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March 2014  
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## Workshops for March

**Saturday, March 1, 2014**

**Houston, TX** 1:30-3:30p  
 Cent\$ible Meals & More  
 Scenic Woods Library  
 10677 Homestead Rd 77016  
 Registration: 713-816-4851 Carol

**Lampasas, TX** 9:30a

Crediting Handbook  
 Lisa Davis's home  
 4229 Fm 580 East Lampasas  
 Directions: 512-525-6121  
 Registration: 512-556-6651 Veronica

**Tuesday, March 4, 2014**

**Mesquite, TX** 7-8:30p  
 Fresh, Fast, Fabulous  
 Spring Creek BBQ  
 3939 W. Emporium Cir at Town East  
 Mesquite, TX 75150  
 Directions only: 972-682-3770  
 Please RSVP: 214-679-9257 Wend'e  
 If you plan to eat, please arrive early enough to purchase your dinner before the workshop begins!

**Thursday, March 6, 2014**

**La Grange, TX** 7-9p  
 Cent\$ible Meals and More  
 Mt. Calvary Lutheran Church  
 Fellowship house next to the church  
 800 N. Franklin  
 RSVP requested:  
[laurie.belle@yahoo.com](mailto:laurie.belle@yahoo.com) or  
 text 281- 808-1137 Laurie

**Saturday, March 8, 2014**

**Bonham, TX** 10-11:30a  
 Planning Low Cost Menus  
 Connie Alexander's home  
 112 W Russell 75418  
 Directions: 214-491-8033  
 Registration: 972-398-9398 Renee

**Tuesday, March 11, 2014**

**Garland, TX** 7-8:30p  
 My Kids Won't Eat That!  
 Buckingham Church of Christ  
 3630 West Buckingham Rd 75042  
 Registration: 972-398-9398 Renee  
 For the Garland Daycare Home  
 Association and Southwest.

**Saturday, March 15, 2014**

**Little Elm, TX** 11a-12:30p  
 Building for the Future  
 Los Charros  
 2765 El Dorado Crossing Ste 105  
 Directions: 972-292-1855  
 Registration: 972-398-9398 Renee

**Richmond, TX** 1:30-3:30p

Cent\$ible Meals & More  
 George Memorial Library  
 10011 Golfview Dr.  
 Registration: 713-816-4851 Carol

**Saturday, March 15, 2014**

**Conroe, TX** 1:30-3:30p  
 Conroe Library  
 104 I-45 North, Conroe, TX 77301  
 RSVP requested:  
[laurie.belle@yahoo.com](mailto:laurie.belle@yahoo.com) or  
 text 281- 808-1137 Laurie

**Saturday, March 22, 2014**

**Northwest Austin, TX**  
 10-11:30a  
 Spicewood Spring Library  
 8637 Spicewood Springs Rd  
 Austin, TX 78759  
 Please RSVP:  
[sandy@swhuman.org](mailto:sandy@swhuman.org)  
 or 512-263-4002 Sandy

**Saturday, March 29, 2014**

**Houston, TX** 12-2p  
 Cent\$ible Meals & More  
 Young Neighborhood Library  
 5260 Griggs Rd  
 Registration: 713-816-4851 Carol

**Monday, March 31, 2014**

**Bryan/College Station, TX**  
 7-9p  
 2818 Harvey Mitchell Rd, College  
 Station, TX  
 RSVP requested:  
[laurie.belle@yahoo.com](mailto:laurie.belle@yahoo.com) or  
 text 281- 808-1137 Laurie

Celebrate *Spring* with Vegetarian  
 Spring Rolls! See recipe on pg 2!



## 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!

## Workshops for April

Saturday, April 5, 2014  
**Sherman, TX** 10-11:30a  
 My Kids Won't Eat That!  
 Barbara Reyna's home  
 107 S Maxey 75090  
 Directions: 903-868-1289  
 Registration: 972-398-9398 Renee

**Houston, TX** 12-2p  
 Cent\$ible Meals & More  
 Lake Jackson Library  
 250 Circle Way  
 Registration: 713-816-4851 Carol

Monday, April 7, 2014  
**Wichita Falls, TX** 6:30-8p  
 Annual Training  
 Don Jose's Restaurant  
 2601 10<sup>th</sup> St  
 Please call or text:  
 817-703-7768 Barbara



Monday, April 14, 2014  
**Plano, TX** 7-8:30p  
 Making Nutrition Count  
 IHOP 933 N Central Expy  
 Registration: 972-398-9398 Renee  
 It's for pick of Plano Day Care Home  
 Association and Southwest.

Monday, April 14, 2014  
**Kingwood/Humble, TX** 7-9p  
 (Please be prompt!)  
 Kingwood Library  
 4400 Bens View Ln, Kingwood, TX  
 77339  
 RSVP requested by **April 10th**:  
[laurie.belle@yahoo.com](mailto:laurie.belle@yahoo.com) or  
 text 281- 808-1137 Laurie  
 Note location change from last year!

Tuesday, April 15, 2014  
**Allen, TX** 7-8:30p  
 Deborah Roberson's home  
 1228 Waterdown Dr  
 Directions: 469-675-8585  
 Registration: 972-398-9398 Renee  
 Border of Plano and Allen.

