



Program Updates

April/May 2011

May 4—National Provider Appreciation Day

Take a moment—reflect and celebrate the very important work you do!!

The following quotes are from "For the Love of Children" by Jean Steiner and Mary Steiner Whelan

You deserve more for all that you do for children. Sometimes, though, there isn't anything more useful than their love.

* * * * *

You need to look no further than the hugs and secrets, the heartfelt trust children place in you, to love what you do and know that your work matters greatly.

* * * * *

Every day, in a hundred ways, you give children the chances and changes they need to win at life.

Remember: You are an amazingly devoted child care provider who shows tireless commitment and exceptional compassion in caring for children. You deserve respect for your tireless work!

Thank you for all you do in providing quality care for children.

YOU ARE TERRIFIC!

THANK YOU!!

We wanted to thank those who returned their re-enrollment worksheets and renewal applications to our office in a timely manner. We appreciate your cooperation and all your hard work in providing excellent nutrition for the children in your day care!

If you haven't sent your forms in yet, please send them immediately so your claim won't be disallowed.



Days to Remember...

April 2011

Physical Wellness Month
National Pecan Month

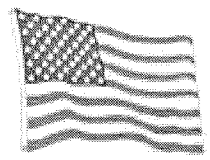
- 1- Mail in/Submit Your Claim, April Fools Day
- 2- World Autism Day
- 17-national Cheese ball Day
- 18- Animal Crackers Day
- 22-Earth Day
- 24-Easter



May 2011

Salsa Month
National Hamburger Month

- 1- Mail in/Submit Your Claim—May Day
- 5- Cinco de Mayo
- 10-Golden Spike Day
- 12-Kite Day
- 21-Armed Forces Day
- 31-Memorial Day



More Program Updates

- Remember fire extinguisher tags need to be updated yearly
- If you need to change your meal times, call the office and we can help you
- Claims and new child enrollment forms need to be submitted or mailed on the 1st of each month.
- Take some time and look at your menus. Is there variety? Do you use a lot of crackers or cookies? How much fresh fruit do you offer? Do you serve a lot of high fat meats? Do you introduce new foods once in a while for variety?

Don't Forget: If you haven't attended a class yet; be sure to attend one of the next scheduled classes. See the flyer we sent last month for addresses.

All classes are from 6:30-8:30 pm

Brigham City:	March 31 (you have to RSVP for this one)
Tremonton:	April 13 (you have to RSVP for this one)
Logan:	April 19
Blanding:	May 2
Moab:	May 3
Price:	May 4

Dear Aunt Bee:

My monitor just came and told me she would have to disallow meals because I didn't have the paperwork to support the meals I have served. I have my sign in/out, why do I need to write down the meals?

Confused about paperwork

Dear Confused About paperwork:

That is a very good question. Even though you have your sign in/out sheets you still need to track the meals you have served. You need to remember that all child care providers must maintain daily records and all records must be available when your monitor comes to your home. This means that you need to claim on-line daily fill in your bubbles on the scannable form or complete the weekly or daily worksheet that you can print from minute menu. These need to be completed daily or if you serve 12 or more children they must be completed at time of service. You also need to have your menus posted and record any substitutions.

Your monitor really doesn't want to disallow meals. Please try hard to keep your records up to date.

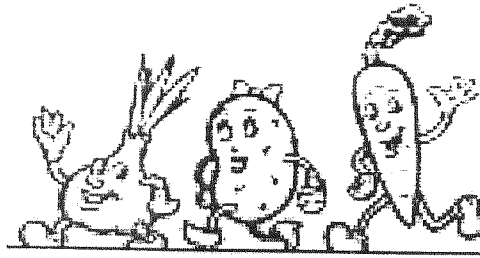
If you have questions about this; please feel free to call the office

Aunt Bee

PS Did you know we have a web site???? Check out enputah.org

You are responsible to understand the information in this newsletter. If you can't because of a language barrier, call this number (435) 797-2169 or 1-800-540-2169 for translation services.

Usted es responsable de entender la información que se encuentra en esta carta. Si esto no es posible por una barrera lingüística, llame a este número para solicitar servicio de traducción (435) 797-2169 or 1-800-540-2169.



