

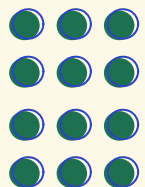
JULY 2022

Family Child Care Professionals of South Dakota, Inc

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

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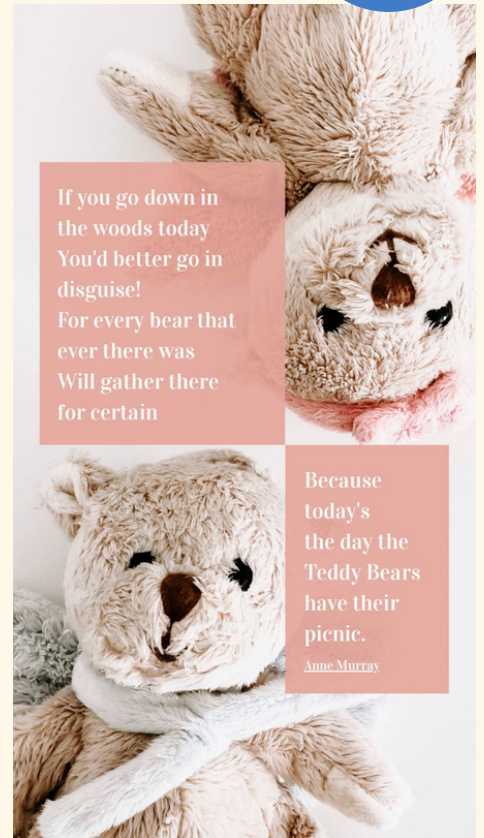


Fun Days in July

Sunday, July 10th

National Teddy Bear Picnic Day

National Teddy Bear Picnic Day lands on a Sunday, but it would be fun to start the week inviting your daycare kids to bring their favorite stuffed animal and have a picnic for lunch or snack!



National Ice Cream Month

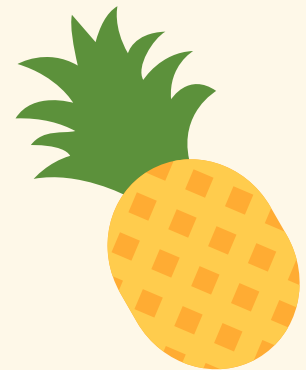
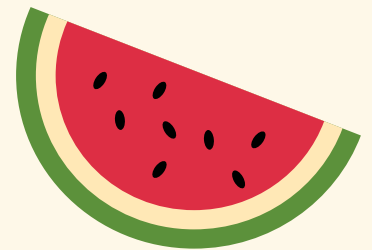
In 1984, President Ronald Reagan designated July as National Ice Cream Month and the third Sunday of the month as National Ice Cream Day. Need a reason to get out this delicious treat? Here it is!

If you want to make the day extra special, try this ice cream in a bag recipe!

<https://pin.it/7Lb9tptn>



CACFP Approved Snacks



Snack Ideas

- Graham crackers and kiwi slices (Grains / Fruit)
- Ready-to-eat cereal and raisins (Grains / Fruit)
- Fruit salsa and pita chips (Fruit / Grains)
- Pineapple chunks and crackers (Fruit / Grains)
- Tortilla chips and pears (Grains / Fruit)
- Apple slices and nut butter (Fruit / Meat Alternate)
- Avocado and chicken salad (Vegetable / Meat)
- 100% orange juice and mini bagel (Fruit / Grains)
- Oatmeal with dried cranberries (Grains / Fruit)
- Grapefruit wedges and English muffin (Fruit / Grains)

Find more recipe ideas at cacfp.org



Let's Go Outside

Written by Susan Dotson

Children spend an estimated average of four to seven minutes a day outside, according to Danielle Cohen, the author of the article *Why Kids Need to Spend Time in Nature*. Those are scary statistics. I am in the process of transitioning my program to a nature-based program with an emphasis on more time outside. There are many benefits to taking children outside such as improved cognitive function, more creativity, higher levels of fitness, less depression and hyperactivity, stronger bones—Vitamin D deficiency is real—improved eyesight, better sleep, gives children a chance to take appropriate risks, supports STEM skills, and a longer lifespan and healthier adult life.

