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Workshops for August

Tuesday, August 14, 2012

Garland, TX 7-8:30p

Happy Meals for Healthy Kids

Buckingham Church of Christ

3630 W. Buckingham Rd

Directions and Registration:

972-398-9398 Renee

Garland Day Care Home Association and Southwest.



Providers using all MM Kids!

Whether you are already using MM Kids HX or are still awaiting the upgrade, you can email or fax all your documents to Southwest. No need to waste money or time with postage! Just electronically send all documents to Southwest via email info@swhuman.org or fax 1-888-467-1455.



Thank you!

Kids2go Mobile App

As Southwest upgrades you to MM Kids HX, you will be able to download the Kids2go mobile app onto your smartphone! You must still submit your claim monthly through the program on your computer. But all daily meals and attendance can easily be recorded with your mobile device.

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, 2012**. 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! 290023

Just in case you missed the info... new upgrade to MM Kids HX!

We will be upgrading alphabetically over the next several months. When it's time for your upgrade, we will send you an email to help walk you through the new process. Since providers cannot claim half of the month with the old program and half with the new program, you will be upgraded at the start of a new claim month. Please be sure to submit your claim on time to avoid any confusion with the old and new systems.

A few benefits...

- New and intuitive user interface.
- Meals and attendance are recorded in one place.
- No more having to create your own foods - all foods are selected from a pre-approved chart.
- No more forgetting to submit your claim - any new month can only be started after submitting the previous month.
- Access to smart phone and browser based versions of MM Kids HX. Although please note that smart phone versions cannot submit claims.

Please remember...

- All provider information will transfer over to the new system **except** for any menus or meal counts so please print out any old meal plans that you'd like to keep. This also means that you will need to recreate any planned or rotating menus in the new system.
- Your program coordinator will be available to help train you and the main office is always available by phone to answer any questions that may come up.



How To... Re-enroll or Inactivate Children for the School Year!

Now that the school months are upon us, "summer kids" might be returning to school full time and your regular school-year children might be returning to your daycare. If a child has attended your daycare previously and has since been withdrawn, you can re-enroll! Also if a child is temporarily leaving your daycare for the school months and will be returning (either next summer or on holidays), do not withdraw that child – he can instead be "inactive."

Using paper enrollment forms:

- Write out the child's information completely on the form. Write "re-enroll" at the very top of the form.
- If a child is leaving for an extended period of time, state that on your yellow CIF and mail into the office instead of withdrawing the child.

On MM Kids Online:

- Reprint the child's enrollment form from your computer.
 - Select all from the righthand dropdown list and then the withdrawn kid from the lefthand dropdown list. Click "print child enrollment."
- Obtain a new signature from the parent. In the margin, write Re-enrolled and what date he will be entering your care. Mail/fax a copy to the office.
- If a child is leaving for an extended period of time, his status can be made "inactive" directly on MM Kids Online.
- After signing into the program and at the main screen 1)Click on the Child Information icon 2)Select the child's name 3)Click on the "Active" status and select "Inactive." This will prevent the child from showing up on the Meal Counts screen. When the child is in your care again, follow the same steps and change "Inactive" to "Active" so that you are able to claim meals for that child again.

Call the office with any questions 1-800-369-9082.

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. nutrient
2. true
3. true
4. eat
5. exercise
6. energy costs
7. true
8. rotate
9. true
10. farmers

Tips for adding more variety, vegetables, and greens to your child's diet:

Make sure your children are hungry and have not been snacking all afternoon or evening; hungry children are more likely to try and eat new foods.

Serve the new vegetable or salad first. This is especially true for a young child between 2 and 4 years of age.

Sit down as a family and talk about everything but the meal. Focusing on the food can lead to food battles.

Suggest a "try-it-bite" for a child who seems really uncomfortable about trying something new. They may spit it out and that is okay. Sometimes it can take 10 "try-it-bites" over a series of weeks for a child to accept a new food.

Start early! As soon as you have introduced citrus to your toddler's diet offer them a plate of this salad. A one year old won't digest much of it but will gain so much in the way of programming his or her taste buds to accept these types of foods.