Saturday, April 26, 2014  
**Missouri City, TX** 12-2p  
 Cent\$ible Meals & More  
 Missouri City Library  
 1530 Texas Parkway  
 Registration: 713-816-4851 Carol

### February Quiz Answers

- |            |            |
|------------|------------|
| 1. true    | 6. true    |
| 2. fuel    | 7. variety |
| 3. false   | 8. true    |
| 4. cycling | 9. fruit   |
| 5. twenty  | 10. full   |

## Vegetarian Spring Rolls

Ingredients:  
 Spring roll wrappers  
 1/2 cup bean sprouts  
 1/3 head of green cabbage,  
 chopped  
 5 green onions, chopped  
 1 cup thin noodles, pre-cooked  
 (use rice, Chinese or bean thread  
 noodles)  
 1/4 cup fresh herbs (use cilantro,  
 basil or mint, your choice)  
 1/4 cup carrots, grated or  
 julienned  
 1 tbsp lime juice  
 1 tbsp soy sauce  
 1/2 tsp fresh ginger, grated  
 (optional)



Preparation:  
 Toss together all ingredients  
 together except wrappers in large  
 bowl. Submerge spring roll  
 wrappers in hot water until  
 pliable, about 15 seconds. Place  
 about 2 tablespoons of mix on  
 wrapper and wrap your spring  
 rolls. Serve with dipping sauce and  
 enjoy!  
 \*vegetarian.about.com

## 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."

### 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.

# Let's Move! Childcare: Questions and Answers Part 2

The last two newsletters focused on the Let's Move! Childcare initiative. A brief recap of goals are on page 2 of this newsletter or you are welcome to look at our website for the archived version of the January newsletter. This month we tackle an often asked question about physical activity and provide some suggestions to bump up the physical activity in your homes.

## ***Our daytime schedule is already so jam-packed. How can we fit in more physical activity and why should we?***

More and more evidence shows that children who are active tend to have fewer behavioral and disciplinary problems, do better in school, and have longer attention spans in class. Since many children are in child care throughout the week, it's important for you, as a child care provider, to give youngsters of all ages daily opportunities to be physically active in a safe play space, surrounded by positive and responsive grown-ups like you.

From birth through age 5, kids' bodies are growing every day, in every way. Being physically active improves children's overall health. When they move, kids just feel good. Physical activity also helps children:

- stay at a healthy weight
- reduce their risk of feeling stressed or depressed and developing obesity-related illnesses (type 2 diabetes, high blood pressure, and unhealthy cholesterol levels)
- build their strength, flexibility, and endurance
- enhance their motor skills, social skills, and brain development
- develop and maintain strong bones
- sleep better
- feel confident about themselves and their bodies as they grow

Ideally, kids should have two to three active play times every day. But you really don't have to carve out tons of consecutive time to incorporate physical activity into your routine. Instead of thinking of exercise as a separate, added activity, just try to weave spurts of movement into other already-scheduled activities during the school day:

- **Have children act out a story** as it's being read to them.
- **Encourage kids to move like different animals during transitions** from one activity or room to another (hop like a bunny, walk on all fours like a bear, walk like a crab, swim like a fish, or come up with others).
- **Break the curriculum up a bit** by taking breaks during the day and have kids "take 5 or 10" (minutes) to stretch, march around the room, do jumping jacks, or let them choose.

If you have little ones in your care, remember infants need to be active, too. Babies might not be able to run and play like the "big kids" just yet, but there's lots they can do to keep their little arms and legs moving throughout the day.

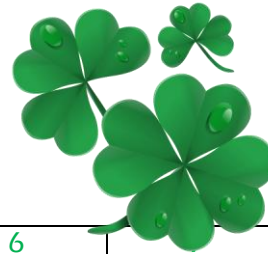
- Don't overuse the baby equipment. A big part of getting infants the physical activity they need is making sure they're not kept in any kind of baby equipment for too long. Just try to minimize their time in baby swings, strollers, bouncer seats, and exercise saucers.
- Give babies "tummy time" throughout the day. Infants can explore their world and build their strength and skills through "tummy time" — when they have supervised free play on their bellies in open and safe places. This encourages babies to see, touch, and feel what's around them. Letting infants spend time on their stomachs helps them:
  - strengthen their neck and shoulder muscles
  - reach early movement milestones like rolling over, sitting up, and crawling
  - avoid getting a flat head (from laying down too often)

Try to give babies tummy time at least several times a day. To encourage movement, try putting favorite toys just out of reach. Always make sure infants have tummy time when they're awake and alert (never asleep) — and placed on a solid surface on the floor, never on a surface that's soft or up high (like a mattress or sofa).

And most importantly, be a get-moving role model. Adults who participate in and seem to enjoy physical activity show kids that being active isn't something you just have to do — it's fun! [\\*healthykidshealthyfuture.org](http://*healthykidshealthyfuture.org)



# March



1  
Houston,  
Lampasas  
Workshops

2 Dr. Suess Birthday/ Read Across America Day	3 <b>Send in Claim!</b>	4 Mesquite Workshop Mardi Gras	5 Ash Wednesday	6 LaGrange Workshop		8 Bonham Workshop
9 Daylight Savings Time Begins	10	11 Garland Workshop	12 	14		15 Little Elm, Richmond, and Conroe Workshops
16	17 St. Patrick's Day	18	19	20 First Day of Spring	21	22 Northwest Austin Workshop
	24			27	28	29 Houston Workshop
30	31 Bryan, College Station Workshop					

## Celebrate Spring with Active Kids!

- Take a walk to collect wildflowers. Once the kids have found beautiful flowers, press them between sheets of wax paper in a book for a few weeks. After the flowers are pressed and dried, help the children create flower bookmarks or similar creations for Mother's Day.
- Puddle splashing! Have the kids bring boots or if it's warm enough, barefoot splashing is also fun ☺ Take a rainy opportunity for kids to have a blast getting wet and experiencing spring.
- Make vegetarian Spring Rolls with the kids. They will love tossing the ingredients together and creating a new fresh food together. Recipe on page 2 of this newsletter.
- Listen to music that celebrates spring. Antonio Vivaldi's "Four Seasons" is one of the most popular and most recognized pieces of classical music in the world. Great background music for mealtimes or playtimes!

\*squidoo.com

