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RCCP Quarterly

A Newsletter for Kentucky's Registered Child Care Providers

Cabinet for Health and Family Services, Department for Community Based Services, Division of Child Care

A Newsletter Just for You

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We would like to introduce you to something new: a newsletter just for you.

Being a registered child-care provider and caring for children every day can be both rewarding and challenging.

Four times a year, we will send you a newsletter. It will be filled with interesting and helpful information to give you ideas to use with the children you care for each day.

We'll need your help! Please give us ideas of things you would like to read about, such as recipes, art activities, good books to read to children, disciplining children, etc.

You can contact us with your suggestions by calling 1 (800) 421-1903.

We're looking forward to hearing from you.

The children you care for spend many of their waking hours with you each day.

It's important for you to make time every day to introduce each child to wonderful children's books.



Good children's books are fun to read aloud.



Reading these books lays the foundation for a love of reading.

When you read to children, you increase their chances for life-long learning, literacy and ongoing school success.

First Aid Reminders

This winter would be a good time to check the supplies in your first aid kit to be sure none of them have expired.

Be sure your kit includes:

Adhesive bandages

Cold pack

Disposable gloves

First aid book

Flash light and extra batteries

Liquid soap

Medical tape

Scissors

Sterile gauze

Thermometer



Store your first aid supplies where they'll be handy for you to use but where the children can't get to them.

Wash your hands with soap under warm, running water before treating any wound.

Before putting a bandage on a surface wound, remember to wash the wound with soap and water.

Don't use topical medications like Neosporin on any wound unless parents have given you written permission to use medications like that.

Every time you use one of your first aid supplies, make a note on your shopping list to replace that item.

Then your first aid kit will always be fully stocked and ready when you need it.

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Vehicle Booster Seat Safety Tips

Lexington-Fayette County Health Department, Healthy Start in Child Care



Traffic crashes are a leading cause of death for children ages 4-14. Parents and child-care providers often don't realize they need to change the type of child safety seats they use as children grow.

- All children age **12** and under should sit properly restrained in the back seat.
- All children who weigh **40 to 80** pounds and are less than **4'9"** tall should be properly restrained in a booster seat.
- Booster seats are a **must** for children who can't sit with their backs against the back of the seat and bend their knees over the seat's edge without slouching.
- **Never** put the shoulder belt behind a child's arm or back. Without the shoulder belt, the child's upper body isn't protected so there is more risk of severe injury in a crash.
- **Never** use pillows, books or towels to boost a child. Pillows, books and towels can slide around.



Fire Safety Reminders

Although a fire can happen any where at any time, in winter when furnaces, heaters and fireplaces are being used, the risk of fire can be greater.

Remember:

- Fire kills hundreds of people each year - including children.
- Fire can get out of control frighteningly fast.
- Practice fire drills with the children at least monthly.
- Children under age 5 are at highest risk.
- More people die of smoke inhalation than actual fire.
- Smoke can overcome a child or adult in a matter of seconds.

Cooking Healthy

Doesn't homemade vegetable soup sound good for lunch on a cold winter day? Here's an easy vegetable soup recipe the children can help you make:

4 bouillon cubes

1 quart water

fresh vegetables such as:

cabbage leaves

carrots

celery

green beans

1½ cups quick cooking rice

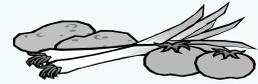
1 teaspoon salt

measuring cup

large pot

wooden spoon

blunt scissors (*thoroughly cleaned and scrubbed*)



Measure water into pot. Add unwrapped bouillon cubes. Wash vegetables. Adult cuts firm vegetables into thin slices or strips. Children use scissors to cut vegetables into bits and pieces and add to pot. Each child can add a few grains of rice. Add salt. Cook until vegetables are tender. Makes 8½-cup servings or more depending on how many ingredients are used. You can substitute other fresh or canned vegetables you have available or use tomato juice instead of water.

