



# FEBRUARY



*Family Child Care Professionals of South Dakota, Inc*

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



**1,000 HOURS  
OUTSIDE MOVEMENT**



**INDOOR ACTIVITY**



## What's Inside

- Training opportunities
- Dental Health
- Recipes
- 1,000 Hours Outside Movement
- Surviving an Audit
- Let's Get Reading!
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- Steering Committee

# Training Opportunities

## **Family Childcare Entry Level Series: It All Begins With Relationships**

**Monday, February 13, 2023 7:30pm-9:00pm**

**Location: On-Line**

Pathways: Interpersonal Communication and Relationships

## **Family Childcare Entry Level Series: Developing And Creating Lesson Plans**

**Tuesday, February 14, 2023 7:30pm-9:00pm**

**Location: On-Line**

Pathways: Program Management

## **Setting Boundaries With Parents**

**Monday, February 20, 2023 6:30-7:30**

**Location: On-Line**

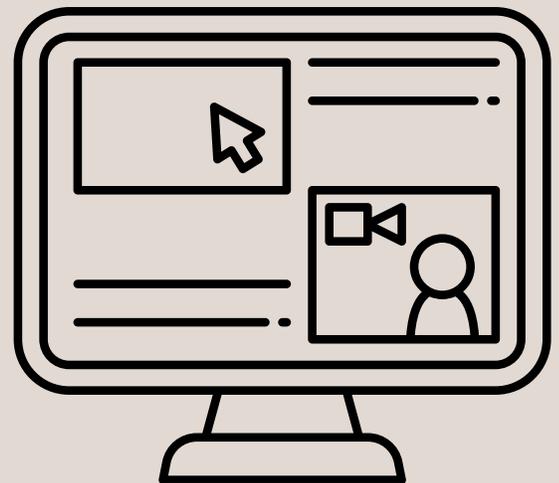
Pathways: Partnerships with Parents

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

**Saturday, March 4th, 2023 8:30am-Noon**

**Location: Sioux Falls**

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)

# Children's Oral Health

Article Provided By



Healthy teeth help children chew, speak and smile. Tooth decay can make it difficult for young children to perform these functions well.

If cavities in children go untreated, they can cause pain, infections, and problems learning.

The good news is that cavities are nearly 100% preventable. That's why it's important to brush, floss and to ask about fluoride varnish, whether it's at a well-child visit with their primary care provider, a WIC appointment, or a visit to the dentist.

## **Find healthy alternatives to sugary foods and drinks.**

It's well known that sugar is hard on your teeth and can cause cavities. But it may surprise you just how much sugar is in some drinks, including so called "healthy drinks."

## **Surprising amounts of sugar per 12 ounce serving:**

- 12 teaspoons: fruit smoothies
- 9 teaspoons: fruit juices and energy drinks
- 8 teaspoons: sodas
- 3 teaspoons: chocolate milk

Reducing your consumption of sugary beverages or swapping them out for water or plain milk can help improve your smile and overall health.

Keeping you and your child's smile healthy is important. Children should begin seeing a dentist.

by age 1. You can follow these simple steps to keep smiles bright and healthy.

- Brush two times a day and floss every day.
- Drink tap water (it has fluoride, which strengthens your teeth)
- Avoid sugary drinks like pop, juice, and sports drinks.
- Visit a dentist two times a year.

For more healthy dental tips, visit our website at [www.deltadentalsd.com/dentistby1](http://www.deltadentalsd.com/dentistby1)



# Smile If You Brushed and Flossed Today

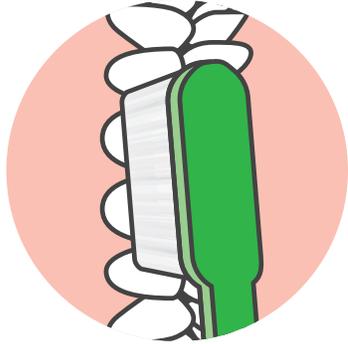
Hang this chart in the bathroom. Write the names of the people in your family. Draw a happy face in the boxes when you brush and floss.

