

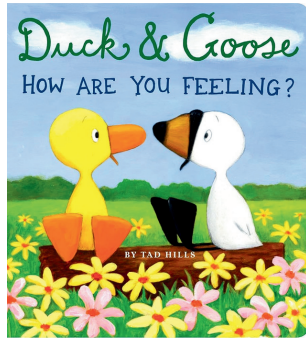
The Scoop in Family Child Care

May 2026 | Issue 59

SAL Child Care Connection of Central Illinois

Featured Book

Duck and Goose are back in their third board book appearance! All the favorite characters, including Bluebird and Thistle, return - this time to help young children learn about their feelings. The illustrations are bright and full of personality, and it's a wonderful way to help kids name and understand emotions. Duck and Goose make it fun! This charming book uses simple text alongside bright colors to help young children identify familiar feelings like happy, sad, scared, and proud.



<https://youtu.be/tlgHUaGeI2M?si=E1-UWBOvyo4sgJ8H>

Sensory

Duck Pond Sensory Play

Materials Needed

- Rubber Ducks
- Driftwood Pieces
- Aquarium Gravel
- Glass Gems
- Small Rocks
- Small Aquarium Plants
- Plastic Bin
- Water
- Food Coloring



Possible Ways to Interact with the Materials

Children could see how many ducks fit on the different-sized driftwood pieces, count the number of plants, sort the plants based on texture and shape, and more!

Art Project

Paper Plate Goose

Materials Needed

- White Paper Plate
- Feathers
- Construction Paper
- Markers
- Tacky Glue
- Scissors



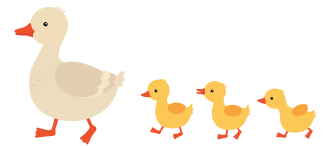
Instructions

Cut out a half circle from the plate. Cut the neck area shorter, too. Cut a triangle from construction paper for a beak. Have children glue feathers onto the body of the goose. Provide them with markers so they can add an eye and other details.

Finger Play

Five Little Ducks

Five little ducks went out one day
Over the hill and far away
Mother duck said, "Quack, quack,
quack, quack"



But only four little ducks came back
1, 2, 3, 4

(Repeat verse counting down to none)

Sad mother duck went out one day
Over the hill and far away
Mother duck said, "Quack, quack, quack, quack"
And all of the five little ducks came back

<https://www.youtube.com/watch?v=pZw9veQ76fo>

Nutrition

Cheesy Scrambled Eggs

Ingredients

- 4 eggs at room temperature
- 1/3 cup reduced fat cream
- 1/2 cup of shredded cheese
- 1 tbsp butter
- Whole grain toast and sliced cherry tomatoes



Directions

Gently whisk eggs, cream, and cheese in a bowl. Heat butter in a medium non-stick frying pan over medium heat until foaming. Add eggs and swirl over pan base, cook without stirring for 30 seconds, then gently stir eggs for about 2-3 minutes until set. Spoon eggs over toast and serve with cherry tomatoes.

12 Books Featuring Ducks & Geese



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Referral Services

Submit Your Complete Update Survey

If you have not done so, please take ten minutes to follow the QR code to fill out the Complete Update Survey. This year, the State is using the data we collect to set the new CCAP Reimbursement rates, so it's crucial that we get your response.



If you have any questions, contact our Referral Specialist, Jessi, at jguzman@salccc.org or (309) 686-3750, Ext. 2129

Trainings

Strengthening Business Practices for Family Child Care

This training is designed to strengthen your foundational knowledge of fiscal terms, concepts, and practices. It provides tips and best practices in fiscal, organizational, and financial goals, and human resource documents to help break down the fiscal process into manageable steps.

Wednesdays, May 13, May 27, June 10, & June 24

8:30 - 11:30 a.m. | 3425 N Dries Lane, Peoria 61604

Registration Deadline: 11:55 p.m. Tuesday, May 5

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

Health & Safety

May is Mental Health Awareness Month

The theme for May 2026 is "More Good Days Together," which focuses on actionable steps for collective wellness.

Taking care of your own mental health as a provider also helps to ensure that you are caring for the children in your care and their mental health.

Find more resources on the Substance Abuse and Mental Health Services Administration website at www.samhsa.gov

Grants

Did you know that as a licensed child care program, you can apply for a training stipend through the Quality Improvement Funds?

This stipend offers providers \$10 per hour for training for programs working towards or maintaining an ExceleRate Illinois Circle of Quality.

To learn more about this stipend and if your program qualifies, contact our Provider Services Manager, Kami, at kmclure@salccc.org or (309) 686-3750, Ext. 2111

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 Ext. 2111

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 - Extension 2129

Training Registration & Grants - Extension 2111

Higher Education Navigation - Extension 2111

Smart Start Grant Expert - Extension 2105

Quality Visits or Information on ExceleRate - Extension 2105

Infant-Toddler Consultations - Extension 2118

SAL COMMUNITY SERVICES

Child Care Connection of Central Illinois

3425 N. Dries Ln
Peoria, IL 61604



@salchildcareconnection