

# Childcare Newsletter

\* 816-325-7185 \* Spring 2016 \*



## Early Learning for Every Child—Stay Fit for Life!

There are many things to consider when creating your lesson plans for the week or month. In addition to following curriculums, ensuring age-appropriateness, and meeting development milestones, physical activity, physical literacy, and play-based learning are three important things to keep in mind.

- **Physical Activity:** Physical activity is “movement that increases heart rate and breathing”. Examples of this include, but are not limited to, both planned and nonplanned gross motor activity, active play, music and movement, and cooperative games.
- **Physical Literacy:** Physical literacy is the development of fundamental movement and sport skills such as running, jumping, catching, kicking, throwing and hitting, which permit a child to move with confidence and control in a wide range of physical activities and rhythmic and sport situations in order to develop a healthy, lifelong enjoyment of such activities.
- **Play-Based Learning:** By remaining actively engaged with children during their day-to-day play activities and using comments and open-ended questions to stimulate children’s reasoning, you can provide a natural play-based learning environment. This allows children to extend their knowledge, build on vocabulary, build creative thinking, make decisions, evaluate, imagine, transform, reason, compare, and give their own information. Being involved, participating in play, and really listening to what the child is saying during these play times, can lead to endless learning opportunities.

Do your best to address the above criteria when developing program plans as both physical activity and physical literacy are important to the growth and development of children.



## Child Care Health Consultation Nurse Update

During the 2015 legislative session, a statute was passed that requires child care facilities licensed to provide care to children less than one year of age to complete department-approved training on the recent safe sleep recommendations of the American Academy of Pediatrics (AAP) every three years. As of February 2016, all childcare providers and employees should have completed this training. If not, you can visit <http://health.mo.gov/safety/childcare/training.php> to find out how to complete the training.

### IMMUNIZATION AUDITS

**Audits are coming in April! Please review your immunization records prior to the visit so your audit goes as smoothly as possible.**

**Questions? Call Shawwna Jackson at 325-7188**

If you have a MOPD ID, you and your staff will be able to see your reported clock hours online at [www.openinitiative.org](http://www.openinitiative.org). Clock hours are reported to OPEN for viewing in your online clock hour record on the **Toolbox**.

In regards to safe sleep and your training, you may be wondering about the WubbaNub Pacifiers and whether or not they can be used. Pacifiers must be free of attachments, which includes stuffed animals. The WubbaNub **cannot** be used with infants less than 12 months of age. For more information, visit [health.mo.gov/safety/childcare/](http://health.mo.gov/safety/childcare/).



## CPR and Childcare Classes for Providers: Free Clock Hours

Register online for Child Care Provider Classes through the MO Workshop Calendar: [www.moworkshopcalendar.org](http://www.moworkshopcalendar.org).

### April 16:

- 8 a.m.-9 a.m.– My Plate (1 clock hour)
- 9 a.m.-10 a.m.– We Brush Too! (1 clock hour)
- 10 a.m.-11 a.m.– Eyes on Bullying: Preventing Bullying in Childcare (1 clock hour)
- 11 a.m.-12 p.m.- Domestic Abuse (1 clock hour)

### June 18:

- CPR/First Aid (6 clock hours) 9 a.m.-2 p.m.

All the classes above will be held at the Independence Health Department, 515 S. Liberty St. For more information or to register, contact your new Child Care Health Consultation Nurse, Suzanne Meyer, at 325-7320 or [smeyer@indepmo.org](mailto:smeyer@indepmo.org).

## Healthy Kids Snack Corner



Fruit combination ideas:

**Yellow:** mango, apricots, orange (juice)

**Purple:** raspberries, blackberries banana

**Green:** kiwi, mango and mint leaves

**Blue:** blueberries and grape juice

**Red:** strawberries and banana

### Homemade Fruit Leather

All you need for this healthy snack are...

- 4 cups of fruit (see sample combinations on the left)
- ½ cup honey
- 2 tablespoons fresh lemon juice, lime juice, orange juice, or water

#### Directions

1. Preheat the oven to 170 degrees.
2. Blend the fruit, honey, and citrus

juice until completely smooth. The mixture should be pourable but not thin enough to run off the baking sheet.

3. Line two rimmed baking sheets with parchment paper and pour/spread the mixture evenly onto the baking sheets.

5. Place in oven and cook until firm and no longer sticky to the touch (about 3-4 hours).

6. Remove from oven and let cool.

7. Cut into strips and roll up with parchment paper. Store in an air-tight container.

INDEPENDENCE  
**HEALTH**  
DEPARTMENT



**Public Health**  
Prevent. Promote. Protect.

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