Source: NAEYC More than Graham Crackers

How about making peanut butter balls for a healthy snack or desert? The kids can help you make them.

Easy Peanut Butter Balls

1/3 cup honey

½ cup peanut butter

2 tbsp. non-fat dry milk

½ cup oats

¼ cup wheat germ (*found in cereal aisle at grocery store*)



Combine peanut butter and honey in a bowl. Mix until smooth. Mix dry milk, oats and wheat germ. Gradually add to peanut butter mix. Turn out on waxed paper and roll into balls. Crunchy peanut butter may be substituted. Raisins can be added for variation. The children might also enjoy rolling the balls in finely chopped nuts or coconut. In warm weather, peanut butter balls may need to be refrigerated to hold their shape.

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Kentucky's Child Care Resource and Referral Agencies

AUDUBON AREA CCR&R (Green River/Pennyrile ADDs)
Owensboro, (*Green River ADD*) Counties Served: Daviess, Hancock, Henderson, McLean, Ohio, Union, Webster
(270) 686-1668 or (800) 995-2277

Madisonville, (*Pennyrile ADD*) Counties Served: Caldwell, Christian, Hopkins, Crittendon, Livingston, Lyon, Muhlenberg, Todd, Trigg
(270) 821-2250 or (800) 494-2249

CHILD CARE COUNCIL OF KY, INC. (Bluegrass ADD)
Lexington, Counties Served: Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, Woodford
(859) 254-9176 or (800) 809-7076

COMMUNITY COORDINATED CHILD CARE (Jefferson/Salt River, Lincoln Trail ADDs)
Louisville, (*Jefferson ADD*)
Counties Served: Bullitt, Henry, Jefferson, Oldham, Shelby, Spencer, Trimble
(502) 636-1358 or (800) 928-1350
Elizabethtown, (*Lincoln Trail ADD*) Counties Served: Breckinridge, Grayson, Hardin, Larue, Marion, Meade, Nelson, Washington
(270) 360-9911 or (800) 879-0998

NKY COMPREHENSIVE COMMUNITY CHILD CARE (Northern KY ADD)
Ft. Thomas, Counties Served: Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, Pendleton
(859) 781-3511 or (800) 315-7878

EASTERN KY CHILD CARE COALITION (Big Sandy, Cumberland Valley & Lake Cumberland ADDs)
Berea, (*Big Sandy/Cumberland Valley ADDS*) Counties Served: Floyd, Johnson, Magoffin, Martin, Pike, Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle, Whitley
(859) 986-5896 or (800) 548-4599
Prestonsburg, (*Big Sandy ADD*)
Counties Served: Floyd, Johnson, Magoffin, Martin, Pike
(888) 872-7227

Barbourville, (*Cumberland Valley ADD*) Counties Served: Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle, Whitley
(800) 880-3152

Somerset, (*Lake Cumberland ADD*) Counties Served: Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, Wayne
(606) 679-0167 or (800) 354-3703

LKLP COMMUNITY ACTION COUNCIL, INC. (KY River ADD)
Red Fox, Counties Served: Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry, Wolfe
(606) 642-3332 or (800) 633-7651

LICKING VALLEY CAP INC. (Buffalo Trace/Gateway ADDs)
Flemingsburg, (*Buffalo Trace ADD*)
Counties Served: Bracken, Fleming, Lewis, Mason, Robertson
(606) 845-1041 or (800) 327-5196
Morehead, (*Gateway ADD*)
Counties Served: Bath, Menifee, Montgomery, Morgan, Rowan
(859) 783-7006 or (800) 888-2770

NORTHEAST KENTUCKY AREA DEVELOPMENT COUNCIL INC.
Olive Hill, (*FIVCO ADD*)
Counties Served: Boyd, Carter, Elliott, Greenup, Lawrence
(606) 286-4443 or (800) 817-4443

PURCHASE AREA CCR&R (Purchase ADD) Mayfield, Counties Served: Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, McCracken, Marshall
(270) 247-7171 or (877) 352-5183

WKU TRAINING and TECHNICAL ASSISTANCE SERVICES
Bowling Green, (*Barren River ADD*) Counties Served: Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, Warren
(270) 745-2216 or (800) 621-5908



Children love playing with molding materials. Making your own silly putty, play dough or wacky dough is fun and inexpensive. The kids will love it!!!

