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Sponsors of the Child and Adult Care Food Program

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Online Training

Federally required mandatory training is available on our website at www.swhuman.org. If you cannot 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, click on training, download the materials, take the tests and mail or fax 1-888-467-1455 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!


In this Issue:


-  Online Training
-  Fun crafts
-  Provider's Spotlight
-  Workshops
-  To Keep You Posted
-  Mystery Provider
-  Choking Kids Article
-  June Calendar
-  Cookies for Dad


Look out for locally grown melons and peaches this month! Local produce is richer in vitamins and minerals and usually less expensive. Enjoy!



To keep you posted

 Remember to always submit your claim by the third day of the month. Either have it postmarked or submitted online by the third. We need your claim to allow for processing time in our office and by the state so that we can distribute your money by the end of the month. Thank you! 2270636

 It is important to have your claim postmarked by June 3rd this month. We are submitting the claims early. If you do not have it turned in to us on time, then your claim will be processed next month and your payment will be delayed. Please call the office immediately if you're having trouble getting your claim in on time.

 Keep in mind that you are required to notify your monitor if you decide to take your kids on a field trip. You can leave a message or email them before you head out. Have fun enjoying the summer!

From the USDA: Provider Record Maintenance Requirements

Each childcare home day-care provider must retain copies of their records for a minimum of 3 years after the close of the fiscal year (roughly 4 years back from the current date.)

For those providers using MM Kids Online, menu and attendance records are saved and will be accessible to the provider online. All signed enrollment forms must still be kept in paper form, since the online copies do not contain a valid signature. When printing enrollment forms, always print 2 copies to be signed by the parent: one remains in the provider's files and one is mailed/faxed to the Austin office.

The State will be coming around to homes for audit purposes and will ask to see these enrollment forms. You must have these forms or the State auditors will disallow meals. If you have any questions, please call the office now to avoid any disallowances in the future.



Spotlight Providers

Eileen Dodds, our program coordinator based out of Corpus Christi, would like to spotlight her gals in Shiner, Hallettsville, Sweet Home, and Yoakum...

"These ladies are all small town providers with lots of homemade cookin', fresh gardens, lots of hugs and open screen doors to let the fresh air in! Good care is evident. The kids are always smiling from ear to ear and it sure makes my visit a pleasant one. Thank you to my country girls!"

Let's shine another spotlight up in Lubbock, TX on Lavonne High and "Dancin Dolphins Day Care". She has created a dolphin school room with dolphins hanging from the ceiling and dancing on the walls. She is constantly doing arts and crafts with her children and school work as well. The environment is happy and fun to visit. Such creative decorating and teaching, Lavonne!

BALLOON STRESS BALLS

Squeeze out your stress and frustrations! Also good for exercising hands after too much time at the computer keyboard or practicing penmanship. And if you and the children are not stressed (which is a good thing), give these to a parent as a gift! Cover a table with newspapers -- this project gets a bit messy. Have a canister of flour ready (how much you need depends on how many balls you make). You might want a helper with this project to make it easier.

Materials:

- Flour
- Funnel
- small paper or measuring cup
- large round latex balloons
- pencil or straw

Directions:

- Blow up the balloon and then let the air out. This is to stretch the balloon.
- Fit the balloon over the funnel spout.
- Fill the balloon with flour by using the cup. Use a pencil or straw to push the flour down into the balloon.
- Keep filling until your balloon is palm-sized. Twist the top of the balloon and tie it.
- For stability, pull a second cut balloon over the first filled balloon--however, you do not need to add a second balloon--this is only for stability.
- Optional: draw on a face or decorate your ball.

Note: Other fillings like sand or rice or cornstarch can be used, but most people like the feeling of the flour-filled balloons best.

*kidactivities.net



Quick reminders of foods that are reimbursable and not reimbursable in the food program...

- ↳ Nuts and seeds = creditable and encouraged as a meat alternative for children who are developmentally ready
- ↳ Carrots and apples = creditable and encouraged but must be cut into appropriate sized pieces
- ↳ Whole grapes = creditable but must be cut into pieces to avoid choking
- ↳ Hot dogs = not creditable for infants under 12 months, creditable but not encouraged for children over 1 yr of age
- ↳ Marshmallows = not creditable
- ↳ Candy = not creditable
- ↳ Popcorn = not creditable
- ↳ Chewing gum = not creditable

Fizzy Lavender Bath Salts

- ≈ 2 cups epsom salts
- ≈ 1 cup baking soda
- ≈ ½ cup citric acid
- ≈ 10-20 drops of lavender essential oil
- ≈ optional: equal parts red and blue food coloring
- ≈ sealable container for storage

*Combine epsom salts with baking soda, then stir in enough food coloring and drops of essential oil to achieve the desired color and scent. Mix very well, then add citric acid and stir again, very thoroughly. Bottle and store in a dry location.

*You can find citric acid, which is made from the fermentation of lemon, lime and pineapple juice, in most drug stores.
* Get creative and add different essential oils for different bath moods. Vanilla and orange makes for a fun creamsicle bath!
*allfreecrafts.com

Workshops in June

Saturday, June 12, 2010

Lubbock, TX 10a-12p

Della Avila Home
4608 – 28th St. Lubbock, TX 79410

For registration and directions:
806-777-3907 Della

Last workshop of the year with Della!

