

**Summer 2011**

## **Family Services Newsletter**

### **Welcome!**



Alyssa Suckow is the newest case manager to the Family Services team. Alyssa attended Oregon State University where she earned her Bachelor’s Degree in Psychology. Alyssa has since obtained four years experience working with children in a residential treatment setting as well as several years training as a CASA volunteer. She enjoys spending her free time exploring Montana’s great outdoors with her four year old son. Alyssa is the eligibility case worker for parents last names L-Z.

### **Attention:**

In our efforts to go **green**, Child Care Connections will no longer be mailing out recertification and renewal paperwork. We will send out a one sheet reminder letter about 6 weeks prior to your recertification/renewal date. You can print the required paperwork from our web-site [www.childcareconnections.info](http://www.childcareconnections.info), stop by our office to pick up, or call your case worker and we can then mail it to you. If you have any questions regarding this process please contact your case worker at 587-7786.

### **Bike Helmets Available**

Child Care Connections has low cost bike helmets available. Please call 587-7786 to set up a time to stop by and get fitted for a bike helmet.

Helmets are limited to please call soon!



## Safe Water~Play

It's that time of year again when children tend to be near water constantly. There are many ways in which you as a provider can help keep children safe even when they are not in your care. Summer-time is a great opportunity to supplement your regular curriculum with a water safety lesson. At the beginning of the lesson find out what the group already knows about water safety. Because children can drown in one inch of water it is imperative that they understand their boundaries. Remember to remain age-appropriate when discussing all safety topics.

Here are some topics of discussion to build your lesson around:

- ◇ Appropriate water safety gear– life jackets, water wings, etc.
- ◇ Never play in or near water without adult supervision
- ◇ Toy safety– water guns/balloons, buckets, etc.
- ◇ Differences in swimming in a pool and open water, (i.e. lakes, rivers, streams)



If you are utilizing water play in your child care program please refer to the State regulations regarding swimming in the DPHHS Licensing Requirements Handbook (<http://www.dphhs.mt.gov/earlychildhood>). For more information about water-play safety please visit <http://www.safekids.org>

**Jane Arntzen-Schumacher**  
Executive Director  
**Stacy Wesen**  
Assistant Director  
Safety Program Coordinator

**Suzanne McGary**  
Finance Manager  
Office Manager

**Shardai Urdahl**  
Administrative Assistant  
Super Sitter Coordinator

### **PROVIDER SERVICES**

**Shauna Gaona**  
Program Coordinator  
**Nannette DuCuennois**  
Early Childhood Specialist

### **FAMILY SERVICES**

**Kami Doney**  
Program Coordinator  
Case Manager, *Cases A-K*  
**Alyssa Suckow**  
Case Manager, *Cases L-Z*  
**Lynn McHann**  
Case Manager - *TANF,*  
*CPS & Self-Employment*

### **FOOD & NUTRITION**

**Lisa Curry**  
Program Coordinator  
**Joanie Slaybaugh**  
Program Specialist

## Family Style Meal Service

Family style meal service is a style of dining that creates an appropriate division of responsibilities, creates a positive eating environment and includes everyone eating cooperatively together while serving themselves. Feeding your children in this style offers many benefits to both you and your children. As the primary caregiver, you are the person your children trust to keep them safe. Showing that you trust them to serve themselves at meal time will have a very positive impact on their self-esteem. By allowing your children to serve themselves and help with meal preparation, they will be less dependent on you during the meal, which will allow you to enjoy the family meal with fewer interruptions. Family style dining also offers a wonderful opportunity for families to bond and share the details of their day without the disruption of external distractions, such as television. You can implement family style dining in your home by following these simple rules:

- Parents should be responsible for planning what is offered at meal time and when meal time occurs.
- Children should be responsible for selecting what meal components they eat (of what is offered) and how much they eat.



Believe it or not, children are better able to listen to their hunger and fullness cues than adults as they have not yet realized social expectations related to eating. For example, children are less likely to clean their plate because they feel guilty about wasting food. When they are full, they stop eating and we should encourage them to listen to their body. Feel free to throw some wrap on the plate to allow the child to eat the leftovers later if appropriate. For more information, check out:

<http://www.nfsmi.org/ResourceOverview.aspx?ID=206>

## Fiesta Mexicana!

### Kids' Quesadillas

Children love to get in the kitchen to help plan and prepare meals. Quesadillas can be a great way to allow children an opportunity to do so.

### Ingredients:

Whole wheat flour tortillas—one per child

Cheese—of your choice and grated

Black beans—rinsed and drained

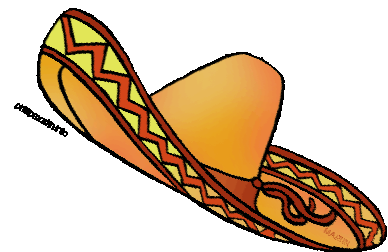
Various vegetables—of your choice and lightly sautéed in olive oil (bell peppers, mushrooms, broccoli, etc.)

Salsa

Chicken—optional, seasoned with mild Mexican seasoning and cooked thoroughly

### Directions:

Preheat the oven to 400 degrees and spray a baking sheet. Prepare all ingredients and set up a station for the children to create their quesadillas by placing each ingredient in a bowl or serving dish. Instruct the children to select their own ingredients and place them on half of the tortilla. Guide them to fold the empty half over the loaded half. Once the children have finished their lunch creation, bake the quesadillas for 3 minutes. After three minutes, flip them over and bake for another 3 minutes.



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**Child Care Connections Mission Statement**

“Promoting quality child care by supporting early care educators, families and the communities we serve.”



**Notary Service**

**Kami Doney** is a certified Public Notary. Please schedule an appointment at CCC for your notary needs.

**Office Hours**

**Monday & Wednesday**

7:30 a.m. to 6:00 p.m.

**Tuesday & Thursday**

7:30 a.m. to 5:00 p.m.

**Friday**

7:30 a.m. - 12:00 p.m.

Child Care Connections is now on Facebook!



Find us, like us, and get our updates!

**Going Electronic** - In order to save paper and expedite our information delivery system, we are moving toward electronic newsletters and other publications, which we will send by email. If you are already online, please email us at [admin@childcareconnections.info](mailto:admin@childcareconnections.info) so we can start emailing you our publications.

