

# APRIL

*Family Child Care Professionals of South Dakota, Inc*

to empower family child care providers and achieve high quality care for all South Dakota children



EARTH DAY



## What's Inside

- Training opportunities
- Education opportunities
- Recipes
- Activities
- Let's Get Reading!
- Playdough Benefits
- Steering Committee



LET'S GET READING!



# Training Opportunities

## **Resiliency Training for Providers**

**Tuesday, April 25, 2023 6:00-9:00pm**

**Location: On-Line**

Provide your staff the opportunity to engage and practice the six wellness skills of the Community Resiliency Model. Widen your collective resiliency zone by empowering staff to strengthen their mental wellbeing in this 3 hour interactive session.

## **Behavior Management Guidance**

**Thursday, June 1st, 2023 7:30-8:30pm**

**Location: On-Line**

Learn about what falls in the "typical" range of development so you can better serve the families in your care.

## **Heartsaver Adult/ Child and Infant CPR**

**Saturday, May 6th, 2023 8:30am-noon**

**Location: Aberdeen**

Pathways: Program Health and Safety



For more training opportunities in person or online in your region go to [dss.sd.gov/childcare/educationalopportunities](https://dss.sd.gov/childcare/educationalopportunities)

5015 S. Western Ave, Suite 120  
Sioux Falls, SD 57108  
Phone: 605-312-8390

110 6th Ave SE, Suite 100  
Aberdeen, SD 57401  
Phone: 605-226-5675

# Early Childhood Workforce Support Scholarship

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The Early Childhood Workforce Support Scholarship covers 100% of the program, including tuition, fees, books and uniforms. This covers the Southeast Technical College's two year Early Childhood Specialist Program.

For more information, go to Early Childhood Workforce Support Scholarship - DSS - STC ([southeasttech.edu](http://southeasttech.edu)) to see eligibility requirements, student commitment, and program details.

Southeast Technical College  
2320 N Career Ave • Sioux Falls, SD 57107  
General Information: 605-367-7624  
Toll Free: 800-247-0789  
Fax: 605-367-8305

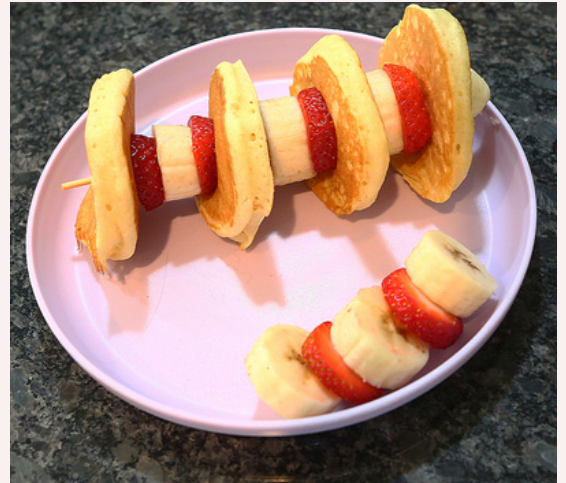


# Recipe

## Breakfast on a Stick

### Ingredients

- 1 cup 100% whole wheat pancake mix
- 1 cup 1% or non-fat unflavored milk
- 1 large egg
- 4 bananas, sliced in rounds
- 2 cups strawberries cut in rounds
- 8 dull wooden skewers



### Instructions

1. Prepare 32 mini pancakes according to the instructions on the pancake box. Each mini pancake is 1 tbsp of pancake batter cooked.
2. Place 1/2 banana, 1/4 cup strawberries, 4 mini pancakes, and 1 skewer on a plate.
3. Using the skewer, slide on a pancake, banana round and strawberry round in an alternating pattern. Repeat until all pancakes are stacked on the stick. Some of the fruit may not fit on the skewer, so leave any remaining fruit on the plate.
4. Repeat assembly on 7 more plates.

Serving Size: One Stick + Leftover fruit

Components per one serving: 1 oz grains, 1/2 cup fruit

Website linked under title.

# Recipe

## Asian Chicken and Broccoli

### Ingredients

- 6 tbsp low-sodium soy sauce
- 1/2 tbsp ground ginger
- 3 garlic cloves, minced
- 3 tbsp vegetable oil
- 3 tsp corn starch
- 1 tbsp honey
- 16 oz chicken breasts, skinless
- 12 oz frozen broccoli florets



### Instructions

1. Preheat oven to 425 degrees F.
2. In a large bowl, mix together soy sauce, ginger, garlic, oil, corn starch, and honey with a fork until well combined.
3. Cut chicken into 1-inch bite-size pieces.
4. Add chicken and broccoli to the large bowl. Mix ingredients until all chicken and broccoli are coated in the sauce.
5. Place on large baking sheet and bake for 25-30 minutes or until chicken is fully cooked. Scoop 3/4 cup into a bowl or plate per person.

Serving Size: 3/4 cup Servings: 6

Components per one serving: 1 1/2 oz Meat and 1/4 cup vegetables

Website linked under title.

# Earth Day Activities

Each year, I would put together an activity to talk about recycling and what can be recycled! Then how else we can take care of the planet we live on.



