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New Pay Rates for July Claims!!

Annual adjustments to the national average payment rates for meals and snacks served in day care homes reflect changes in the Consumer Price Index. These rates are effective from July 1, 2011 through June 30, 2012. The changes in the food service payment rates for day care homes reflect a 4.43 percent increase during the 12-month period, May 2010 to May 2011.

Breakfast

Tier 1: \$1.24

Tier 2: \$.45

Lunch/Dinner

Tier 1: \$2.32

Tier 2: \$1.40

Snack

Tier 1: \$.69

Tier 2: \$.19



~~ FRESH IDEAS ~~

Tiffany Greer of Haslet reads a book to the children when they eat breakfast. The day her coordinator was there she read the book about Biscuit the dog. The children were having biscuits, pears and milk for breakfast. The letter of the week was P. So they talked about pears starting with P. During that week the children were also served peanut butter, potatoes, pineapple, and peas. What a clever way to integrate learning, food, and fun!

Paula Beckerman of Arlington also serves food that start with the letter of the week. She saves the letter P for Thanksgiving. All the children make their own pumpkin pie to take home to share with their families. The children are so proud of their pies!



Avoid Delayed Payments for Claims for July 2011 All claims due August 5th, 2011

The Texas Department of Agriculture, Food and Nutrition Division, is updating its claim processing system next month in August. We will not have access to the system after 12 p.m. on **August 8th, 2011**. We will need all claims received in our offices by August 5th in order to process and pay your July claim in August 2011. Claims received after this date will be processed and paid with your claim for August 2011 in late September 2011. For Providers submitting on the **Internet**:

Please submit your claim on the last day of meal service for July 2011 (July 29th) but not later than **August 1st, 2011**.

For Providers submitting **Paper Claims**:

Please mail your claims on the last day of meal service for July 2011 (**July 29th**). To guarantee payment for July 2011 in August, we recommend that you send your claims by US Postal Service's Express Mail or Overnight Service. Remember that Priority Mail service does not guarantee delivery.

To avoid delayed claim payments, please help us meet this deadline by following these instructions. Thank you!



Annual Training is due in August!!

If you were unable to make a workshop that was provided by your Program Coordinator, then you are required to complete the Self-Instructional and Civil Rights Training. You can download the tests and training at this link swhuman.org. These tests need to be returned to us no later than **August 31, 2011**. Failure to meet the training requirement by this date will begin the serious deficiency process.

If you completed training and our records are incomplete or if you have misplaced or cannot find the Self Instructional Training Packet, please call us immediately at 1-800-369-9082 and ask for Sheena. If you cannot download the training or tests, we can always mail them to you. Thank you!

When is picky eating something more?

Sensory processing (sometimes called "sensory integration" or SI) is a term that refers to the way the nervous system receives messages from the senses and turns them into appropriate motor and behavioral responses. Whether you are biting into a hamburger, riding a bicycle, or reading a book, your successful completion of the activity requires processing sensation or "sensory integration."

Sensory Processing Disorder (SPD, formerly known as "sensory integration dysfunction") is a condition that exists when sensory signals don't get organized into appropriate responses. Pioneering occupational therapist and neuroscientist A. Jean Ayres, PhD, likened SPD to a neurological "traffic jam" that prevents certain parts of the brain from receiving the information needed to interpret sensory information correctly. A person with SPD finds it difficult to process and act upon information received through the senses, which creates challenges in performing countless everyday tasks. Motor clumsiness, behavioral problems, anxiety, depression, school failure, and other impacts may result if the disorder is not treated effectively. Symptoms of Sensory Processing Disorder, like those of most disorders, occur within a broad spectrum of severity. While most of us have occasional difficulties processing sensory information, for children and adults with SPD, these difficulties are chronic, and they disrupt everyday life.

[*sdfoundation.net/about-sensory-processing-disorder.html](http://sdfoundation.net/about-sensory-processing-disorder.html)

● Sensory integration activities are unbelievably fun and a necessary part of development for any child, whether they have a sensory processing disorder or not. Sensory integration activities are activities that should be used with any child for normal sensory development.

● From the womb into adulthood, our neurological systems are developing and processing an overwhelming amount of sensory information every day. Our system must then interpret this information and make it ready to be tolerated and used for specific purposes.

● If this normal developmental process is hindered in any way, it can cause detrimental effects. Proper intake and use of sensory input is absolutely critical to a child's maturation process and the building of core, foundational skills.