Silly Putty

½ cup liquid starch
1 cup white glue

Stir ingredients until mixture is a putty consistency. Store in a zip-lock bag. (*May be sticky on a rainy day*) If silly putty gets on clothing, let it dry and then pull it off the clothing.

Play Dough

1 cup flour ½ cup salt 2 tsp. cream of tartar
1 tbsp. oil 1 cup water food coloring for color

Mix dry ingredients in a pot. Add oil, water and food coloring. Heat slowly while stirring until the mixture is the consistency of mashed potatoes. Turn out on a clean, flat surface or waxed paper. Knead until smooth. Store in a zip lock bag or an air tight container.

Wacky Dough

2 cups salt 1 cup water 1 cup cornstarch

Cook a ½ cup of the water and all the salt over medium heat for four minutes - stirring constantly. Remove from heat. Add rest of ingredients. Return to heat. Cook until thick - stirring constantly. Turn out on a clean, flat surface. Knead until smooth. Store in a zip-lock bag. Can be molded into shapes or rolled and cut out.

CCAP Agencies, Emergency, Reporting and Public Information Telephone Numbers

Adult and Child Abuse Reporting Hot Line	(800) 752-6200
Child Care Assistance Program (CCAP) Agencies:	
Audubon Area Community Services	(888) 686-2588
Child Care Council of Kentucky, Inc. (3 C's)	(800) 809-7076
Community Coordinated Child Care (4 C's)	(800) 928-1350
Eastern Kentucky Child Care Coalition	(800) 548-4599
NKY Area Development District	(888) 877-1225
Childhood Lead Poisoning Questions	(502) 564-2154
Child Support Enforcement Hot Line	(800) 248-1163
DISK (<i>Drug Information Service of Kentucky</i>)	(800) 432-9337
KCHIP	(877) 524-4718
KY Council on Child Abuse Parent Helpline	(800) 432-9251
KSP Emergency and DUI Hotline	(800) 222-5555
KSP Road Conditions	511
Maternal and Child Health Information Line	(800) 462-6122
Poison Emergency/Information	(800) 722-5725
Spouse Abuse Hot Line	(800) 544-2022
Welfare and Medicaid Fraud	(800) 372-2970

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DIVISION OF CHILD CARE (502) 564-2524
DEPARTMENT FOR COMMUNITY BASED SERVICES
CABINET FOR HEALTH AND FAMILY SERVICES
275 E. MAIN ST. 3C-F
FRANKFORT, KY 40621



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Dance to the Music

When winter weather keeps everyone indoors more, it's important to plan some indoor physical activity for the children each day.

Dancing and exercising to music can be a great way to get children moving. Have everyone stand in a circle. Put on a tape, CD or record.



Lead everyone in doing exercises to the beat of the music. Include jumping jacks, toe touches and hopping around.

Let the children make up their own movements (*silly movements welcome*). Let the children take turns being the exercise or dance leader.

Play different types of music each day. Using different types of music encourages the children to move the way the music makes them feel.

Include some scarves, streamers, ribbons, feathers or simple musical instruments, etc. to add to the fun.

If there are infants in the group, don't forget to include them. You can take turns holding each infant while you dance and sway to the beat of the music.

Source: Creative Curriculum for Family Child Care and Cabin Fever Relievers

"Tips to Tame the Tube"

- Time** Limit the amount of time kids watch TV
- Train** Train kids to be choosy viewers
- Talk** Talk to kids about what they see on TV
- Teach** Teach kids lessons based on the shows they watch
- Turn** Turn to public television

Source: Carrie Grate
KET Ready to Learn
1(800) 866-4686