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January 6th is Bean Day!
 Create these yummy brown rice and bean dishes to celebrate this month. Recipes on page 4 of this newsletter!



December quiz answers

1. false
2. shell
3. true
4. ripe
5. peeled
6. true
7. Rutabagas
8. true
9. kiwi
10. raw

Workshops for January

Saturday, January 4, 2014
Fort Worth, TX 8:30-10a
 2014 Calendar Training
 Luby's Cafeteria SE Loop 820
 Near Forest Hill Drive
 3312 Southeast Loop 820
 Please RSVP:
 817-703-7768 Barbara
 Come have Breakfast and Training!

Thursday, January 9, 2014
South Austin, TX 7p
 Childcare Professional of Greater Austin (ALL ARE WELCOME!)
 Zion Rest Missionary Baptist Church
 3326 Paisano Trail
 Austin, TX 78745
 If you have any questions, please contact me by phone 512-263-4002 or email sandy@swhuman.org Sandy

Saturday, January 11, 2014
Mesquite, TX 10a-12p
 Fresh, Fast, and Fabulous
 Shirley Edward's Home
 3122 Eastbrook, 75150
 Directions: 972-279-8963 Shirley
 Registration: 214-679-9257 Wend'e

Monday, January 13, 2014
Plano, TX 7-8:30p
 Calendar Training
 Jetzamany Velazquez's home
 3408 Glenable Ct 75023
 Directions: 972-943-9603
 Registration: 972-398-9398 Renee

Saturday, January 25, 2014
Frisco, TX 10-11:30a
 My Kids Won't Eat That!
 Maricruz Warren's home
 10815 Spring Lake Rd, Frisco, TX
 Directions: 972-712-9122
 Registration: 972-398-9398 Renee

Workshops for February

Saturday, February 8, 2014
Garland, TX 10-11:30a
 Happy Meals for Healthy Kids
 Barbara Dean's house
 409 Stanton Dr.
 Directions: 214-994-0549
 Registration: 972-398-9398 Renee

Wednesday, February 12, 2014
McKinney, TX 7-8:30p
 Making Nutrition Count
 Amy Bergland's home
 404 Dolomite Dr
 Directions: 972-529-8465
 Registration: 972-398-9398 Renee

Saturday, February 22, 2014
Flower Mound, TX 9-11a
 Fast, Fresh, and Fabulous
 Sharon Bazan's home
 1212 Spring Ridge 75028
 Directions: 972-948-2686
 Please RSVP to Wend'e 214-679-9257 by 2/17/2014. We must have 6 planning to attend or the workshop will be cancelled!

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!



As the weather turns cold and rainy, kids seem to have more energy with fewer places to outlet that energy. Here are a few indoor suggestions for fun times!

Indoor Bowling

Arrange TP rolls like bowling pins on one end of the hall. Stock up a few balled-up socks on the other. Bowl or throw at the "pins," and you've got an indoor bowling alley.

Get Your Groove On, Disco Style!

Even caregivers can benefit from this little break in the day. Crank up the peppy music and get dancing. Even 10 minutes of jiving with release some wiggles, and it's a stress relief for you, too. Young kids LOVE dancing to Disco music. They think that "Bee Gees" is some sort of sugary snack you've been denying them. Dim the lights, close the blinds, hand each child a flashlight (for the full disco effect) and a small scarf to twirl around. Cue up some classic tunes like "Dancing Queen," by ABBA, and "I Will Survive," by Gloria Gaynor, and watch the disco magic unfold.

Masking-Tape Marvels

Who would have thought that a humble roll of masking tape could provide so much fun? Make a hopscotch pattern or mock balance beam on the living room floor. Or have children color pieces of tape with markers and use them to "design" their own T-shirts. Or try: The Invisible Dollhouse. Lay down a "floor plan" on the rug, and furnish the house with doll furniture.

