



Sanford Medical Center  
C.H.I.L.D. Services  
1115 West 41st St.  
Sioux Falls, SD 57105

**Address Service Requested**

2008 Training Schedule  
July August Sept

These classes meet the educational requirements for the City of Sioux Falls Day Care Ordinance.

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SIOUX FALLS, SD

# SIOUX FALLS FAMILY CHILD CARE NEWS



*"While we try to teach our children all about life, our children teach us what life is all about." Anonymous*

July, 2008

Volume 7, Issue 3

## FACTS ABOUT SNACKS!

Do you find that providing a healthy snack is not an easy as you would like? Do you have to overcome barriers such as limited time or ideas? What about children who won't eat anything you have planned?

Childcare providers want children to have positive eating experiences and fun while learning how to make nutritious food choices, live a healthy lifestyle and enjoy good health. The following information is designed to help you make the most of snack time. Facts about snack and some quick and easy snack ideas have been included in this newsletter.

### Why is Snacking So Important?

Children are growing, developing and going through growth spurts. They have an increased need for energy as well as other essential nutrients, but they have small stomachs. They need a lot to eat, but not at one time.

If children get too hungry, they can get fussy, cranky, or have difficulty concentrating on the task at hand. Snacks help to bridge the gap between meals.

For preschoolers and school age children, snacking is an important part of the day and should be part of a healthy lifestyle.

### Making the Most of Snack Time

Are you planning ahead? Snacks don't have to be cookies and milk or yesterday's leftovers. Snacks should be planned ahead of time, just like other meals. Think of them as mini meals, and combine a variety of foods that can be coordinated with the other meals in the day.

Are you providing a comfortable environment? Tables, chairs and utensils should be the right size for the children. The staff involved in mealtime should be patient and encouraging. The atmosphere should be calm and relaxed with appropriate mealtime behavior.

### Handwashing

Are you including handwashing as the first step in mealtime? Handwashing for adults and children is one of the best ways to reduce the spread of disease.

To wash hands properly, use warm water and liquid soap. Rub your hands together vigorously and scrub all surfaces: lather up on both sides of your hands, your wrists, between your fingers, and around your nails. Wash for 15 seconds – about how long it takes to sing "Happy Birthday". Rinse well under warm running water and pat dry with a clean towel.

### Are You Providing a Wide Variety of Nutritious Foods?

Do you provide a wide variety of foods based on the Food Guide Pyramid? The overall meal pattern, including snacks, should look like the pyramid. Include foods from all the food groups with an emphasis on grain, fruits and vegetables.

Variety within the food groups is important. Variety improves the nutritional quality of the meal and increases the likelihood of having food available that the child likes.

Variety also means including other foods such as desserts and foods that make meals more interesting. Frequently, children see foods advertised on TV and because of the advertisement they think the food must taste as wonderful as it looks. If we don't include some of these 'extras', the children may feel deprived or feel that certain foods are prohibited. Making the food seem special often makes it more desirable. Include 'extras' occasionally and use them as an opportunity to teach children about making wise food choices.

