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★ Spotlight Providers ★

Our first spotlight is for [Denae Carroll](#), a daycare provider and President of the Crossroads Daycare Providers Association in Stephenville. Her daycare children are teachers' children so she has several weeks off in the summer. She has lots of energy and plans to improve her daycare room this summer as well as obtain her license. She puts out a monthly newsletter to inform the parents of highpoints of the month (children activities and play). Also included are lists of the birthdays of the month and special days such as an end of year party. She also lets the parents know of days she will be off and has the menu for the month in the newsletter. Denae finds that the Minute Menu Kids Online Program helps her with time and planning her menus for the month. Wow, Denae!

[Ethel McCoy](#) in Lubbock runs a small daycare out of her home and keeps a fewer number of children. This allows her to give plenty of individual attention to the kids and even help the 3 years olds learn to write their names. She is teaching them manners as well. On a monitor visit, a 3 year old little girl showed Ethel's program coordinator, Della, how she does "homework" and proceeded to write her name. Too cute!

Thanks for all the extra efforts, ladies! We appreciate your work as do all the children in your care. Thank you!!

Paper Pulp Figurines

Paper pulp is a great alternative to clay! Try using all sorts of household items as molds for the paper pulp. Cookie cutters work great but allow kids to experiment with other objects as well. To make the paper pulp:

- △ Put a cup of shredded newspaper into a blender
- △ Add 2 cups water
- △ BLEND WELL (Very well!)
- △ Strain the mixture so that it's mushy but still very wet
- △ Put the paper pulp into cookie cutters. Use a straw to form a hole at the top.
- △ Lay the molds filled with paper pulp outside in the sunshine to dry. (Indoors in a place where they will remain undisturbed will be fine as well)
- △ When completely dry, remove from form and paint as desired. Add string/yarn/cord/ribbon for necklaces or ornaments

kidactivities.net

ANNUAL TRAINING ONLINE

Federally required mandatory training is available on our website at www.swhuman.org. If you did not make it to one of our free workshops there is a Self-Instructional Training Packet and Civil Rights Guide that you can do at home. Go to the website, download the materials, take the tests and mail them in along with a completed certificate. We only need the signed certificate and tests for our file, not the whole packet. Please feel free to call the office with any questions 1-800-369-9082. Your coordinator might have extra packets or printed tests so ask at your next visit!

Answers to June quiz

- | | |
|-----------------|--------------------|
| 1. high | 6. false |
| 2. true | 7. true |
| 3. false | 8. grapes, carrots |
| 4. 10, 15 | 9. true |
| 5. brain injury | 10. peanuts |

Workshops in July

Monday, July 12, 2009

Abilene, TX 6:30-8:30p

Highland Church of Christ

Sayles and 3rd

Registration and Directions:

432-620-0074 Janet

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!



Fun Outdoor Summer Games to tire those kids out!

Build Your Own Snowman

For each team, have a bag full of assorted snowman accessories (such as a hat, scarf, mittens, a carrot etc.) and a pair of safety goggles, a can of shaving cream and a set of clothes to go over their clothes for protection. Each team has a designated amount of time to use the shaving cream to cover a chosen player, the "snowman", and put all of the accessories on. The team to make the nicest looking snowman wins. If playing with younger children who might be tempted to eat the shaving cream, you can use chilled cool whip instead. Be sure to play outside with easy access to a hose.

Elbow Tag

Allow the kids to pair up. Pick 2 people to start the game - one of them will be "it". "It" chases the other person around the room or outdoor area. The person being chased tries to hook arms with one of the people who is paired up. If they hook arms before they're tagged, then the person holding the opposite arm of the person who was being chased now becomes the one to be chased. If the person who is it tags the person they are chasing, that person becomes it and tries to tag them back (think duck, duck goose). This game has no winner but it's a blast and can be played on any time limit.

Field Noodle Hockey

To begin, you'll need a beach ball and two goals or ways to designate two goal areas. Also, you will need one-half of a Nerf Noodle for each child. Just buy one noodle for every two children and then cut them in half.

The game is played just like hockey. Children use the noodle to slap the beach ball into the other team's goal. The team with the most points wins. Variation: If you have enough kids and want to make it even more fun, throw in more than one beach ball. That way the teams will have to defend and attack at the same time.

Be sure to provide lots of water ... especially on extra hot days!

Good Sources of Iron

Offer these foods often: 010-0070

- Lean meat
- Iron-enriched and whole-grain breads and cereals
- Cooked dried beans (black, kidney, lima, navy, pinto, soy beans)
- Greens (collard, kale, mustard, spinach, turnip)

Chicken, egg yolks, and dried fruit (raisins, apricots) have iron, too, but not as much.

Great Pairing!

The body uses iron from meat and chicken better than iron from beans, grain products, vegetables, dried fruit, and egg yolks. Good news: vitamin C helps the body use the iron from plant-based foods. Foods you serve your family make a difference. Try this!

