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In this Issue:

- 🍓 Annual and Online Training
- 🍓 Summer Activities
- 🍓 Mystery Provider
- 🍓 Program Coordinator Contact Information
- 🍓 Re-enroll and Inactivate Children
- 🍓 Calling All Summer Surveys!
- 🍓 Developing Healthy Eating Habits
- 🍓 June Calendar
- 🍓 Dad's Day Craft

Annual Training... Online Training

If you were unable to attend 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 as soon as possible to satisfy your annual training requirement for 2014. Failure to meet the training 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!

Summer is Here! Help your kids transition to the summer season with a few fun activities:

☀️ Write a Summertime Activity List

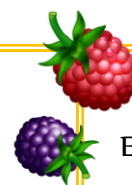
Have kids write down activities they would like to do over the summer on index cards, then store them in a jar and draw one each day or once a week depending on the schedule. They may have some great ideas that you hadn't thought of before!!

☀️ Create a 'New' Summertime Menu

While the kids are creating lists of fun activities, they may also come up with some great menu ideas. Write them down and introduce a new food or menu item once a day or once a meal depending how many great ideas you collect. After everyone tries the food, take a vote if the new food item should stay on the fall/winter menu.

☀️ Make a "Welcome to Summer" Fun Box

Create a kit that will help make this summer one to remember. Help the kids design a box filled with some of their favorite activities. It will provide inspiration for fun things to do, and will help keep them occupied during the warm weather months. Include things like small independent crafts, art supplies, games and books. When there is an opportunity for some alone time, each kid can take out their own box and continue their projects and activities. This can help the older kids feel in control of their day and give younger kids a new found sense of independence all at the same time!



Fruit Picnic



Enjoy the balmy summer days with a mid-morning Fruit Picnic! Have every child bring one fruit that they love to share with the group. Set up blankets outside in the backyard or in a nearby park. Set the fruit containers out and encourage every child to share and taste.

Hopefully they will see new fruits and learn more about one another.

Summer Survey

Do you still have your Summer Survey? Please fill it out and let us know when or if you are closing or taking vacation time this summer. We share this information with our Program Coordinators so they can plan their schedules. Surveys are due back to the Austin office or to your coordinator ASAP! You can mail it or fax it to the Austin Office at: 1-888-467-1455.

Contact Information for the Program Coordinators

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Re-enroll and Inactivate Children

Now that the summer months are almost upon us, “summer kids” 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 summer months and will be returning, do not withdraw that child – he can instead be “inactive.”

Minute Menu:

Re-enroll

- ✓ Reprint the child’s enrollment form from your computer and 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.

Inactivate For all children who attend your daycare on a drop-in basis, for holidays only, or for the school year or summer only, you can change their status to “inactive” while they are not regularly in your care instead of withdrawing and re-enrolling the children.

- ⊙ After signing into the program and at the main screen click on the Child Information icon.
- ⊙ Select the child’s name.
- ⊙ 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.

Paper enrollment forms:

Re-enroll

- ✓ Write out the child’s information completely on the form.
- ✓ Write “re-enroll” at the very top of the form.

Inactivate

- ⊙ 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.

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. true | 6. true |
| 2. control | 7. food |
| 3. true | 8. true |
| 4. healthy | 9. distress |
| 5. growth spurts | 10. listen |

Developing Healthy Eating Habits

Babies know when they have eaten enough. Help your children keep listening to their bodies as they grow. Kids who "listen" to their own fullness cues stop eating when they feel full and are less likely to become overweight. Give your kids a chance to stop eating when they feel full, even if you think they aren't. They'll feel more independent and you'll help them keep a healthy weight.

-  Let them learn by serving themselves. Let your children serve themselves at meals. Teach them to take small amounts at first. Preschoolers can practice serving from small bowls that you hold for them. Tell them they can get more if they are still hungry.
-  Avoid praising a clean plate. Your child should stop eating when he or she is full, rather than when the plate is clean.
-  Reward your child with attention and kind words, not food. Show your love with hugs and kisses. Console with hugs and talks.
-  Giving your child sweets when they feel sad or as a special treat can teach your child to eat when he or she is not hungry. This may cause your child to ignore body signals of fullness and overeat.
-  Rewarding with sweets also lets your child think sweets or dessert foods are better than other foods. For example, telling your child "no dessert until you finish your vegetables" may make them like the vegetable less and the dessert more.
-  Try not to restrict specific foods. If that restricted food becomes available to your child, he or she might eat it despite feeling full. This can lead to a habit of overeating. Also, don't restrict sweets or other treats as punishment for bad behavior.
-  Use phrases that help not hinder when helping them know when they've had enough. As the caregiver, you play a big role in child's eating behavior. What you say has an impact on developing healthy eating habits. Negative phrases can easily be changed into positive, helpful ones!