Family Names	Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
	Brush AM	Floss	Brush PM	Brush AM	Floss	Brush PM	Brush AM	Floss	Brush PM	Brush AM	Floss	Brush PM	Brush AM	Floss	Brush PM	Brush AM	Floss	Brush PM	Brush AM	Floss	Brush PM

# Bright Smiles For The Whole Family

Tooth decay is nearly 100% preventable so to protect your teeth, brush twice a day for two minutes with fluoride toothpaste, in the morning and always before bedtime. Remember to floss your teeth every day and limit sugary drinks and snacks.

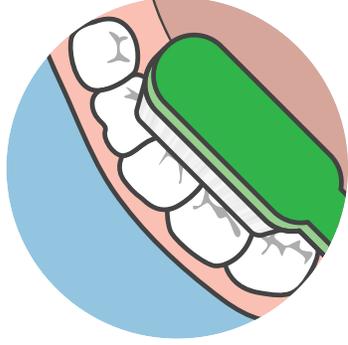
## How To Brush



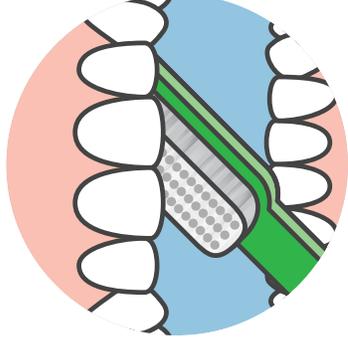
**1.** Place your brush at an angle, so the bristles are pointing toward the gumline. Make small, circular motions as you move your toothbrush along the teeth.



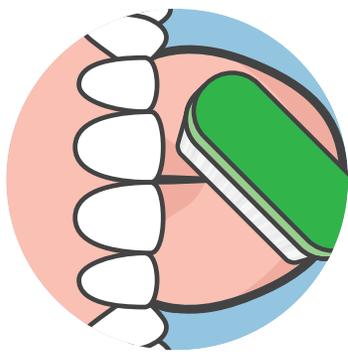
**2.** Brush your top teeth on the inside, outside, and chewing surface.



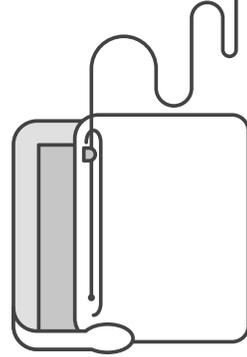
**3.** Brush your bottom teeth on the inside, outside, and chewing surface.



**4.** You can use the tip of your brush to clean behind your front teeth on the top and bottom.



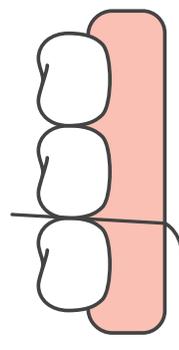
**5.** Don't forget to brush your tongue!



## How To Floss

**1.** Pull 18" to 24" (45 to 60 cm) of dental floss from the dispenser and wrap the ends around your middle fingers.

**2.** Gently rock the floss between the teeth. Once it touches the gum tissue, rub the floss up and down against both sides of the 2 teeth.



# Recipe



## Ingredients

- 4 oz eq turkey pepperoni\*
- 8 (1 oz) mozzarella string cheese sticks
- 2 - 100% whole wheat pita bread
- 24 cherry tomatoes, halved
- 8 dull kebab sticks
- 1 cup marinara tomato sauce
- 16 fresh basil leaves (optional)



\*Need CN Label or PFS to determine correct serving size for ounce equivalency

## Instructions

1. Cut string cheese into 4 pieces each.
2. Cut pita breads in half and then cut each half into 8 triangles.
3. On the kebab stick, alternate sliding on pepperoni, cheese piece, pita bread and half a cherry tomato. Repeat until kebab has 1/2 oz eq of turkey pepperoni, 4 pieces of cheese, 3 cherry tomatoes, and 4 pita triangles. Add two basil leaves to each kebab if desired. Continue this pattern for the other 7 kebabs.
4. Serve 1 kebab with a 1/8 cup of marinara tomato sauce for dipping!