I always hear providers with a list a mile long why they DON'T go outside. I am going to give you ideas to challenge you to go outside for one hour minimum this week. (cont.)



Let's Go Outside

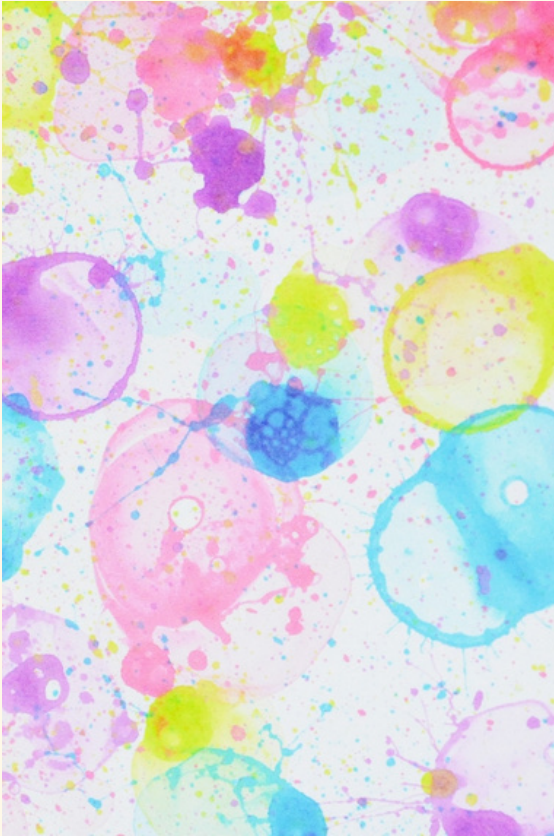
Written by Susan Dotson

The easiest way to start is doing a water day. At the beginning of summer, I ask all the parents to provide me with swimsuits for their children. I prefer swimsuits for everyone as it is less sunscreen to slather on wiggling children. The swimsuits stay here and I wash them, dry them, etc so they are ready every day. Even on non-water days, it is easier to let them paint and do messy projects when I can hose them off when they are done.

Outside, set up water tables, water activities, sprinklers, and/or splash pads. I rotate what is available every day so they don't get bored. Then I sit back, let them explore the water play, and wait for a good nap time.



Outdoor Activities



Bubble Painting

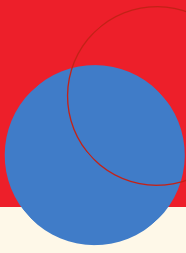
Bubble painting is simple to set up, bubbles and food coloring or liquid water color. Add the coloring to your bubble solution, it does take quite a bit and can stain, then just blow your bubbles right onto your paper or canvas!

Chalk "Painting"

Looking for something new for your kids to do? I know I absolutely LOVE hands- on creative and open-ended activities. This is very easy to set up, I give the children chalk and water and that's it! If they want to play with just chalk, that's okay! But draw and then add water or vise-versa, you get a paint-like feeling and look! This can be so fun, mix colors, make hand prints and foot prints, and the chalk colors become more vibrant!



Book Recommendations



I Am Thinking My Life

Written by Allysun Atwater



I Am Thinking My Life illustrates how the power of positive thinking can be the secret to manifesting hopes and dreams over time.

The words flow in a lyrical way throughout the book, it takes the old "I think I can, I think I can, I think I can" and spins it creating new mantras. *I Am Thinking My Life* is a child's first look at manifestation and affirmations. It boasts with themes of creativity, self-love, joy, and resilience.

The illustrations in the book are gorgeous, stunning, and beautiful, a must read.



Book Recommendation

A Little Spot Series Written By: Diane Alber

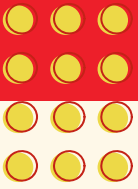
As an Early Childhood Provider, I hear time and time again that kindergarten teachers want and need their young students to come into the classroom with social- emotional skills, large groups of kids with little or no knowledge on how to calm, control, or recognize their emotions would be a hectic classroom.

I started reading these books with my daughter first at three years old and she has been able to understand as well as tell me about times she has felt each emotion or feeling.

