



OCTOBER 2022

Family Child Care Professionals of South Dakota, Inc
to empower family child care providers and achieve high quality care for all South Dakota children

WHAT'S INSIDE:

- Training Opportunities
- Grant Opportunity
- Fall and Outside Play
- Activity Ideas
- What to Eat?
- Recipes
- Book Recommendations



Training Opportunities

Positive Descriptive Acknowledgment- Online

Thursday, October 20th 6:30pm-9:00pm

Register with Sanford CHILD Phone: (605) 312-8390

Learn to use positive descriptive acknowledgment within your classroom or early childhood program to increase positive behaviors.

We Are What We Eat! - Online

Wednesday, October 26th 6:30pm-8:30pm

Register with Sanford CHILD Phone: (605) 312-8390

Creating a healthy nutritional environment.

Supporting Foster Children in Childcare Classroom - Sioux Falls

Monday, November 14th 6:30pm-7:30pm

Register with Sanford CHILD Phone: (605) 312-8390

Learn how to best support foster children in your classroom. Hear from interviews with a child protection worker, foster parent, and a childcare director who has worked with foster children in the past to gain tips and strategies.

"Let Go & Empower Children" WOW Conference

January 28th, 2023 8:00-4:00pm

Location- Washington Pavillion in Sioux Falls, South Dakota

Register <https://siouxfallswow.weebly.com/>

This years presenter is Denita Dinger, the conference will be focusing on embracing child led play, rethinking your discipline policy, and listening to children and empowering them.

Watch Me! Celebrating Milestones and Sharing Concerns

Free training from [cdc.gov](https://www.cdc.gov) available until August 1st, 2024

<https://www.cdc.gov/ncbddd/actearly>

An online training for early care and education providers helping you fulfill this role by providing tools and best practices for monitoring the development of children in your care and talking about it with their parents.

For more training opportunities in person or online go to dss.sd.gov/childcare/educationalopportunities

Grant Opportunity

Infant Toddler Grant Opportunity

The Department of Social Services, Child Care Services (CCS) provides grant opportunities focused on enhancing infant and toddler care environments.

Funding is intended to help with the purchase of high-quality items in supporting the development of infants and toddlers in your licensed child care program. This includes indoor and outdoor equipment or manipulatives such as child-size tables and chairs, safe places to crawl and climb; etc.

Grant awards are contingent upon available funding and whether the request meets the grant criteria, see attached suggestions. We encourage you to reach out to your regional Early Childhood Enrichment (ECE) office to assist with selection of items that optimize infant and toddler development within your program.

Required Documents for this Infant/Toddler Grant Application include:

- Day Care Center
- Group Family Day Care
- Family Child Care

This information and more is located at <https://dss.sd.gov/childcare/default>

Fall and Outside Play

By Susan Dotson

It is 93 on September 29 as I write this article. Living in South Dakota, we **KNOW** these temps are not typical and the “S” word (snow) and winter **IS** coming. On these warm days, it is easy to get the kids outside. However, children start to see less time outside with the colder days, windier days, and shorter days.

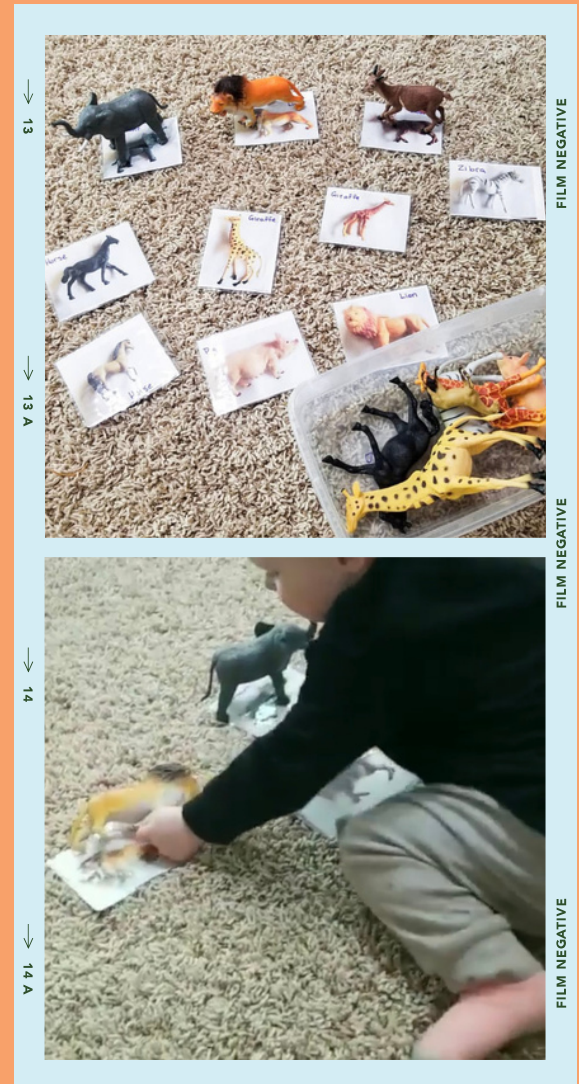
The question is, **HOW** can we get the kids outside? “There is no such thing as bad weather, only inappropriate clothing,” Ranulph Fiennes. We all have seen—the kids come in sandals and shorts and the parents are wearing winter coats, hats, and gloves. To alleviate the issue of proper clothing, I send home a note to all my families at the beginning of October. I request a pair of snow pants, a winter coat and boots that are left at my house for each child. Over the years, I have collected stocking caps, mittens, and face masks for the kids to use. I suggest to the parents to check thrift stores, Once Upon A Child, and Goodwill for nice good conditioned snow gear. You can also ask for donations as children outgrow their gear.

