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A few reminders about record keeping...

In the best interest of the children and to keep within Federal regulations, please:

- Stay within ratio as regulated by the State
- Keep attendance and menus up to date daily either with MM Kids Online or using our standard paper forms

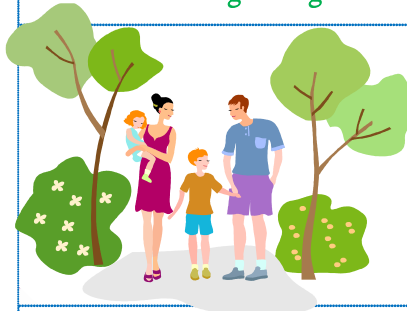
Meals may be disallowed if your childcare facility is not in compliance with these standards. If you have questions about record keeping or ratio issues, please contact your program coordinator or the main office 1-800-369-9082 immediately.

* * SPOTLIGHT PROVIDERS * *

Lillian Green in Fort Worth, TX has been in the childcare business for many years working for Head Start and then starting a licensed daycare facility in her home. She has been Southwest for about two years and has referred several other providers to the program. Bright colors, lots of song and dance, blocks and puzzles, and smiles and giggles all describe Lillian's childcare home. Lillian makes sure the children have nutritious meals and snacks that are home cooked. She has encouraged other providers to use the minute menu program and her coordinator loves to have her at workshops since she always adds great ideas and laughter.

In Duncanville, TX, **Mary Mays** has been with Southwest since 2003 and always has a smile on her face. She teaches her children so many wonderful things and she always feeds them lots of healthy foods. She even remodeled her home so her kids would have a better classroom to learn in. She is definitely a shining star in the daycare business.

Thanks for being such great examples, Lillian and Mary!



To Keep You Posted

MM Kids Users: New features might be available in your MM Kids program! To check for upgrades on your MM Kids program: 1) after signing in and while on the main screen, click on the File menu in the top left hand corner of the program 2) choose the option "Check for Updates..." 3) click "Yes" so that the MM Kids update can be downloaded and installed. Any problems or questions, call the office 1-800-369-9082.

Paper form claimers: We are sending your yellow April CIF (claim information form) in this envelope with your April newsletter. Please keep this form all month so that you can refer to the child information and numbers for your claim attendance. Send the April CIF in with your April claim at the end of the month. Each month we will send you a new CIF. Be sure to turn in the appropriate CIF with the appropriate claim. Any questions, be sure to call your program coordinator or the office at 1-800-369-9082. 021-0175

The President's 2011 proposed budget includes increases for the food program! They intend to reauthorize Child Nutrition and WIC. This additional money will be "aimed at ending childhood hunger, reducing childhood obesity, and improving the diets of children, and raising program performance to better serve our children." Our article this month is a campaign from the Surgeon General's office promoting Healthy Youth for a Healthy Future. We can all join together to keep our kids healthy and happy 😊

Workshops in April

Saturday, April 10, 2010

Southeast San Antonio 1-3p
Nutrition Program Training
McCressless Branch Public Library
1023 Ada
For registration and directions:
210-233-8453 Patricia

San Saba, Goldthwaite 10a
Centsible Meals
Kyla Pritchard's Home
1805 Elza Dr Goldthwaite, TX
Directions and Registration:
254-690-8107 or
mzfine48@yahoo.com Veronica

Lubbock, TX 10a-12p
Centsible Meals
Della Avila Home
4608 – 28th St. Lubbock. TX 79410
For registration and directions:
806-777-3907 Della

Monday, April 12, 2010
Grand Prairie, TX 7-8:30p
The Two Bite Club
Margaret Chapman's Home
1809 Dorothy Street 75051
Directions: 972-264-4174
Registration: 972-243-3237 Wend'e
or 817-536-4514 Barbara
For Wend'e and Barbara's ladies in
Grand Prairie and Arlington!
This is the LAST evening workshop
of the year!!

Saturday, April 17, 2010
McKinney, TX 10-11:30a
Nibbles for Health
Amy Bergland's Home
404 Dolomite Dr
Directions: 972-529-8465
Registration: 972-398-9398 Renee

**Waco, Rockdale, Groesbeck,
Temple** 10a
Centsible Meals
Mary Bradley's Home
401 Simons, Robinson, TX
Directions and Registration:
254-690-8107 or
mzfine48@yahoo.com Veronica

Saturday, April 17, 2010
South/Southeast Ft. Worth, TX
9:30-11a
Johnnie Miledge's Home
6904 Rebel Rd
Forest Hill, Texas 76104
For registration and directions:
817-536-4514 Barbara

Tyler, TX 9:30a
Nutritional Workshop and Training
Debbie Martin Home
8422 Castleton Way
Registration: 903-570-0417 Debbie

Saturday, April 24, 2010
Greenville, TX 10-11:30a
Making Nutrition Count
Patricia Stanton's Home
4400 Stonewall St
Directions: 903-450-4729
Registration: 972-398-9398 Renee