Phrases that HINDER

INSTEAD OF ...

Eat that for me.

If you do not eat one more bite, I will be mad.

- Phrases like these teach your child to eat for your approval and love. It can lead your child to have unhealthy behaviors, attitudes, and beliefs about food and about themselves.

INSTEAD OF ...

You're such a big girl; you finished all your peas.

Jenny, look at your sister. She ate all of her bananas.

You have to take one more bite before you leave the table.

- Phrases like these teach your child to ignore fullness. It is better for kids to stop eating when full or satisfied than when all of the food has been eaten.

INSTEAD OF ...

See, that didn't taste so bad, did it?

- This implies to your child that he or she was wrong to refuse the food. This can lead to unhealthy attitudes about food or self.

INSTEAD OF ...

No dessert until you eat your vegetables.

Stop crying and I will give you a cookie.

- Offering some foods, like dessert, in reward for finishing others, like vegetables, makes some foods seem better than others. Getting a food treat when upset teaches your child to eat to feel better. This can lead to overeating.

Phrases that HELP

TRY ...

This is kiwi fruit; it's sweet like a strawberry.

These radishes are very crunchy!

- Phrases like these help to point out the sensory qualities of food. They encourage your child to try new foods.

TRY ...

Is your stomach telling you that you're full?

Is your stomach still making its hungry growling noise?

Has your tummy had enough?

- Phrases like these help your child to recognize when he or she is full. This can prevent overeating.

TRY ...

Do you like that?

Which one is your favorite?

Everybody likes different foods, don't they?

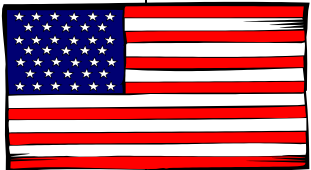


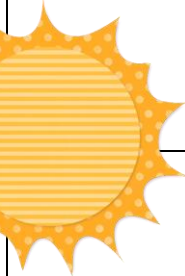
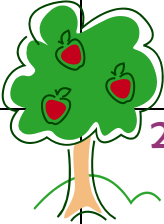
- Phrases like these make your child feel like he or she is making the choices. It also shifts the focus toward the taste of food rather than who was right.

TRY ...

We can try these vegetables again another time. Next time would you like to try them raw instead of cooked?

I am sorry you are sad. Come here and let me give you a big hug.

- Reward your child with attention and kind words. Comfort him or her with hugs and talks. Show love by spending time and having fun together.




1	2	3	4	5 World Environment Day	6 	7
June				12	13	14 Flag Day
8	9	10				
15 Father's Day			18	19 Juneteenth	20	21 First Day of Summer
22 			25	26 	27	28 Paul Bunyan Day
	30 720021		<p>Honey-Mustard Dip</p> <p>1/4 cup yellow mustard 1 1/2 tablespoons honey</p> <p>To make the dip, stir together the honey and mustard in a small bowl. Keep the sauce refrigerated until it's needed.</p>			

Dad's Day Pretzels

What's better than hot, fresh, salty pretzels? Hot, fresh, salty pretzels shaped into letters that spell D-A-D!
Or P-A-P-A or T-H-E M-A-N. This pretzel recipe is easy (the dough is ready-made) and kid-friendly (no boiling is involved).

- 1-pound loaf frozen bread dough
- 4 cups warm water
- 1 1/2 tablespoons baking soda
- 1 egg
- 1 tablespoon water
- Coarse salt (Morton coarse kosher salt)
- 2 tablespoons melted butter (optional)



-  Thaw the bread dough according to the package directions but do not let it rise. Heat the oven to 450°. The dough will be easier to roll if it is at or near room temperature. Using a sharp knife (a parent's job), divide the dough into 8 pieces. Roll each piece into an 18-inch rope on a dry, unfloured surface. If the dough is very elastic and difficult to shape, roll it as best you can, set it aside for 10 minutes, and then try again. Shape the dough into letters, pinching seams tightly.
-  In a large bowl, mix together the 4 cups of warm water and the baking soda. In a small bowl, whisk together the egg and 1 tablespoon of water. Lightly spray a baking sheet (2 if needed) with nonstick spray and set aside.
-  Carefully dip the dough letters into the baking soda and water mixture and place them on the prepared baking sheet(s). Brush them with the whisked egg and sprinkle with salt. Bake for 9 to 11 minutes or until dark brown. Brush the pretzels with melted butter, if desired. Makes about 8 letters. Serve warm with honey-mustard dip.