The next step is to make a goal to get outside at least 15 minutes every day—even when **YOU** don’t want to go out. My mud kitchen is popular every season and weather type. I added different styles and types of buckets, old boards, and logs for the kids to explore. While we are outside, we naturally discuss the weather (windy, sunny, snowing, raining, etc.) This winter I challenge you to try to take your kids out everyday.

Activity Ideas

Animal Match

To set up this animal match activity, I took pictures of each of the animal figures. You can also find real photos of each animal online. I then cut, labeled, and laminated them. I liked to label the cards because seeing the words on the cards is very helpful for early literacy. My daughter, 17 months in the picture, was able to match the animals doing three to four at a time. The older children in my care also really liked the activities. I had it on a shelf as an option, not a structured activity, and some of the kids would split them in half and race to match their sets first.



Nature Collage

Nature collage can be a fun activity as leaves begin to fall. I provided paper, you can let them choose the color if you'd like, then I gave them bottles of glue and let them explore the yard for sticks, leaves, rocks, whatever they could find. You can also go on a walk around the neighborhood to find items for their collage!

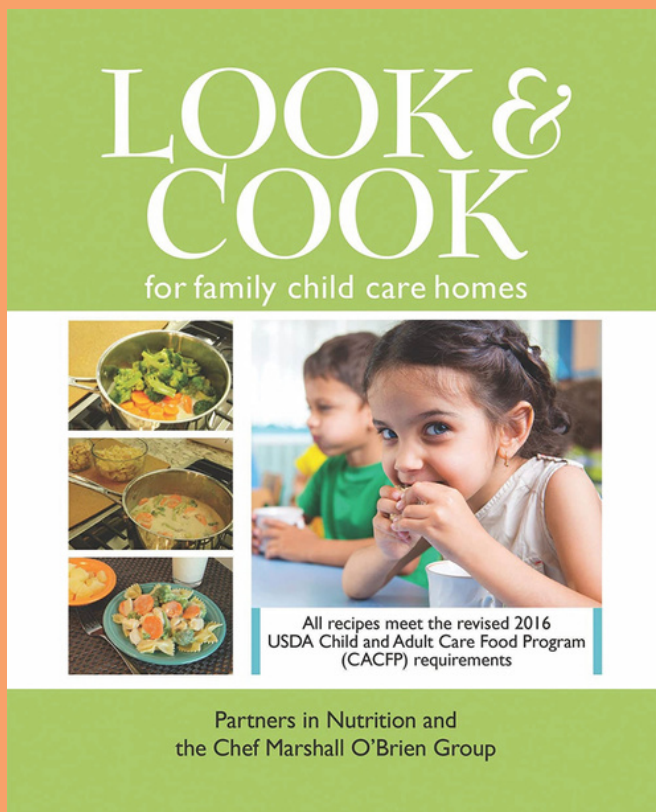
What to Eat?

By Lynette Lohan

I need inspiration to do new menus for childcare. I want to introduce new foods, healthy foods and not just the same foods all the time. Once we traveled to GA and went to Paula Deen's restaurant where I bought her cookbook and used that for a menu rotation. This menu rotation, I bought a book from Redleaf Press called "Look & Cook". It's geared directly to family child care homes on the food program. It includes menus, recipes and pictures, serving sizes, and has some foods I've not used before so I am very excited to try new foods with the children.

What do you all use for inspiration for new menus? Previously, I've asked parents to submit a day of menus and their child would be featured that day. I've used colors as a feature. I've looked at menus from the school lunch or restaurants. I just can't do the same foods all the time. I remember one mom thanking me for NOT being a "chicken nugget provider".

I'd love to hear some stories or menu ideas from YOU!