Denton, North Ft. Worth, TX
9:30-11a
Latrisha Leinwelder's Home
1737 Sierra Meadow
Justin, Texas 76247
For registration and directions:
817-536-4514 Barbara

Clear Lake, TX 11a-1p
Planning Nutritious Snacks for
Childcare
Freeman Branch Library
16616 Diane Lane, Houston 77062
Directions: 281-488-1906
Registration: 281-491-9326 Shegala

Monday, April 26, 2010
South Houston, TX 6-8p
Planning Nutritious Snacks for
Childcare
South Houston Library
6074 Ave A 77587
Directions: 713-941-2385
Registration: 281-491-9326 Shegala

Workshops in May

Saturday, May 1, 2010
Lampasas, TX 10a
Centsible Meals
Rusty Bramer
904 E. Ave C, Lampasas, TX
Directions and Registration:
254-690-8107 or
mzfine48@yahoo.com Veronica

Oak Cliff, TX 9-11a
The Two Bite Club
Moreland YMCA
907 E. Ledbetter Dallas
Directions: 214-375-2583
Registration: 972-243-3237 Wend'e

Saturday, May 8, 2010
Tyler, TX 9:30a
Nutritional Workshop and Training
Debbie Martin Home
8422 Castleton Way
Registration: 903-570-0417 Debbie
This is Debbie's last workshop of the
year!

Lubbock, TX 10a-12p
Della Avila Home
4608 – 28th St. Lubbock. TX 79410
For registration and directions:
806-777-3907 Della

Sherman, TX 10-11:30a
Happy Meals for Healthy Kids
Barbara Reyna's Home
1107 S. Macey 75090
Directions: 903-868-1289
Registration: 972-398-9398 Renee

Saturday, May 15, 2010
Killeen, Temple, Holland 10a
Centsible Meals
Mary Moten's Home
1803 Galaxy Dr, Killeen, TX
Directions and Registration:
254-690-8107 or
mzfine48@yahoo.com Veronica

Farmers Branch, TX 10a-12p
The Two Bite Club
Farmers Branch Library
13613 Webb Chapel
Directions: 972-247-2511
Registration: 972-243-3237 Wend'e
This is my VERY LAST workshop of
the year! If you haven't been trained,
this one is for you.

Saturday, May 22, 2010
Killeen, TX 10a
Centsible Meals
Kim Robinson's Home
4502 LedgeStone Circle
Directions and Registration:
254-690-8107 or
mzfine48@yahoo.com Veronica

Saturday, May 22, 2010
Garland, TX 10-11:30a
My Kids Won't Eat That!
Dora Wesley's Home
5726 Kerry Ln 75043
Directions: 214-607-2502
Registration: 972-398-9398 Renee

Thursday, May 27, 2010
Plano, TX 7-8:30p
Sanitation and Health
Nina Copeland's Home
1029 Stonetrail Dr. 75023
Directions: 972-881-1973
Registration: 972-398-9398 Renee

Saturday, May 29, 2010
Southwest San Antonio 1-3p
Nutrition Program Training
Johnston Branch Public Library
6307 Sun Valley
For registration and directions:
210-233-8453 Patricia

Answers to March quiz

1. changes
2. false
3. true
4. dose
5. serotonin
6. false
7. true
8. self-esteem
9. true
10. six



MYSTERY PROVIDER

Each month in this newsletter we put the provider ID of one MYSTERY PROVIDER. The Mystery Provider wins a fun children's book to share with their kiddos. If you find your ID somewhere in the newsletter call the office at 1-800-369-9082 and claim your prize!

Need a 2010 Calendar? We have ordered more calendars so we have plenty in stock. If you'd like one, please tell your coordinator, email us forms@swhuman.org, or call the office 1-800-369-9082 so we can send one out to you today!



Childhood Overweight and Obesity Prevention Initiative

Healthy Youth for a Healthy Future

From the office of the Surgeon General:

Today, 12.5 million children are overweight in the United States—more than 17 percent. Overweight children are at greater risk for many serious health problems. This initiative promotes the importance of healthy eating and physical activity at a young age to help prevent overweight and obesity in this country.

To ensure a healthy future for America's children, we must—

- Help Kids Stay Active
- Encourage Healthy Eating Habits
- Promote Healthy Choices

Help kids stay active.

Put an hour of physical activity into your child's day.

Just like eating and sleeping, physical activity should be a regular part of a child's day. Add physical activity to your own daily habits and invite your child to join you. Guidelines suggest that school-age youth should participate in 60 minutes of moderate physical activity each day. Plan fun family activities that give everyone exercise. It does not have to be 60 minutes all at once, but can be different activities that add up to an hour's time including unconstructive natural play outdoors.



Surgeon General's Pledge

I pledge to:

- Be a role model by making healthy choices for myself.
- Help children be physically active through everyday play and participation in sports.
- Support children's healthy eating habits.