Food with iron	Food	with	vitamin C
Iron-fortified breakfast cereal		with	berries or juice
Peanut butter sandwich		with	a tangerine
Kidney beans in chili		with	tomato sauce
Hard-cooked egg		with	orange juice
Pasta salad		with	bell peppers

For extra iron, combine two foods that are good sources of iron:

Food with iron	with	Meat source of iron
Whole-grain bun	with	lean hamburger patty
Refried beans	with	chicken burrito
Cooked collard greens	with	lean barbecued beef
Brown rice	with	pork stir-fry
Scrambled egg	with	lean ham
Whole-wheat bagel	with	lean deli meat

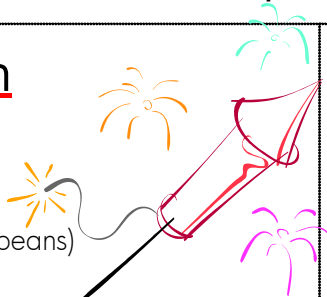
teamnutrition.usda.gov

Easy Patriotic Pasta Salad

Ingredients:

- ☆ Whole wheat pasta – let the kids choose the shape ☺
- ☆ Red bell pepper
- ☆ Small, fresh mozzarella balls
- ☆ Olive oil
- ☆ Italian seasoning
- ☆ Salt/pepper
- ☆ Serve in blue bowl
- ★ Cook the pasta according to the directions.
- ★ Cut bell peppers and mozzarella into child-sized bites.
- ★ Mix the ingredients together with olive oil and seasonings to taste.

The whole wheat pasta and red bell peppers make a great combination of foods that support iron absorption. And the color combination makes it a patriotic dish that can be easily served for holiday picnics. Enjoy!



Supplements...Do Kids Need Them?

Foods first!

Meals and snacks can provide all the vitamins and minerals most children need. That is the best way to get them. If MyPyramid guides your child feeding, you can relax. Your child likely will not need a supplement. Foods are the best sources of nutrients anyway. (For you, too.) Foods have nutrients for growing kids that vitamin and mineral supplements do not have.

Check before supplementing...

Talk to your child's health care provider before you give your child a vitamin or mineral supplement – or take one yourself. That way you will not put your child or yourself at risk. A vitamin or mineral supplement may not be necessary or safe. Children with a food allergy and those who are vegetarians might need a vitamin or mineral supplement.

If your child's health professional recommends a supplement:

- ★ Get what is advised—one with enough vitamins and minerals, but not too much. That may be a supplement for children, not adults.
- ★ Give only the dose directed by your doctor or health care provider. Giving your child more is not better. More can be dangerous!
- ★ Know the amount of nutrients taken daily from vitamin or mineral supplements. Combine that with the amount from enriched or fortified foods.
- ★ Teach your child that supplements are not candy – even if the names, shapes, and colors are fun.
- ★ Store all supplements out of reach. Keep them in a container with a childproof cap.

Read Supplement Facts!

Serving Size. It is really the dose. If your child's doctor advises a supplement, be sure to ask about the type to buy and amount to give. If you take a dietary supplement, check to make sure you choose a vitamin or mineral supplement. Be cautious about other supplements and herbal products.

Iron In Foods: Does My Child Get Enough?

Warning: Iron Poisoning!

Iron pills meant for you can be harmful to your child. Even iron supplements for children can be dangerous if they are not taken as directed. Too much iron from a pill can cause serious injury, even death.

You can:

- ★ Keep pills with iron in a child-safe container where your child cannot reach.
- ★ If your child accidentally swallows iron pills, call your health care provider or the poison control center right away. Write down the phone number for your local poison control center:
- ★ Offer iron supplements to your child only as directed by your health care provider. Your child will not get iron poisoning from food.

Your child needs enough Iron:

- ★ To support his or her rapid growth.
- ★ To replace iron that the body uses up.
- ★ To have enough energy to learn and play. Iron-deficiency anemia is a common nutrition problem for young children. Checking for anemia should be part of your child's regular health exam. Not sure? Ask your child's health care provider.

You need enough iron, too.

Everyone in your family needs iron from food to feel good and stay healthy. Women need it to replace the iron lost each month through menstrual flow. Include iron-rich foods in your family meals and snacks. Your child will benefit, too.

[Check page 2 of this newsletter for iron-rich food suggestions and pairings!](#)

July

						
		1		Canada Day	2	3
4		Independence Day		8	9	10
5		6	7	11	12	13
		Abilene Workshop	14	15	16	17
		Bastille Day	18	19	20	21
		22	23	24	25	26
		27	28	29	30	31
25		Parent's Day	26	27	28	29
		30	31			

Bubble Recipe

Crazy Bubbles

Bubbles can be made into fun. Use this simple bubble recipe fun. Let the kids get creative to

○ Bubble Hoop

Prepare a bucket-full of bubble day (the longer the better), pour hoop into the pool and a small step child on the stool and then lift the hula giant bubble will form around the child. Take a picture so the child can see themselves in the big bubble!

○ Bubble Designs

Give each kid a piece of cardboard, construction paper or any other thick paper. Have a few containers with bubble solution and to each add a different water-based color (experiment first to see what works best with your bubble solution). Blow bubbles and tell the kids to try and catch the bubbles on their "canvas". As the bubbles pop the paint splatters to make a cool design. What a great artistic gift to take home!

○ Bubble Float

Designate a blowing area and separate the kids into teams. Get the first team to stand and designate one of the team members as the Bubble Blower. Give the Bubble Blower ten seconds to blow as many bubbles above the heads of his team members. The object of this game is to keep the bubbles floating by blowing upwards. While the other groups are watching, have them count how long the group keeps their bubbles in the air without the bubbles bursting. When the last bubble bursts, it's the next team's turn. The team that keeps their bubbles floating the longest wins the game.

activities for children of all ages. and use these games to begin the make up their own games as well.

solution and after it sets for at least a it into a small kiddie pool. Place a hula stool in the middle of the hula hoop. Set a hoop up over the child, as you do this a