As a parent and provider my favorite part of these books is at the end of almost all the books there are tools that are easy to remember, for calming each emotion and dealing with the feelings.



Book Recommendation



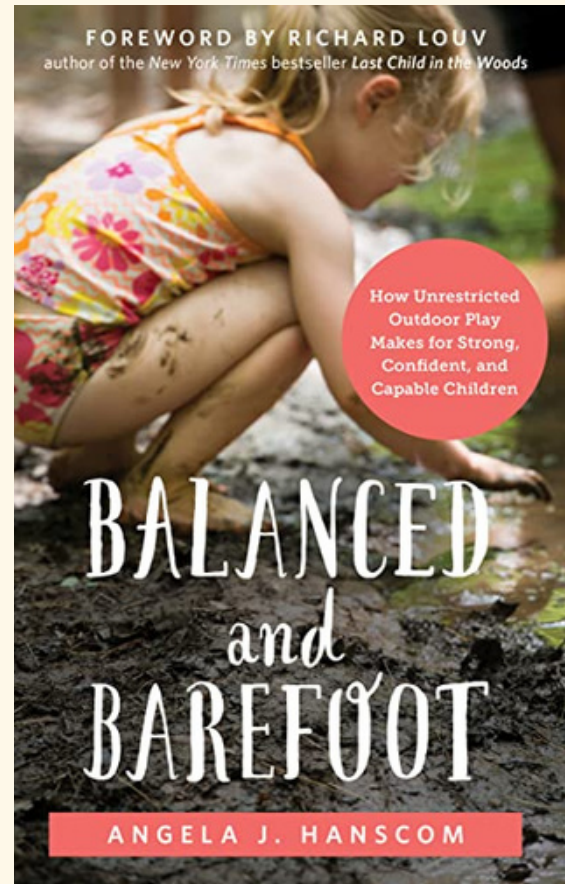
Balanced and Barefoot

Written By Angela Hanscom

I highly recommend the book *Balanced and Barefoot* by Angela J. Hanscom, who is a pediatric occupational therapist. The author writes about appropriate risk-taking and focuses on how outdoor play is the best sensory experience for our kids and how it builds their physical strength, their immune system, and overall development.

This book was a quick read for me as I couldn't put it down, and following reading it, I couldn't stop talking about it! There are a multitude of stories and research to follow what she has written.

A favorite quote from the book, "By not allowing children to take risks we're actually creating a child that is more unsafe."



Some research backed information this book taught me

- Children are falling out of their seats in kindergarten because they do not have the core strength to be able to sit in chairs all day.
- Nearsightedness in children (and adults) is becoming more and more common in America. In the book Hanscom explains why this is.
- A study done showed on average children in America only get five to seven minutes of unstructured play time outdoors a day.

White House Conference on Hunger, Nutrition, and Health



“At a time when nearly one in three people globally do not have access to adequate food — the United States is committing to rallying our partners to address immediate malnutrition and to ensure that we can sustainably feed the world for decades to come. To that end, the United States is making a \$10 billion commitment to end hunger and invest in food systems at home and abroad.”

– President Biden, UN General Assembly Address September 21, 2021

It's been more than 50 years since the first and only White House Conference on Food, Nutrition, and Health was held in 1969.

The White House will be holding a conference in September of 2022 as part of an effort to end hunger and to increase healthy eating and physical activity by 2030. In June the CACFP (Child and Adult Care Food Program) was given a chance to be seen and heard on the national stage.

Conference Pillars

1. Improve food access and affordability
2. Integrate nutrition and health
3. Empower all consumers to make and have access to healthy choices
4. Support physical activity for all
5. Enhance nutrition and food security research

For More information visit whitehouse.gov or health.gov

South Dakota Parent Connections



Call Us
1-800-640-4553
Email Us
sdpc@sdparent.org
Message Us
Facebook or Instagram

Summer office hours continue through Friday, July 29th. Offices will be open from 9am to 5pm on Mondays through Thursdays. Offices will be closed on Fridays.

EARLY LITERACY FOR FAMILIES & PROVIDERS - FREE AND ONLINE

Tuesdays, July 26 and August 2 from 6-8pm MT / 7-9pm CT

Learn strategies to support young children's language and literacy skills to increase their school readiness in home and childcare environments.