● The best part about sensory integration activities is the creative fun you can have coming up with ideas, playing with your child using sensory input, or purchasing unique toys and products anyone would love! (I'll be honest, sometimes adults need and love these products as much as, if not more than, the child!)

● In fact, because these treatment activities are so fun, creative, and unique, it often doesn't even look like "therapy". Children just think they are having fun when they are actually working strenuously at building essential skills with their bodies and better neurological systems.

● It takes a lot of hard work, dedication, consistency and persistence, but in the end, you will have a thriving child who can regulate sensory input much more effectively. The variety of sensory integration activities is endless... only limited by your creativity and imagination!

[*sensory-processing-disorder.com](http://sensory-processing-disorder.com)

227-1038

Yucky stuff: Play Doh, Gak, Glop, Funny Foam, etc...

Children need to touch a variety of textures and play with them to develop normal tactile processing. If your child will not play with messy items, it is even more important that you continue to find fun and creative ways to introduce these to them.

**See Page 4 of this newsletter for an easy, inexpensive finger paint recipe!*



Vestibular Movement:

Children NEED to move! For some it is difficult due to fears, for others they just can't seem to get enough. Vestibular movement (and proprioceptive input) can rev you up or calm you down. Either way, this input is necessary and will be a critical component to therapy. Many of these movements are also heavy work activities – please see below..

Heavy Work Activities:

These types of activities are imperative for children who have difficulty regulating their arousal levels. They are the crashers, the jumpers, the leg shakers, the ones that can't ever seem to sit still. Boy, can they try your patience as a parent, teacher or even therapist! Regular heavy input into their neurological systems WILL help calm them down. Often these activities will include using weights, weighted products, jumping, bouncing, rocking, pushing, pulling, swinging and being "squished".

****Hint: Always best to precede a sit down task with a heavy work activity****

Pushing or pulling objects and activities:
laundry basket
kids wagon
raise/lower flag at school
clean floor with a mop, broom and dustpan
wrestling
raking leaves, dirt etc.
Thera-Band
riding bicycles / scooters

Carrying objects, such as...
groceries
animal backpacks
kids fanny pack
stacking or moving chairs/books
ANYTHING with weight to it

Jumping and bouncing on/with items, such as...
on a trampoline
on an old mattress or soft area
into bean bag chairs
on a therapy ball (with adult assistance of course)

Walking/running/playing in the sand
Wheelbarrow walk relays
Potato sac/jumping bag races
Lizard crawl (belly on floor, push self with elbows)
"Sandwich"/ Squishing activities...
- make a child "sandwich" between floor pillows or cushions
- give child heavy blankets, weighted blankets, or sleeping bags
- roll a giant gym/exercise ball on top of them while they lay on the floor



Climbing/hanging on things:
monkey bars
jungle climber with swings
hanging rings and trapeze
outside on rocks or trees
up ladder and/or slide
climbing rope
climbing/cargo nets

Sand and Water Play:

Playing in the sand or water provides essential yet fun ways to experience necessary tactile input. Use your creativity, get plenty of towels, and have fun filling these tables with sand, rice, shaving cream, water, or any textured substance you can think of. Include little toys as well to encourage exploration.

These are all just a few examples of great sensory activities to challenge, entertain, and assist in your children's development. Please see these links for more information and more suggestions!

[*sensory-processing-disorder.com/heavy-work-activities.html](http://sensory-processing-disorder.com/heavy-work-activities.html)

[*sensory-processing-disorder.com/sensory-integration-activities.html](http://sensory-processing-disorder.com/sensory-integration-activities.html)

The Picky Eater

Picky eating is a normal behavior in children. Some children develop this behavior as early as birth, while other children periodically choose their favorite food. Some picky eaters are naturally sensitive to food texture and smell. Others choose not to eat certain foods because of unfamiliarity. In child care, this behavior can be a challenge for teachers and parents. Teachers must make mealtimes both enjoyable and pleasant to promote healthy eating habits for picky eaters.

The Environment

Developing healthy eating habits can be a challenge when working with children. Teachers must create an environment that is warm and welcoming to children. All distractions should be eliminated; turn off all music, television, and put away all toys. Teachers should show excitement and enthusiasm towards mealtimes. The more involved the teacher is in creating a pleasant environment, the higher the chances are of implementing healthy eating habits. Mealtime is a time for children to share responsibilities with their friends and teachers. A routine should be followed at every meal, so children are aware and know what to expect during mealtime. Family style dining is highly recommended; it implements both social and motor skills. Respect should be given to all children to maintain a pleasant environment.

