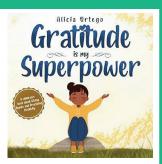
# The Scoop in Family Child Care

November 2025 | Issue 53

#### **Featured Book**

Little Betsy will learn that happiness is made up of simple things in life, both small and big. With the help of the magic stone, she will begin to feel gratitude for her parents, friends, and toys. But what happens when little Betsy forgets to use the magic of her stone? She will realize that the power of gratitude is



hidden in her heart. This engaging, illustrative story will remind children to appreciate all the good things they have. This story is perfect any time your kids are feeling down or forget their manners. Although they often crave more, our job is to teach our little ones to be grateful for what they have.

https://youtu.be/nbuVI9ek2qc?si=BsiFa8PGF\_0FWpPZ

### Sensory

#### **Gratitude Sensory Bin**

#### **Materials Needed**

- Items that represent things to be grateful for
- Dried corn kernels
- Beans
- Rice
- Scoops, tongs, tweezers



#### **Directions**

Encourage children to explore the bin with their hands, using their senses to feel the different textures. As they find an item, ask them to talk about what they're grateful for in relation to that object. Continue the activity by writing down more things they are grateful for and adding them to a separate container.

### **Art Project**

#### Gratitude Rocks

#### **Materials Needed**

- Paint
- Paint Brushes
- Paint Markets
- Paper Plates
- Paper Towels
- Rocks



#### Instructions

Let children paint small rocks with something they are thankful for. They can place them in a special rock garden or keep them as a reminder.

## **Finger Play**

#### LJust Want to Thank You

I just want to thank you (x2)

I just want to thank you for being you, you, you

I just want to thank you (x2)

I just want to thank you for being you, you, you

You are good to me all the time (x2)

All the time

So I just want to thank you

I just want to thank you

I just want to thank you for being you, you, you

You are all I need all the time (x2)

All the time

https://youtu.be/VWPpTiLecoE?si=\_tj4GfxP6otgkHBX

#### **Nutrition**

#### **Gratitude Trail Mix**

#### Ingredients Ideas

- Pretzels
- Raisins
- Cereal
- Goldfish
- Marshmallows
- Chocolate

#### Directions

Have each child bring or choose one snack item. As you mix all the snacks together, talk about what they're grateful for (I'm grateful for my family," "I'm grateful for my friends"). Use either cups or bags for serving.

#### 12 Books About Gratitude





















# The Scoop in Family Child Care

November 2025 | Issue 53

#### **Referral Services**

#### Submit Your Complete Update/Market Rate Survey

If you have not done so, please take ten minutes to follow the QR code to fill out the Complete Update/Market Rate 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 Option 3.

## **Trainings**

#### Program for Infant Toddler Care Module 2

Module two explores the ideas of primary care, well-designed learning environments, the positive impact of responsive caregiving routines, and individualized care on the well-being and development of children from birth to three.

Monday, November 10, & Wednesday, November 12 6:00 - 9:00 p.m. | Virtual on Zoom

Registration Deadline: 11:55 p.m. Sunday, November 2

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

### Health & Safety

#### Tips to Prevent Children from Choking

- 1. Sign up for an approved class in basic first aid, CPR, or emergency prevention
- 2. Keep dangerous foods from children until 4 years of age or older, depending on each child's development and maturity level
- 3. Insist that children eat at the table or sit down when they eat. Never let them run, walk, play, or lie down with food in their mouths
- 4. Cut food for infants and young children into pieces no larger than one-half inch
- 5. Supervise mealtime for infants and young children

#### **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 trainings 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 kmcclure@salccc.org or (309) 686-3750, Option 5.

#### 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

SA-L COMMUNITY SERVICES

Child Care Connection of Central Illinois

3425 N. Dries Ln Peoria, IL 61604