Participants will learn to apply evidence-based strategies in personalized ways. A \$100 stipend is available for all providers and family members from South Dakota who complete the class, and providers who attend with a family member of a child they support will receive an additional \$25!

Register on Event Bright

Contact: Darbi Hunt at dhunt@bhssc.org or 605-641-6382.



SOUTH DAKOTA
STATEWIDE FAMILY ENGAGEMENT CENTER
sdsfec.org

FREE HEARING TESTS FOR CHILDREN AGES BIRTH TO 21

SD School for the Deaf offers free hearing tests to SD children who have not yet graduated from high school. If you are a parent, childcare provider or school, contact SDSD to learn more and schedule free hearing tests at a time and place that works for your family or facility. Contact the Sioux Falls Clinic at 605-367-5200 or West River Clinic at 605-791-7839 to learn more or schedule a hearing test.



SDSD

South Dakota School for the Deaf

South Dakota Parent Connections



Check out South Dakotas Parent Connections Website to find more resources and to see their events calendar.

<https://sdparent.org/events>

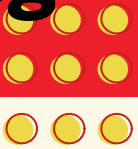
PARENT / FAMILY TRAINING

Safety-Care Training for Families, Sioux Falls. Safety-Care® Behavioral Safety Training program provides the skills and competencies necessary to effectively prevent, minimize, and manage behavioral challenges with dignity, safety, and the possibility of change. Family members and others who may provide in-home support for individuals with an intellectual or developmental disability. There is no cost to attend, however space is limited, and registration is required.

- Tuesday, July 12th and Thursday, July 14th from 5:30-7:30pm at SD Department of Human Services, 2900 W 11th Street, Sioux Falls.

Contact Carrie Geppert at [**Carrie.Geppert@state.sd.us**](mailto:Carrie.Geppert@state.sd.us) or 605-362-4857 with questions.

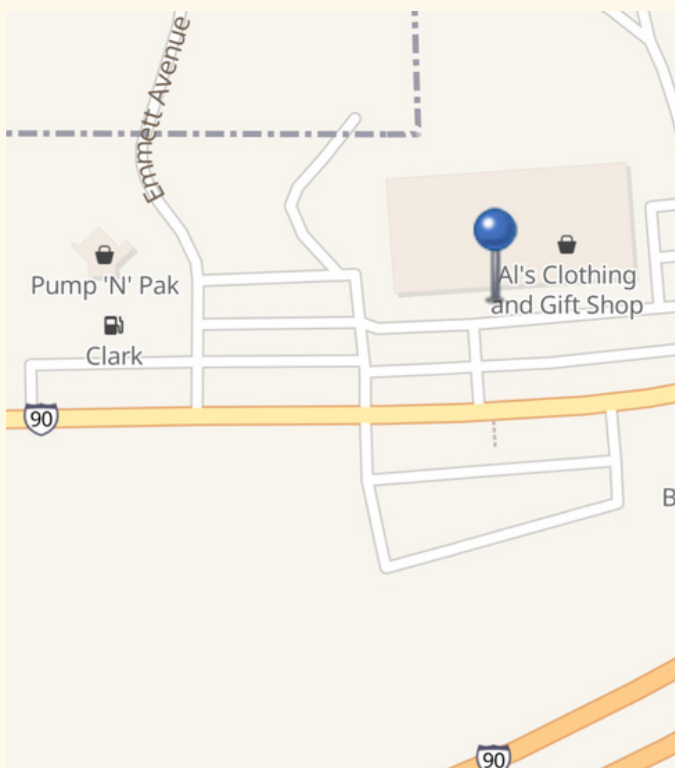
July Steering Committee Meeting



Steering Committee Meeting: July 23rd 10am

This meeting will be held at Al's Oasis in Oacoma and is open to the public. We will be discussing our dreams and visions for FCCPSD as we move forward and grow!

If you're planning on attending, please email chair@fccpsd.org so we can assure we have a big enough room!



1000 East South Dakota Hwy 16
Oacoma, SD

2022 FCCPSD Steering Committee

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