Food Behaviors

Food jag is a key behavior for some picky eaters. Food jag is when a child will only eat a particular item for all meals. Children that eat the same food, prepared the same way, during each meal is a sure sign of food jag. For example, Little Sara only eats macaroni and cheese for each meal. Children begin to food jag because of several different reasons. Reasons may include intensive sensitivity to flavor, food boredom, a self-rule attitude, and the fear of trying new foods. Reluctance to try new foods may be due to a variety of reasons. Temperament may be an issue that causes children to be picky eaters. Temperament ranges from children being very easy to extremely cautious or challenging, which may cause picky eating. Phenylthiocarbamide or PTC may also have an impact on children. PTC is a chemical in some food that causes a bitter taste. Some foods that include PTC are cabbage, strawberries, and green apples. Foods that have PTC should be introduced gradually. There are many behaviors that cause children to be picky eaters, but the key to overcoming this time in a child's life is patience.

Strategies to Success

- Create and maintain a routine that is warm and inviting
- Set an example for children
- Introduce brightly colored menu items, such as oranges, green apples, sweet potatoes
- Utilize Family Style Dining
- Be patient during the exploration of trying new foods and do not give up
- Provide praise for trying (i.e. trying one bite, smelling, feeling the food)
- Limit the offering of new foods to one new food at a time.

Things to Avoid

* Applying Force– During mealtimes, children should not be forced to eat. Forcing children to eat can have a negative long-term effect. It is okay for a child to choose not to eat a menu item. The goal is to encourage each child to try new foods.

* Bribery – A child should never be bribed to eat a meal. Bribing promotes picky eating. Bribing or promising rewards introduces the concept of deal making. Making deals with children to eat certain foods only sets the child up for failure. Children develop the idea that undesirable food can only be eaten after an agreement or arrangement has been made.

* Short-hand Cook – A Short-hand cook is a cook that prepares meals as ordered or by demand. Short-hand cooks boost picky eating. If a child has the option to choose all meals, it can cause a health risk and serious problems in the future. Short-hand cooking leads to children eating unhealthy meals. Children have the tendency to eat what they prefer, not always what is healthy.

Key Things to Remember

Picky eating cannot be corrected overnight. Healthy eating habits can be implemented through consistency and persistence. Teachers must understand that children control their own eating habits. Teachers control what and where each child should eat. But, teachers do not control how much or how little a child will eat. Teachers should remain consistent and positive and understand the temperaments and personalities of each child. Then teachers can guide children to healthy eating habits.

Picky Eater Games

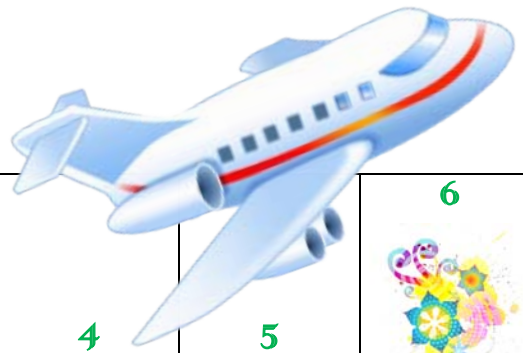
I Did, I Did Game

When a child tries a new food for the first time, he says, "I Did, I Did". The teacher provides praise, high-five, etc. The key to this game is to praise children for trying new food. Most children want to please their teacher and friends. If their friends are receiving praise, this motivates them to complete the same task to obtain praise. Children are trying new foods and receiving praise, which is a happy mealtime.

My New Treat Game

During mealtime, if there is an item that is new to a child, introduce the "My New Treat Game". Teachers play the guessing game with the entire class during mealtime. Ask a variety of questions about the new item. The key is to capture children's interest in the new foods, and then encourage them in trying the new food.

August



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Finger paint recipe

2 tablespoons sugar
1/3 cup cornstarch
2 cups cold water
1/4 cup clear liquid dish soap
food coloring or food coloring paste

- * Mix together sugar and cornstarch in a small pan, then slowly add cold water.
- * Cook over low heat, stirring until the mixture becomes a smooth, almost clear gel about 5 minutes.
- * Take off the heat and stir in clear dishwashing liquid.
- * Scoop equal amounts of the mixture into containers and stir in food coloring or, for even more vibrant colors, use food-coloring paste.
- * Allow to cool completely before using as finger paint. Store any unused in a covered container in the refrigerator for another fun painting day!

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!

Answers to July's quiz

1. false
2. first year
3. true
4. fiber
5. weight
6. water
7. Fruits and veggies
8. true
9. family dinners
10. iron, protein