Serving Size: One kebab

Components per one serving: 1/2oz grains, 1 1/2 meat, and 1/4 cup vegetable

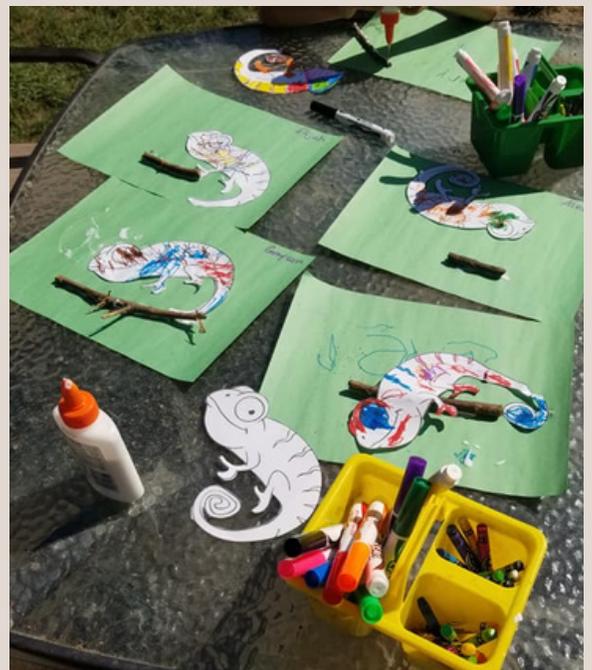
**This recipe and more found at [cacfp.org](http://cacfp.org)**

# 1,000 Hours Outside Challenge

"Before we ever put a pencil in a child's hands, those hands should dig, climb, press, pull, squish, twist, and pinch in a wide array of environments and with a variety of materials." - Amanda Morgan

I first heard about the 1,000 Hours Outside Challenge in 2019, my goal that year was to try and get as much time as possible outside with my daycare kids and we colored in the tracker together! We did so good as a group, we didn't hit the "goal", but I really do believe the real goal is to be more mindful to get outside in all weather.

Ginny Yurich, the founder of 1,000 Hours Outside, had seen research stating the average American child spends 1,200 hours a year in front of screens and wanted to make a change for her family. In further studies I've seen, a study from 2016 surveyed 12,000 parents in 10 countries with children ages 5 to 12 years old. This survey showed that maximum security prisoners are guaranteed two hours of outdoor activity daily, while half of kids worldwide only get one hour, and one third of children get less than thirty minutes. This survey was sponsored by Unilever laundry detergent brands OMO and Persil. (Cont.)



# 1,000 Hours Outside Challenge

(Cont.) As someone who THRIVES on fresh air and can't sit all day, I can't imagine how children feel being inside all day without being able to move their bodies the way they know their bodies need to move. Not only do we all need outdoor time to get out extra energy and get vitamin D, but there are so many other benefits. Children who are more active have stronger vestibular sense, giving them better balance and coordination.

Compared to kids confined indoors, children who regularly play in nature show heightened motor control - including balance, coordination, and agility." -Scott D. Sampson

For more information or free trackers go to [1000 Hours Outside](http://1000HoursOutside.com).



# Buisness Side of FCCC: Survivng an Audit

By Susan Dotson

I have a friend that stresses to me often - quote; "If we are running a family childcare business, it is very important that we treat this as a business." I always thought I was, but in the past week, I completely understand what she means.

I was notified that I was being audited by a company in Nevada for all of the grant money we had received. The grants were received in 2020, 2021, and 2022. I was confident that I had great records for 2022. All of the grant details for 2022 were fresh in my mind, but 2020 and 2021?

