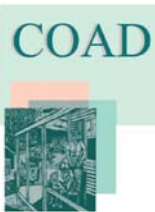
54% of child care center injuries are sustained by children ages 2-4; 42% in children ages 5-9 and 2% in children under the age of 2.

About 20% of SIDS deaths occur under the care of someone other than a parent.

1% of children are allergic to bee stings, most do not outgrow this allergy

Sources: Children's Health Network and WebMD

For more information on these or other safety concerns, contact COAD at 1-800-577-2276 or email ece@coadinc.org.



Early Care & Education Division
1 Pinchot Lane
PO Box 787
Athens, Ohio 45701-0787

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ece@coadinc.org