TOP TEN REASONS TO EAT MORE FRUITS AND VEGETABLES

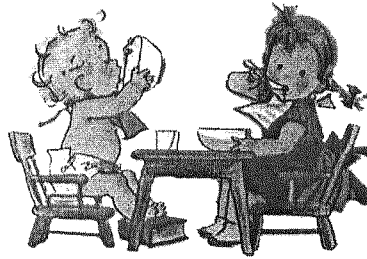
- 10 **Color & Texture.** Fruits and veggies add color, texture, and appeal to your plate.
- 9 **Convenience.** Nutritious in any form—fresh, frozen, canned, dried and 100% juice, so they're ready when you are!!
- 8 **Fiber.** Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.
- 7 **Low in Calories.** Fruits and veggies are naturally low in calories.
- 6 **May Reduce Disease Risk.** Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.
- 5 **Vitamins & Minerals.** Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
4. **Variety.** Fruits and veggies are available in an almost infinite variety. . . there's always something new to try!!
- 3 **Quick, Natural Snack.** Fruits and veggies are nature's treat and easy to grab for a snack.
- 2 **Fun to Eat!** Some crunch, some squirt, some you peel. . . some you don't and some grow right in your own backyard!
- 1 **Taste Great!**



Eating & Feeding

Children younger than 4 years and children with chewing and swallowing disorders are at greater risk of food-related choking.

— American Academy of Pediatrics



Always attend to children when they are eating.

Young children transitioning from an all-liquid diet to a diet of diverse foods have much to learn about eating. They are developing eye-hand coordination, chewing and swallowing abilities, and dentition.

Although infants begin getting teeth (central incisors) at around 6 months, back teeth (molars) needed for chewing and grinding of food do not come in until around 18 months. Even with all 20 primary teeth in, *children have an underdeveloped ability to chew and swallow throughout early childhood.*

Research finds that preschool-aged children, especially those under age 3, are at greater risk of aspiration and choking. *Aspiration* occurs when a substance is inadvertently inhaled into the windpipe or lungs. For example, cocoa powder aspiration. *Choking* occurs when a substance lodged in the oral cavity obstructs air passage. Often the substance can be coughed out. If not, emergency procedures must be taken immediately.

Fortunately, risk of food injuries can be reduced by taking some simple precautions. Choosing developmentally appropriate foods and serving them in appropriate ways with regard to their size, shape, and texture can help to make eating experiences easy and safe.

FOODS THAT MAY POSE A CHOKING RISK

coin-shaped hot dog slices
hot dog end pieces
sausage /meat sticks
tough meat
whole grapes
thick peanut butter
popcorn, chips, crackers
raw vegetables (carrots, etc)
nuts and seeds
white bread (doughy clumps)
apples, olives, cherries
cherry tomatoes
prunes
chewing gum
hard, round candy
gel candies, jelly beans
foods that don't readily dissolve
powdery foods (cocoa)
slippery foods (hot dog end)
ice cubes
elastic foods (caramel)
stringy foods (celery)
string cheese
clementines
marshmallows
fish bones
plum pits

ALSO CAREFUL WITH

coins, marbles, game pieces
spherical toys or toy parts
round, oval, cylindrical objects
uninflated balloons

REDUCING RISK of CHOKING

To help minimize young children's risk of choking, here are some tips:

- Serve food cut into small pieces. Encourage small bites and good chewing.
- Cut hot dogs lengthwise in quarters, then sliced or finely chopped.
- Cut grapes, olives, cherry tomatoes, and similarly shaped foods in quarters.
- Remove pits from fruits.
- Remove bones from fish.
- Serve liquids with dry foods.
- Mash peas for infants and toddlers. (There have been cases where children have inhaled whole peas.)
- Spread peanut butter thinly. Creamy-style is better than chunky-style.
- Carrot sticks and other hard vegetables are best served steamed.
- Avoid hard-to-chew meat. Meat should be tender, finely chopped, or ground.

Children with developmental delays, cerebral palsy, or other neuromuscular impairments need special attention when they are eating.

Children with tooth decay may have additional difficulty biting and chewing.

Eating during or right after an emotional upset and excessive crying is not good for digestion and poses a choking risk. Children who become upset at mealtime should be calmed down and have their needs addressed before they resume eating.

Teach children not to talk with food in their mouths.

Don't let children run around while they are eating or drinking.

Don't hurry children to eat.