Speed-read

Turbocharge storytime: Choose a word that will be repeated often ("green," for instance, if you're reading Green Eggs and Ham) and have the children stand up or sit down each time they hear it. Or make it extra fun and have different stands, jumps, or claps for different oft repeated words.

Crab carry

Show the kids how to walk like a crab: hands and feet on the floor, stomach facing up. Once they can do it, give them a goal. Balance some beanbags on their bellies and move across a marked finish line, or gather some wayward toys and move them to where they belong. Which is faster: carrying one toy across the room at a time, or a whole pile at once -- without spilling?

ABC

We all know the drill when the '70s song "Y.M.C.A." comes on the radio. Take a cue from the Village People and show your kids how to form letters with their bodies. Have them work together to create letters or form their names or short words, either in a standing position or lying flat on the ground. Snap pictures of their letters so they can see how great they look. And their parents can see what fun they're having!

Hip Waddle

Pull out a beach ball (or blow up a balloon) to rev up a simple walk across the room. Stand two kids side by side and place the ball between their hips. Now send them across the room, and see if they can get there without dropping the ball (it's easier if they link arms, but they'll figure that out!). If they do, they have to pick it up and start over again. As long as you have enough beach balls or balloons, you can play this with any number of kids. It gets harder (but goofier) as you add more players to the line.

Balloon Ping Pong

Create big paddles by stapling firm paper plates to paint stirrs. Either draw a line on the floor or use a piece of furniture as the half court line. Bat the balloon back and forth for some indoor excitement!

Monster Mirror

Take the classic game of Mirror to gigantic proportions. Have two monsters (aka kids) face each other and mirror each other's movements. Of course, monsters will use BIG motions, with their arms and legs fully extended. Comb that monster hair: It's so long they'll need to stretch all the way to the ground. Wash a monstrous window, way up high. Take a deep breath and growl out a monster roar!

Family-Room Picnic

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Change things up by serving lunch outside of the kitchen. First, grab your basket (you don't need a real picnic basket -- a laundry basket will do) and assemble some picnic foods that the kids can "pack" themselves -- juice boxes, water bottles, packets of raisins, string cheese, paper plates, napkins. While the kids are busy filling the basket, spread a blanket in the family room and put together some sandwiches. Then unpack your picnic and watch the lunch disappear.

Slow-Motion Tag

Have all the children chase each other as in slow motion. They will get a kick out of the crazy moves they can do while in "slo-mo." You can even have a contest to see who can execute the best slow motion dive. Lots of fun energy release with little impact on each other or the furniture.

Color Walk

Have the children gather sheets of construction paper or a stack of mismatched hand towels and lay them down in a path all through the house. Tape down with masking tape to prevent slipping. Tell them to keep colors separate, so there won't be, say, three sheets of red paper in a row. Once done, the challenge is on: Can they walk from one room to the next by stepping only on certain colors? Can they make it from one end of the house to the other, stepping only on blue and red? Can they manage it on all fours, or by hopping?

Make Homemade Play-doh

Play-doh made from scratch is incredibly easy, and you can make an endless array of colors with basic food dye. Plus, it doesn't have that awful commercial-brand smell. Spread the outdoor tablecloth on the floor, and give them dull knives, a rolling pin, and some cookie cutters.

Let's Move! Child Care Strive for 5: Goals for a healthier future

First Lady Michelle Obama's initiative to
"change the way a generation of kids thinks about food and nutrition."

As a child care provider, you have the powerful opportunity to instill healthy choices that could help prevent childhood obesity from the start. With about 12 million babies and young children in child care nationwide, we can't afford to wait.

Strive for 5: Goals for a Healthier Future



1. Physical Activity: Provide 1-2 hours of physical activity throughout the day, including outside play when possible.



2. Screen Time: No screen time for children under 2 years. For children age 2 and older, strive to limit screen time to no more than 30 minutes per week during child care, and work with parents and caregivers to ensure children have no more than 1-2 hours of quality screen time per day (as recommended by the American Academy of Pediatrics).