Tuesday, June 15, 2010

North Central San Antonio 7-9p

Nutrition Program Training
Brookhollow Branch Public Library
530 Heimer

For registration and directions:
210-233-8453 Patricia

Saturday, June 19, 2010

Ft. Worth, TX 9:30a

Live Well Workshop
Barbara Price's house
2033 N Edgewood Terrace
Fort Worth, Texas 76103

For registration and directions:
817-536-4514 Barbara

Very last workshop of the year – food served!

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 May quiz

- | | |
|---------------------|-------------|
| 1. first impression | 6. true |
| 2. true | 7. true |
| 3. false | 8. not |
| 4. thirteen | 9. true |
| 5. eight or more | 10. variety |

Choking Kids

Pediatricians Urge Warning Labels on Foods Risky to Kids



Every five days, a child in the United States chokes to death while eating. Even more children die after swallowing items like balloons and small toys. Things have to change, says the American Academy of Pediatrics (AAP), perhaps starting with labels on hot dogs, marshmallows, and round or cylindrical hard candies, which pose a high choking risk to children. In a policy statement recently released, the group is also asking the FDA to establish a nationwide food related choking-incidence surveillance and reporting system “to warn the public of existing and emerging hazards.” “This is a call to action,” pediatric emergency medicine specialist Gary A. Smith, MD, tells WebMD. “Choking is preventable; and government, industry, and consumer protection groups need to work together to protect children.”

Hot Dogs, Balloons Most Deadly

Very young children who are just beginning to eat solid foods have the highest choking risk, but older children are at risk too. In a 2001 CDC review of choking injuries, about one-third of choking episodes occurred in infants and three-fourths occurred in children under the age of 3. According to one analysis, each year in the U.S., between 66 and 77 children under the age of 10 die after choking on foods, and more than 10,000 children under age 15 are treated in emergency departments.

Hot dogs are the biggest culprits, Smith says, because they are cylindrical, compressible, and about the size of a young child’s airway. Whole grapes, popcorn, peanuts, other nuts and seeds; round, hard candies; meat, marshmallows, carrots, apples, chewing gum, and chunks of peanut butter also pose a choking risk. “Many of these foods ... share the same high-risk physical characteristics that create effective plugs for the pediatric airway,” the AAP report states. “Similar to latex balloons, peanut butter can conform to the airways and form a tenacious seal that is difficult to dislodge or extract.”

For every choking-related death, there are 100 ER visits every year, according to the CDC. And choking is a leading cause of brain injury in young children. When food or other small objects get caught in the throat and block the airways, oxygen cannot get to the brain. Even a few minutes without oxygen can result in brain damage. In one analysis of about 450 choking fatalities among children over two decades, the inhalation of latex balloons was responsible for 29% of deaths and 17% of deaths were caused by hot dogs.

Lessons From ‘Gel Candy’

Smith, who co-authored the AAP policy statement, says the FDA needs to take a more active role in protecting children from manufactured foods that pose a risk. He directs the Center for Injury, Research and Policy at the Nationwide Children’s Hospital in Columbus, Ohio. He cites a 2002 case where the FDA seized candy from a California manufacturer after several choking deaths were linked to the product in one California community. The candies were thick fruit-flavored gels sucked from little cups about the size of a single-serve coffee creamer. The gels contained an ingredient called konjac, which does not dissolve easily in the mouth. Smith says the FDA became aware of the candy only after a local paper broke the story of the deaths and a U.S. congressman introduced legislation to require warnings on the candies. “The problem is there really isn’t a mechanism for the FDA to respond to this kind of problem,” he says. “It was a big deal for them to step in.”

The AAP policy statement recommends giving FDA the authority to:

- ⊗ Recall foods that pose “a significant and unacceptable choking hazard to the public”
- ⊗ Establish a nationwide surveillance and reporting system for food choking injury
- ⊗ Evaluate foods and require manufacturers to put warning labels on those that pose a high choking risk to children
- ⊗ Educate the public about the risk of food-related choking death among children, in collaboration with the U.S. Department of Agriculture, AAP and other groups.

Parents Need to Recognize Risk

Parents of young children need to recognize that choking is something that can happen to their child, and take steps to minimize the risk, Smith says. That means cutting hot dogs lengthwise and in quarters, cutting grapes in quarters, and grating carrots instead of serving them to their children in coin shapes or sticks, he says. And it is especially important to keep an eye on children when they are eating. Walking, running, talking, laughing and eating quickly all increase choking risk.

Pediatric emergency medicine specialist Richard Lichenstein, MD, tells WebMD that foods such as peanuts and sunflower seeds can also get lodged in the lungs, causing chronic bronchial infections. Lichenstein is an associate professor in the Department of Pediatric and Emergency Medicine at the University of Maryland School of Medicine in Baltimore. “This is not uncommon, but it is often missed,” he says. “And while it is not immediately life threatening, it can cause real problems.”



“And while it is not immediately life