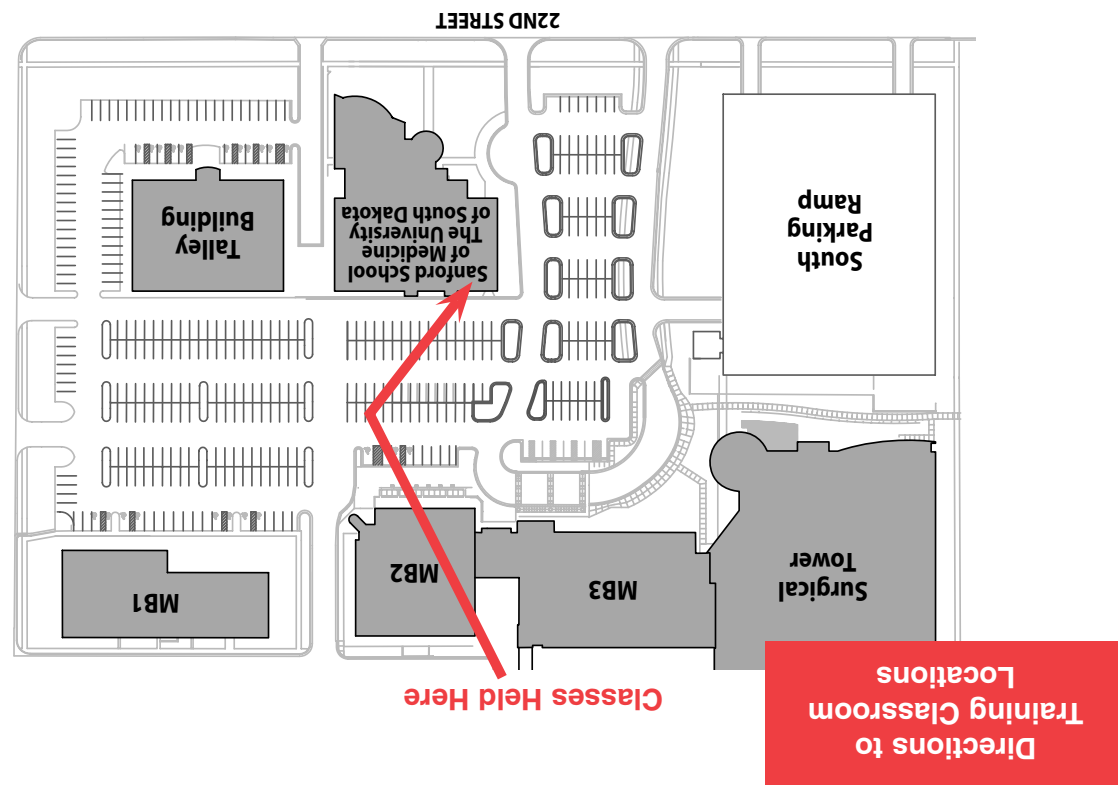
One method of increasing variety is to include new foods. Some children are reluctant to try new foods but are more likely to try them if the foods are introduced in small amounts. It usually takes multiple exposures to a food before a child will actually taste the food. So, offer the new food several times, in small portions, but don't pressure or force a child to taste the food. Allowing children time to see, smell and touch the food is just as important to learning as tasting.


### How Much Food Is Best?

The best guide for feeding children is their appetite. In feeding infants, learn to recognize the first sign of fullness, even if the bottle still has formula in it. Toddlers and preschoolers often

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Go in the main entrance of the Wegner Library (1400 W 22nd). Instead of going straight ahead into the library, turn left and go through the double doors. Signs will be posted to guide you to the classes.





have poor and unpredictable appetites because they are not growing as fast as before. It is best to offer small servings and allow children to serve themselves when they are able.

Encourage children to taste all foods served – at least one bite, but never force them to eat or punish them for not eating. Avoid praising children for “cleaning their plates,” and do not withhold dessert if a child does not eat everything. This way, children learn to respond to their hunger and not to someone’s praise. Because young children have a small stomach, it is hard for them to get all the nutrients they need in three meals, so nutritious snacks are essential.

### **Are You Including the Children in Planning, Preparing, and Serving the Meal?**

Children who have an opportunity to have a say in what they are eating tend to be happier in care and with their meals.

Children remember nutrition information when they can associate it with a hands-on activity. Snack time is a great time to begin including children in the planning and preparation of a meal. Snack time is a wonderful learning opportunity since they usually contain fewer food items and take less preparation.

Have children help select and try new recipes and work together to make a list of favorite snacks. Make snacks ‘mini-meals’; the same types of foods but in smaller amounts. If they are eaten one to two hours before meals, snacks won’t spoil appetites

### **Are You Serving Age-Appropriate Foods?**

Children 3 years of age and under (and older children with swallowing difficulties) should not have nuts and seeds or other small, round foods that can cause choking (i.e. grapes, peanuts).

School age children should have a wider variety of foods with different textures. For example, instead of serving applesauce to all daycare children, the older children could taste-test several varieties of fresh apples.

### **Are You a Good Role Model?**

Children will learn healthy eating habits only if the adult who teaches them has a healthy eating habit.

Take time to sit down and have a meal with the children. Model social behaviors, turn taking, and experimenting with new foods.

Enjoy the time you spend with children while they are eating. Caregivers can learn a wealth of information regarding the interests and needs of the children during this social time.