3. Food: Serve fruits or vegetables at every meal, eat meals family-style whenever possible, and don't serve fried foods.



4. Beverages: Provide access to water during meals and throughout the day, and don't serve sugar-sweetened drinks. For children age 2 and older, serve low-fat (1%) or non-fat milk, and no more than one 4- to 6-ounce serving of 100% juice per day.



5. Infant Feeding: For mothers who want to continue breastfeeding, provide their milk to their infants and welcome them to breastfeed during the child care day. Support all new parents' decisions about infant feeding.

We understand the challenges you face as a child care professional, so we want to give you the support you need to give the children in your care a healthier start this year.

Today's kids are more likely to be overweight and obese. Three times more children are obese today than just 30 years ago. Now, nearly a third of kids in America are overweight or obese. The rate skyrockets to almost 40% in African American and Hispanic communities. Plus, more and more children are being diagnosed with obesity-related conditions that were traditionally only seen in adults — like type 2 diabetes and high blood pressure. Even more disheartening, many of these kids will experience serious conditions like heart disease, cancer, and stroke as adults.

You can be a childcare champion for healthy choices. Because you've dedicated your career to taking care of young children, you have the opportunity to help turn these frightening statistics around. As kids' bodies and brains develop, they can form unhealthy food preferences and habits that are hard to break. That's why the First Lady is launching Let's Move! Child Care — a nationwide call-to-action that empowers child care providers, like you, to make positive health changes in children, early on, that could last a lifetime.

Through the next 3 newsletter articles, we will explore the Let's Move! Childcare program and answer these thoughtful questions.

- ✓ Aren't healthy foods expensive? How am I supposed to incorporate fresh fruits and vegetables into our program?
- ✓ What if the kids just won't eat or drink the new nutritious options we offer?
- ✓ Our daytime schedule is already so jam-packed. How can we fit in more physical activity?
- ✓ What if parents are resistant to change?
- ✓ What if our staff doesn't see the value in participating?

Stay tuned for more information in the coming months! Also visit the website anytime..

****healthykidshealthyfuture.org****

January

		1 New Year's Day 		3 Send in Claim!	4 Ft. Worth Workshop	
5 Bird Day	6 Bean Day	8 		9 South Austin Workshop	11 Mesquite Workshop	
		13 Plano Workshop	14	15	16 17 Ben Franklin's Birthday	18
20 Martin Luther King Jr Day		21	22 	23	24 	25 Frisco Workshop
26 Australia Day	27 	28	29	30	31 Chinese New Year	





January 6th is Bean Day!

Enjoy these healthy bean and rice recipes with the kids!

The combination of beans and rice are perfect nutrition for growing bodies. Together, they are a great source of energy, iron, Vitamin B, and a great way to get all the necessary amino acids found in animal proteins. Additionally, beans and brown rice provide important fiber that is often missing from children's diets.

Black Beans and Rice

- 1 ½ cup black beans
- 1 ½ cup of brown rice
- 3 cups chicken broth
- 1 can diced tomatoes
- avocado
- shredded cheese

-  Place all ingredients into a rice cooker.
-  Cook until rice is tender.
-  When it is cooler but still warm, pack the rice into the bowl or ramekin, then turn it upside down.
-  Top with avocado and shredded cheese.

*superhealthykids.com

Bird's Nest Lunch



Make a batch of brown rice according to directions on the stovetop or in a rice cooker. Add garlic, oregano, and/or other seasonings to taste.



While rice is still warm, scoop into plastic wrap in order to shape into a ball.



Take out of plastic wrap, and press in the middle to shape a nest on a bed of greens.



Fill nest with cooked and warmed beans.

January 5th is Bird Day and January 10th is Save the Eagles Day! A great opportunity to combine yummy nutrition and education ☺