I admit, I started stressing and was completely full of panic and anxiety. I went to the totes where I keep my tax documents and low and behold, there was a folder for each year dedicated just to the grants. I started crying when I saw how well I had documented what I used the money for.

If you were to receive notice today that you are being audited by the IRS or for grants, would your previous years' record-keeping be enough? I stress it to providers whenever I can to keep detailed records. If you are at a loss where to begin, reach out to providers in FCCPSD, pick up Tom Copeland's books on record-keeping or contact a CPA (certified public accountant).

We are now in February. I realize many of you are working on 2022 taxes, but NOW is the time to start on keeping detailed records for 2023. Purchasing the Calendar Keeper is a great start, or QuickBooks if you like on the computer instead. Another tip, purchase a package of post-it notes and write notes to yourself so if you had to look back, you don't wonder why you did that.

I am NOT discrediting the fact that the word "AUDIT" evokes lots of stress and stressful thoughts. Trust me, one minute I am confident, the next I am stressed out completely. But, now more than ever, I understand the importance of very detailed record-keeping.

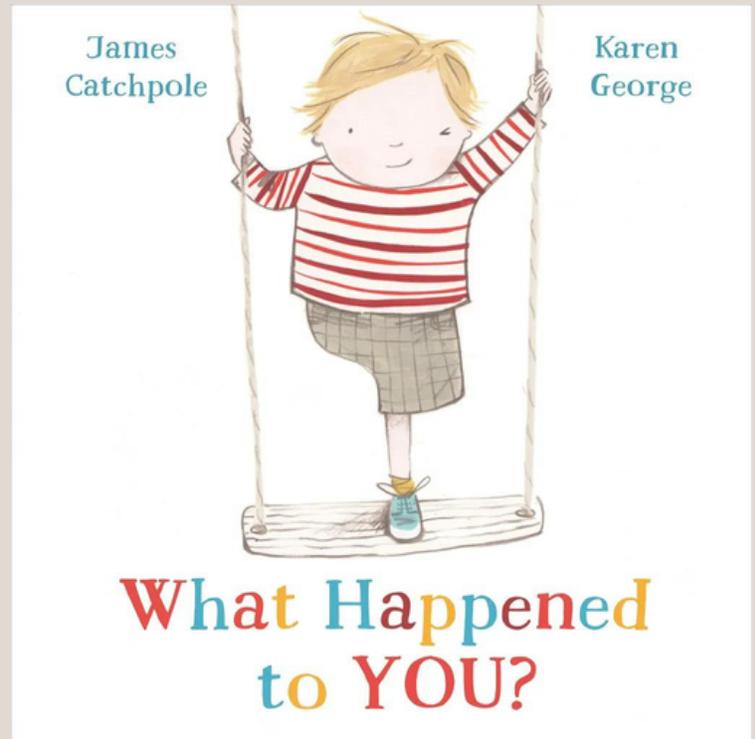


# Let's Get Reading!

## What Happend to You? Written by James Catchpole Illustrated by Karen George

What Happened to You? makes the reader, no matter the age, reflect on disabilities in a respectful manner. The lesson in the story is, those with disabilities don't always want to be asked about them, they want to be able to play and have fun like others without the extra questions.

The author wrote the book in a way that makes it very easy to read and follow along. I read this with my four-year-old and it made for really good discussion, as she said, "well...he just wants to play! That could be frustrating." and that is exactly right.



# Activity Ideas

## Open Activity: Monsters

I presented this monster activity as a choice, it was available during free play with no rules, no "dot - dot- not a lot". Grading the force of their actions (how much pressure to use when squeezing the glue bottle) has to do with the proprioceptive system. When this system is not functioning well, kids may not have a good sense of how much force to use during fine motor tasks.

For other kids, the glue puddle may happen as a result of seeking out that squeazy, deep pressure proprioceptive input.

There are a lot of choice items presented in this activity as well such as what kind of monster to make, happy, sad, surprised, silly, making this activity fun for many, being able to express their emotions or interests.



# 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
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