Young children learn how to eat and what to eat by watching the adults and caregivers around them. This starts from infancy on.

Enjoy new healthy foods and the renewed body energy that comes with them!

Raw Kale Avocado Salad

Serve this salad alone as a super food meal or serve it over cooked quinoa with a bean soup. If you plan to keep the salad for a few days in your refrigerator then wait to add the avocado to each individual serving. Feel free to add other seasonal vegetables to the salad. Grated Carrots, grated beets, diced heirloom tomatoes, or chopped parsley would all be delicious.

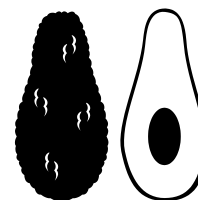
Salad:

- 1 bunch curly kale, chopped (about 8 to 10 cups)
- 2 avocados, diced
- 1 cup sunflower seeds, soaked for 6 to 8 hours (optional)

Dressing:

- 3 to 4 tablespoons freshly squeezed lemon juice
- 3 to 4 tablespoons extra virgin olive oil
- 1 to 2 cloves garlic, crushed
- 1/2 teaspoon sea salt
- freshly ground black pepper

Chop the kale into small pieces and add it to a large bowl. In a smaller, separate bowl whisk together the dressing. Add the dressing to the salad and gently massage it into the kale with your hands. This will soften it almost immediately. Then add the diced avocado. Drain and rinse the sunflower seeds and add them to the salad as well. Gently toss together. Serve.



Fruits Versus Veggies ... And the Winner Is?

Parents often struggle with getting their kids to eat vegetables and wonder if fruit is just as good. Fruits contain many of the same vitamins and minerals as vegetables, but in different proportions. It's ideal for kids to get a mix of both. But if fruit is all your child will stomach, it's certainly a great choice.

The Cons of Shunning Vegetables?

- 🍌 Vegetables contain some unique compounds that fight cancer and heart disease, and many of these are not available from fruits.
- 🍌 Fruit also tends to be higher in calories than vegetables.

Helpful Tips to Get Your Kids to Eat More Fruits and Veggies

- 🍌 Get Colorful: Be sure to continue to offer a wide range of colorful fruits and veggies. Kids' tastes change and you don't want to miss out on your child adding a new food to his/her diet.
- 🍌 Experiment: Try adding a vegetable that you do not typically serve, or offer it in a different form, or shape.
- 🍌 Spring rolls with lettuce and carrots (not fried) or lightly steamed edamame, (which kids enjoy popping out of the pods) served with soy sauce, are also kid- friendly choices. Sometimes it's just a matter of texture over taste.
- 🍌 Live a Grocery Adventure: Have your child find a new veggie to try at the grocery store. Or bring a notebook and have them draw a rainbow of colored fruits and vegetables.
- 🍌 Familiarize: Less familiar veggies such as jicama (pronounced Hic-a-ma), celery, or sugar snap peas may spark his/her interest.
- 🍌 Twist it Up: A slight tweak in preparation may change your child's mind about a certain vegetable:
 - 🍌 For example, he/she may not like cooked broccoli, but he/she may like raw broccoli slaw mixed with his/her favorite low-fat ranch dressing.
 - 🍌 Another possibility is trying a variation on that cruciferous staple. For example, cauliflower and broccolini/baby broccoli are less bitter and kids may be more willing to eat them.
 - 🍌 Your kids may not like cooked zucchini cut into coins, but they may like shredded or raw zucchini.
 - 🍌 Puréed cooked carrots in tomato sauce served with their favorite shaped pasta.
 - 🍌 Try cooked butternut squash in fruit smoothies, pumpkin pancakes for dinner and shredded zucchini in whole grain muffins.

Fruit for Dinner?

