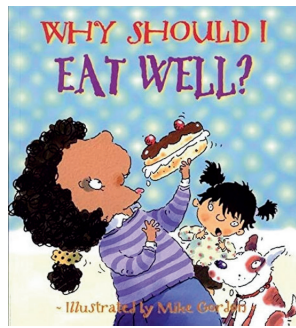


The Scoop in Family Child Care

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Featured Book

Eating well is one of the ways we look after ourselves. From an early age, children make choices about the food they eat. Through this illustrative story, the little child will discover the importance of eating sensibly and keeping to a balanced diet. They will learn that good eating habits are important for health and fitness. Kids will be attracted by the amusing color illustrations on every page, and adults will appreciate the note at the back of the book offering further suggestions on answering children's thought-provoking questions.



https://youtu.be/uV_6p2X6Fys?si=A8e8svDvh0pMyYZC

Sensory

Food Play

Materials Needed

- Food of all kind!

Food Play Ideas

Finger painting with pudding/yogurt/whipped cream. Touch and squish wet foods through Ziploc bags. Feed puppets, dinosaurs, or any toys with a mouth. Use figurines/action figures to create a food scene. Create funny faces with foods on paper plates. Drive cars and diggers through cooked pasta/rice, canned fruit, or Jello. Make a noise with a food to draw attention to it.



Art Project

Rainbow Pizza

Materials Needed

- Cauliflower
- Parmesan Cheese
- Mozzarella Cheese
- Egg
- Rainbow Vegetables



Instructions

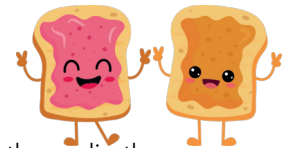
Make a fun and edible art project! Have kids place the vegetables in whatever order they choose. Learn how to make the pizza by going to www.gimmedelicious.com/rainbow-cauliflower-crust-pizza/

Finger Play

Groovin' Peanut Butter and Jelly

Chorus

Peanut butter - And Jelly! (x4)



First you take the peanuts, and you dig them, dig them
Then you take the shells and you crack them, crack them
Next you take the bread and you spread it, spread it

Chorus

Next you take the grapes and you pick them, pick them
Next you take the grapes and you squish them, squish them
Then you take the bread and you spread it, spread it
Now you take the sandwich, and you eat it, eat it.

<https://youtu.be/RdeY3-NszcY?feature=shared>

Nutrition

Owl Apples

Ingredients

- 2 Apples
- Blueberries
- Pear
- Mandarin Orange
- Grapes
- Pretzel Rod



Directions

Cut one of the apples in half to use as the body and head. Cut the pear for the back of the eyes. Place two blueberries in the center. Peel the orange and separate the slices to be used for the nose and beak. Cut the other apple to be used for the wing and ears. Place the pretzel stick at the bottom of the plate and add grapes for the leaves.

12 Books About Food



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Referral Services

Complete Update Survey

It's time for the Complete Update Survey! This will be emailed and mailed, and can be returned either way. We ask that all providers fill this out, regardless of whether they use the Referral Database or CCAP programs, as it gives us the most accurate picture of child care in Central Illinois. This survey is strictly for informational and data purposes and does not sign you up to join any program you're not already a part of.

If you have any questions, contact our Referral Specialist, Jessi, at jguzman@salccc.org or (309) 686-3750 Option 3.

Trainings

Quality Improvement Funds Information Session

Everyone has strengths. Our challenge as early childcare providers is to help children, colleagues, parents, and ourselves see strengths and use them to be the best we can be.

Wednesday, September 10

6:30 - 7:30 p.m. | Online via Zoom

Registration Deadline: 11:55 p.m. on Wednesday, September 3

Register at www.salccc.org/provider-services/training.

Health & Safety

Biting in the Child Care Setting

A child may bite others for various reasons, such as teething, learning to play with other children, being frustrated in expressing needs/wants, or feeling threatened by a new or changing situation in life. Strategies that may help include providing a cold teething toy or chewy foods, providing opportunities to make age-appropriate choices, noticing the child and giving positive attention, reading books about biting, and helping the child talk about how they are feeling. For more information, check out the California Childcare Health Program at UCSF School of Nursing, www.cchp.ucsf.edu

Grants

Individual Professional Development Funds are available now!

These funds assist child care providers in their pursuit of professional development, including a CDA for those interested in becoming teacher-qualified!

Learn more about how to apply for these funds and what they cover by going to www.salccc.org/provider-services/grant-opportunities.

Home Child Care Network

Home Child Care Network is seeking licensed home care providers to join their **free** program. Their program offers free monthly training, technical support for grants and budgets, mental health support including screenings, and add-on rates for 2nd and 3rd shifts and weekends, with monthly payments guaranteed by the 15th of the month.

For more information, call (309) 685-8064.

Higher Education Navigation

Thinking about advancing your Early Education Career?

Contact a Higher Education Navigator for Help:

1. Determining your educational goals
2. Identifying which programs are available to best fit your needs
3. Connecting you with Early Childhood Education scholarship opportunities
4. Acting as a point of contact with Higher Education Institutions
5. Completing your Gateways membership
6. CDA cohort
7. Other assistance as needed

Call (309) 686-3750 Option 7

Home Daycare Professional Group

Third Tuesday of the Month

6:30 p.m. - 8:00 p.m.

Zoom Meeting



For more information on any of our programs and services
Call: (309) 686-3750 | Fax: (309) 686-3850 | Visit: www.salccc.org
Child Care Assistance Program Option 2
Referrals Option 3
Training Registration Option 4
Grants Option 5
Smart Start Grant Expert Option 6
Higher Education Navigation Option 7
Quality Visits or Information on ExceleRate Option 9

SAL COMMUNITY SERVICES

Child Care Connection of Central Illinois

3425 N. Dries Ln
Peoria, IL 61604



@salchildcareconnection