A healthy future is our gift to our children.

Limit TV and other screen time to less than two hours per day.

As a parent or caregiver, you set the rules that include when and how long your children can watch TV and DVDs and play video games. Limit the time to less than two hours per day that you and your family do these things. To help—keep televisions out of children's rooms.

Encourage healthy eating habits.

Shop, cook and plan for healthy meals.

Use a menu planner for healthy meals all week. Buy healthy foods such as fruits, vegetables and whole grain products. Read the nutrition facts label on packages to help you to make healthful choices. Make sure children have three healthy meals each day. Give children fat-free or low fat milk instead of soft drinks. Encourage children to drink water instead of sweet drinks. Limit the amount of sugar and saturated fat they eat.

Make sure your child eats a healthy breakfast every day.

A healthy breakfast is a good way to start the day, and it may help people get to and stay at a healthy weight. Instead of sugared cereals, try eating whole-grain cereal with low-fat or fat-free milk, oatmeal, whole-grain toast, or a hard-boiled egg and a piece of fruit.

Sit at the table and eat together as a family.

Research shows that when a family eats together, children eat more fruits and vegetables and fewer fried and junk foods. Plan and make healthy, affordable, family meals. Keep the television off and sit at the table and enjoy talking together.

Know how much food to serve your child.

Larger portions (servings) lead to more food being eaten. Know when servings are larger than needed and teach your children to eat only what they need at each meal. The more you know about serving sizes, the more you will be able to help your child learn to serve themselves a healthy amount of food.

Promote Healthy Choices.

Make sure your child gets enough sleep each night.

Less sleep can increase a child's risk of being overweight or obese. A recent study found that with each extra hour of sleep, the risk of a child's being overweight or obese dropped by 9 percent. Most children under age 5 need to sleep for 11 hours or more per day, children age 5 to 10 need 10 hours of sleep or more per day, and children over age 10 need at least 9 hours per day.

Help your child understand why you and the whole family are making these changes.

Children need support and encouragement from their parents. This is really important when things are changing, even when the changes are for their health. Children may see the loss of favorite snacks, or changes in TV watching, as punishment. Make sure that they know that the whole family is making these changes together. Let them play a part in these changes whenever you can by helping to shop for healthy foods, preparing meals, setting the table, and being a part of family talk at mealtimes. Let them choose and lead family activities, and let them be the "coach." Remember that change can be a source of stress. Knowing that you love them is their source of strength.



**surgeongeneral.gov

April

				1	2	3 Send in Claim!
4 Easter	5	6	7	8	9	10 San Antonio, San Saba, Goldthwaite, Lubbock Workshops
11 	12 Grand Prairie Workshop	13	14	15 Taxes Due	16	17 McKinney, Waco, Ft. Worth, Tyler Workshops
18	19	20	21 	22 Earth Day	23	24 Greenville, Denton, Ft. Worth, Clear Lake Workshops
25	26 South Houston Workshop	27	28	29	30	



Strawberry Ladybugs

What You Need:

- ☆ Strawberries
- ☆ Blueberries
- ☆ Mini chocolate-chips
- ☆ Toothpicks
- ☆ String licorice

How to Make a Ladybug:

- ☆ Wash a strawberry and remove the stem and leaves.
- ☆ For the ladybug's head, push a toothpick into the top of a strawberry, leaving about half an inch sticking out. Press a blueberry onto the toothpick.
- ☆ For the ladybug's spots, push the pointed ends of some mini chocolate-chips into the strawberry.
- ☆ For the legs, push six small pieces of licorice into the strawberry.



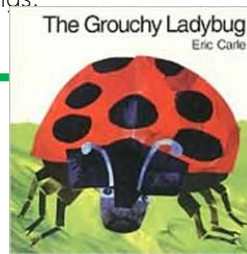
Need a craft to make use of all those leftover egg cartons? Try making ...

Hungry Egg Carton Caterpillars

- ☆ Cut out a row of three egg cups from a paper egg carton.
- ☆ Paint the egg carton and let it dry completely.
- ☆ Try painting stripes or each egg cup a different color.
- ☆ Poke two holes in the front of the caterpillar for antennae.
- ☆ Cut two pieces of pipe cleaner and stick them in the holes.
- ☆ Accessorize the caterpillars with googly eyes, cut out wings, and any other creative art supplies. Have fun!

The Very Hungry Caterpillar, 1969,

This all-time favorite not only follows the very hungry caterpillar as it grows from egg to cocoon to beautiful butterfly, but also teaches the days of the week, counting, good nutrition and more. Striking pictures and cleverly die-cut pages offer interactive fun.



The Grouchy Ladybug, 1977,

delights readers of all ages with the story of a bad-tempered bug who won't say "please" or "thank you," won't share, and thinks she is bigger and better than anyone else. As children follow the Grouchy Ladybug on her journey, they will learn the important concepts of time, size, and shape, as well as the benefits of friendship and good manners.