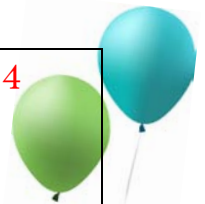
- 🍌 Consider adding fresh fruit with dinner if your child repeatedly skips veggies.
- 🍌 Mandarin oranges, sliced pears, dried cranberries, dried apricots or chopped apples make good additions to salads, rice or stuffing.
- 🍌 Applesauce is a good side dish, and don't forget other fruity sides such as mango or pineapple salsa.
- 🍌 Include orange or grapefruit slices, baked apples or baked pears, fried bananas (slice and heat with a teaspoon of canola oil -it's delicious) or frozen fruit pops for an after dinner dessert.

The Psychology of Veggie Talk

- 🍌 Kids don't miss a beat, and hearing you talk about what they don't like will likely increase their resistance.
- 🍌 Don't bribe or reward kids for eating their vegetables, it can backfire later.
- 🍌 "Sneaking" veggies into foods is controversial, but don't be afraid to sneak in veggies. I make a mean turkey meatloaf with all sorts of undetectable vegetables including minced and pre-cooked onions, chives, herbs, carrots, and zucchini.

All of these tips help create an open environment of trying new foods. Always let the choice of whether to try a food rest with your child. With small children, you can even tell them they have to try one bite, but if they don't like it, spit it out. Gently let your child know it can take a few times before they like the taste - so be sure they consider trying it again the next time you're cooking that vegetable or serving that fruit. Think of a food they didn't like before and enjoy now, and use this as an example.














August



			1 	2	3 Send in Claim!	4 
5 Friendship Day	6	7			10	11
12	13	14 Garland Workshop	15 Assumption Day	16	17	18
19 National Aviation Day		21	22	23	24	
26 Women's Equality Day		28	29	30	31 	

Even though the temperatures are climbing outside, kids can still exercise indoors. Try these fun games to use kid energy in constructive instead of destructive ways!



-  **Dance Up a Storm:** Throw on your fave CD or Pandora radio Kids Station, crank up the volume and dance up a storm.
-  **Circus Acts:** Spinning a hula hoop, juggling or jumping rope (if you have high ceilings) are all fun and easy activities to try indoors.
-  **Yoga:** This activity is great for strengthening muscles, improving flexibility and lowering stress. Yoga is also easy and inexpensive since you can do just about anywhere in your house. Check your local library for children's yoga videos.
-  **Balloon Toss:** Gather children in a circle and throw up a balloon or a beach ball. They must keep this in the air as long as possible. Children are usually happy to play this game repeatedly, trying to better their scores each round.
-  **Sleeping Bag Hop:** Don your sleeping bags over both feet and all the way to your waist. Jump around the room, listening to music, racing, etc. See how many times each person falls, with the goal being to stay on your feet. There will be many laughs after this PE session.
-  **Hopscotch:** Using your masking tape, mark out a hopscotch on your living room floor. Play a traditional game of hopscotch.
-  **Skating Rink:** If you have carpet, place foot size pieces of wax paper on the floor, and open your own rink. Step on the wax paper. You will slip and slide. This is an inexpensive version of carpet skates. If you have flooring, place dishrags on the floor and skate to your heart's content. Music is a great addition to this activity.
-  **Animal Hour:** Have children list some animals on a piece of paper. Separate the papers and place them in a hat. Draw one and see who can add the most detail to the animal that you have chosen, moving like them, jumping, squacking, etc.
-  **Jump Rope:** Bring out the jump rope and get the kids ready. There will be no regular jumping here! Start by swinging the rope around and having the children jump over it as it comes to them. Then have one person hold each end and children have to jump progressively higher.
-  **Teddy Bear Stretch:** Hold a teddy bear in front of your children. Manipulate the bears body, having children imitate what they see. Then give the kids a turn to hold the bear.
-  **Mirror Dancing:** Put on some music and grab a partner. Stand face to face and choose one of you to begin being the leader. Dance in tune to the music. At each song change, trade roles.
-  **Crab Soccer:** Blow up a balloon or use a nerf ball. Get down on your hands and feet, belly facing up, bottom off the ground, and get moving. Try to get the ball into another person's goal without ever getting out of your crab position, and never using your hands.
-  **Pillowcase Races:** Grab those pillowcases, and jump inside. Hop to the designated area, and let the races begin. Let the prize be a choice of what to have for lunch, or a healthy snack.