Upside Down Pizza Recipe

Ingredients

- 2 cups flour
- 4 eggs
- 2 cups milk
- 1 lb of hamburger
- 1 lb of sausage
- 15 oz can of pizza sauce
- Pepperonis
- 2 cups shredded cheese
- Add any other veggies or meat you like



Instructions

1. Preheat oven to 400° F.
2. Make batter in a bowl mixing the flour, eggs, and milk. Set aside.
3. Brown hamburger and sausage using any seasonings. Once browned mix in the pizza sauce, any vegetables you'd like to add.
4. Layer a 9 X 13 pan with the meat mixture, then add a layer of pepperonis, and a layer of shredded cheese.
5. Pour batter mixture over top.
6. Cover with tin foil and bake for 30 minutes or until golden brown.

Fall Apple Pumpkin Oatmeal

Ingredients

- 1 cup quick cooking oats
- 1 1/2 cup water
- 2 cups applesauce
- 1 cup pumpkin puree
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 4 bananas



Instructions

1. Add all ingredients to a medium saucepan.
2. Cook on medium-high heat until liquid is almost nearly absorbed by the oats.
3. Serve 2/3 cup of oatmeal with 1/2 a banana, sliced to each participant immediately while still warm.

One serving provides 1/2 oz eq grains and 1/2 cup combined fruit and vegetable.
Serving Size: 2/3 Cup oatmeal and 1/2 banana Total Servings: 7

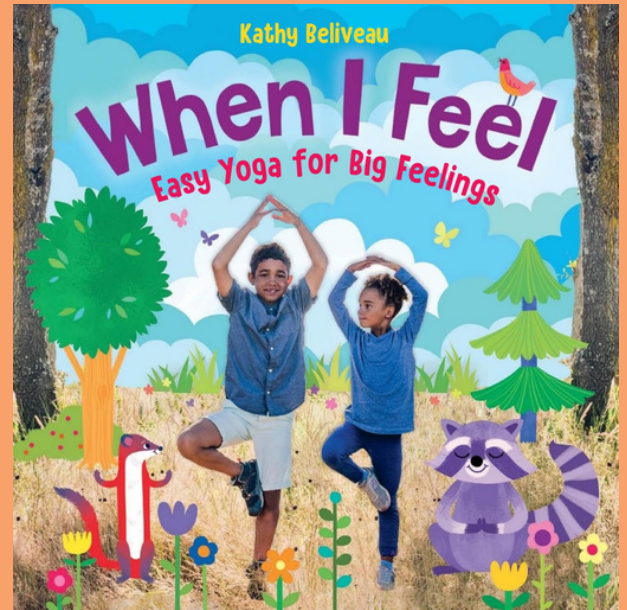
Find this recipe and more at cacfp.org under the recipe tab.



Children's Book Recommendations

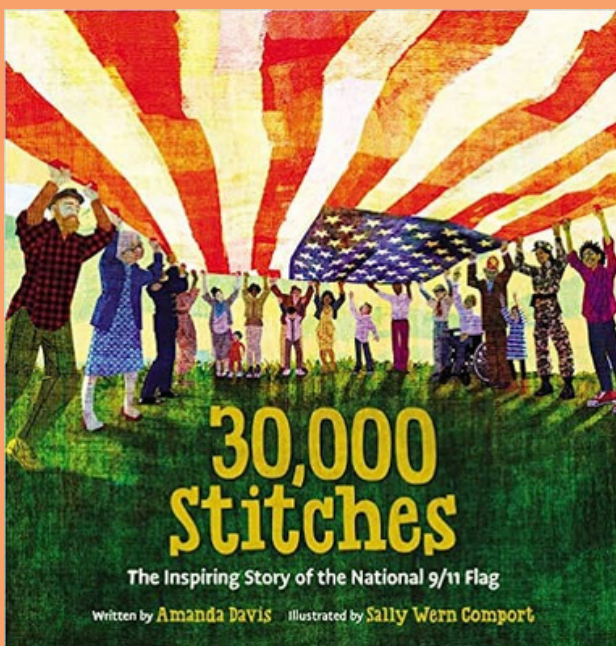
When I Feel: Easy Yoga for Big Feeling By Kathy Beliveau

Author Kathy Beliveau wrote this book with a rhythmic text that keep children engaged and supports early literacy skills and the words and phrases are easy to memorize. This book covers many different emotions and different ways to experience them and work through them. Inside the book the pages are colorful and fun. There are also illustrations with pictures of real people doing the yoga moves. Suggested age level two to six years old.



30,000 Stitches: The Inspiring Story of The National 9/11 Flag By Amanda Davis

This story is beautifully written and a story of hope and unity that taught me something new. Six years after the attack, the flag that was hung by construction workers traveled to 50 states where it was repaired from remnants of retired American Flags in each state. This flag is now found in the 9/11 Memorial & Museum. Beautifully written and captivating. A tough story written with grace. Suggested age level five and up.



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