## Other Activities:

1. Plant flowers: This would be fun, talk about how to plant flowers, what they need to grow and so on. The children could also take them home in May for Mother's Day!
2. Recycling Projects: So many awesome things to make using materials you already have! This can be fun for making collages!
3. Earth Day Lava Lamp: Mix oil and water with green and blue food coloring in a clear jar or cup.
4. Fizzy Earth Day Science: Try a classic baking soda and vinegar reaction with an Earth Day theme.
5. Salt Dough Earth: Make ornament shaped and colored like the Earth!

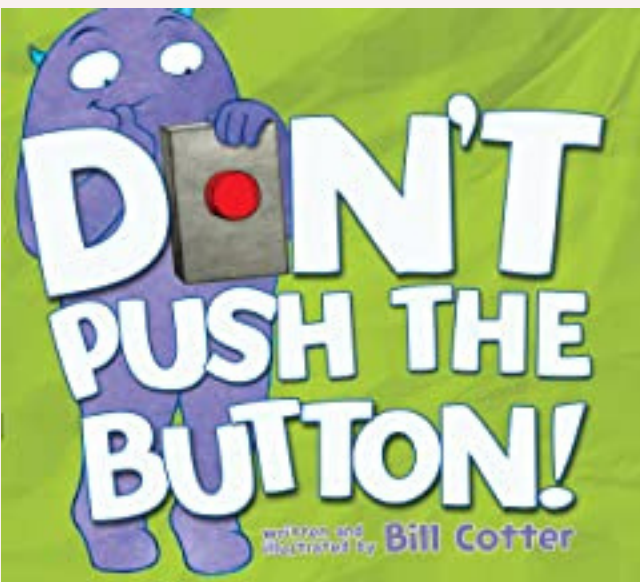
# Let's Get Reading!

## **The Book with No Pictures** Written by B.J. Novak

Perfect book for adults who love reading with tons of enthusiasm! Be ready to make silly noises, read loudly and quietly, and have a lot of giggling kids! The premise is that the reader has to read EVERYTHING on the pages, even things that don't make sense, made up words, and silly phrases.

# The Book With No Pictures

**B.J. Novak**



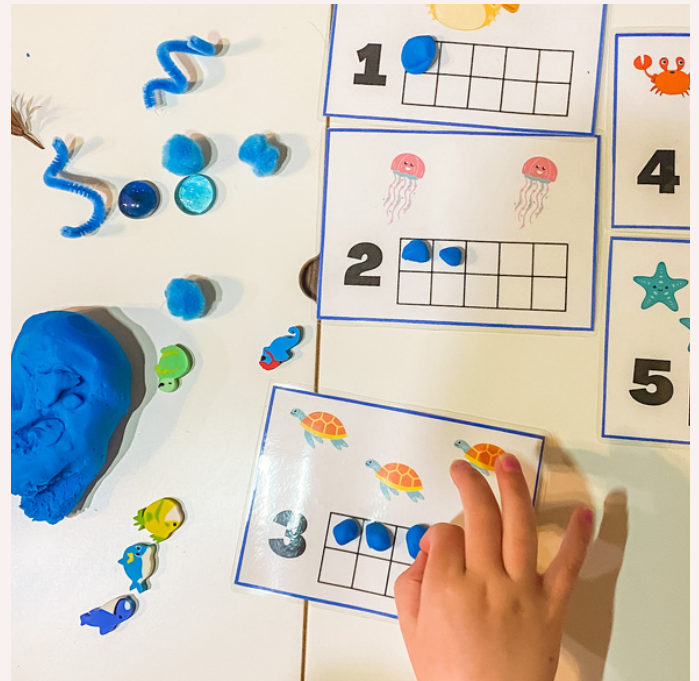
## **Don't Push the Button!** Written and Illustrated by Bill Cotter

This is a fun interactive book for a group. I love having the kids take turns following the instructions on the pages, such as shaking the book and so on. Moral of the story, follow Larry's one rule: don't push the button!

# Why Play Dough?

## Social Emotional Development

Play dough and other sensory opportunities provide a place for children to engage in make believe play to understand the world around them. They learn to advocate for themselves while working together and taking turns with others when playing in a group.



## Physical Development

Sensory play helps regulate the body in a variety of ways. Some children need to be able to press and squish to regulate.

Play dough also aides in hand-eye coordination, growth and strengthening in the small muscles of the hand as well as larger muscles in the arms and core.



# Why Play Dough?

## Language Development

Children will grow their language skill through working with others and telling stories. They will grow communication skills as well as problem solving skills.



## Cognitive Development

So many cognitive skills go into sensory play, some are problem solving and making guesses. Will this fit inside this container? What happens if I mix these colors?

# Steering Committee

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Chair	Cynthia McConniel	chair@fccpsd.org
Chair-Elect	Tammy Remillard	chair-elect@fccpsd.org
Past Chair	Allegra Fink	past-chair@fccpsd.org
Secretary	Lynette Lohan	secretary@fccpsd.org
Treasurer	Dawn Wahl	treasurer@fccpsd.org
Newsletter/Networking	Ali Hartman	newsletter@fccpsd.org
Advocacy	Sara Kiefer	advocacy@fccpsd.org
Professional Development	Susan Dotson	professional@fccpsd.org
Conference Chair	Aylissa Willrodt	conference@fccpsd.org