Realizing that the children in your care have varying tastes and appetites, plan nutritious meals and snacks that will provide the nutrients their growing bodies need. Do not skimp on carbohydrates because these contain essential nutrients. And, between meals, encourage children to run, jump, dance, ride tricycles, and play outdoors to get lots of exercise.

## **FUN SNACK IDEAS!**

### **GO FISH SNACK**

- ½ C. peanut butter
- 16 hard breadsticks or rod shaped pretzels
- 1 C. fish-shaped crackers

Give each child 1 tablespoon peanut butter, 2 breadsticks/pretzels and a few fish-shaped crackers on a large plate. Let children dip the breadstick in the peanut butter and then use the peanut butter to ‘fish’ for the crackers on their plate.

### **APPLE SMILES**

- Apples
- Peanut Butter
- Miniature Marshmallows

Cut apples into wedges. Smear peanut butter on one side of 2 wedges. Stick a few marshmallows on the peanut butter on one of the apple wedges and tops with the other apple wedge – peanut butter side down. When you look at this it looks like a smile (red part of apple being lips and the marshmallows are teeth).

### **ICE CREAM IN A BAG**

- 1 T. sugar
- ½ C. Half-n-Half
- ¼ t. vanilla
- ½. C. rock salt
- Ice
- 1 pink size Ziploc bag
- 1 Gallon size Ziploc bag

Combine the sugar, half-n-half, and vanilla in the pink size Ziploc bag and seal tightly. Combine the ice and rock salt in the large Ziploc bag. Place the small bag inside of the larger bag and seal. Shake the bag until the mixture turns into ice cream! This will take about 5 minutes. For toppings, you can add nuts or fruit. Enjoy!

## **The Results Are In!**

### **City Year Survey Results**


A big thank you to all providers who submitted their 2007 Yearly City Survey – we received 150 surveys. We really appreciate your input, thoughts and ideas on how we can improve the City Program.

Thanks to your suggestions, here are some things we are working on:

- We will expand on offering focused and specialized topics.
- We will create opportunities for more ‘hands on’ activities and networking opportunities.
- In order to better serve our ‘veteran’ providers, we will continue to offer ‘advanced’ and ‘basic’ classes. Please see the class schedule for a description.
- To offer a variety of classes, additional training opportunities will be advertised in each newsletter (see below).
- A new “First Aid Kit” will be at each Certified First Aid class to allow providers more a more ‘hands on’ class.

*Thanks Again!*

## **JUST A REMINDER:**



Yes, it’s hard to believe, but the end of the year is approaching near!

Just reminding providers to get their required training hours in before the end of the year is here. Class numbers have a tendency to be low in the summer months and full in the winter months — so if you get your hours in now, you won’t have to be in a rush trying to get your hours in by the end of the year.

### **You can now view child care provider class listings on the Sanford Health Website!**

A current list of classes for child care providers can be found at: <http://www.sanfordhealth.org/EventsClasses/ChildcareProviders/Index.cfm>

## **ADDITIONAL TRAINING OPPORTUNITIES**

(Classes below may not be ‘specific’ to only family child care environments.)

Call Sanford Children’s C.H.I.L.D. Services at (605) 333-0698 for additional class information and to pre-register.

### **Communicable Disease**

Tuesday, July 15, 7 – 8 p.m.

### **Food Handling Techniques**

Tuesday, July 15, 8:15 – 9:15 p.m.

### **Healthy Kids = Healthy Adults**

Wednesday, August 6, 6 – 7:30 p.m.

### **Learning and Movement Go Together**

Wednesday, August 6, 7:30 – 9 p.m.

### **Turn Off the Screen**

Wednesday, August 20, 6 – 7:30 p.m.

### **Healthy Food Choices Matter**

Wednesday, August 20, 7:30 – 9 p.m.

### **Children Are My Business**

Saturday, September 6, 9 – 10 a.m.

### **Parent Communication Styles**

Saturday, September 6, 10:15 – 11:15 a.m.

### **Counting on You — Responding to Kids with Asthma**

Wednesday, September 24, 7 – 8 p.m.

### **Shaken Baby Syndrome**

Tuesday, September 30, 6:30 – 7:30 p.m.

### **It’s Not Just Mom and Dad Anymore**

Tuesday, September 30, 7:45 – 8:45 p.m.