

# Early Childhood WELLNESS

A Program of Child Care Aware® of Kansas

ANNOUNCING ...

## A BREASTFEEDING FRIENDLY CHILD CARE DESIGNATION!

### Supporting Breastfeeding Mothers

When child care programs provide support and encouragement for breastfeeding families, it is easier for mothers to continue breastfeeding after returning to work, thus their babies continue to receive optimal nurturing and nutrition.

The Designation recognizes licensed child care programs in Kansas that provide a high level of support to families of breastfeeding babies enrolled in child care and breastfeeding employees. To receive the Designation, child care programs must meet five criteria that demonstrate a culture of breastfeeding support. The program:



BREASTFEEDING  
FRIENDLY  
CHILD CARE

Sponsored by Child Care Aware® of Kansas

1. Creates a culturally appropriate breastfeeding friendly environment.
2. Has written policies that reflect a commitment to support breastfeeding mothers.
3. Provides educational materials and information to breastfeeding mothers and family members.
4. Ensures that staff are trained in the skills needed to support and promote breastfeeding.
5. Has written policies that reflect a commitment to support breastfeeding employees.

Programs receiving the *Breastfeeding Friendly Child Care Designation* will receive a certificate, a window cling and be recognized in the provider profile information that is distributed through the Child Care Aware® of Kansas Resource Center, which shares lots of valuable information with families searching for child care!

**All licensed child care programs in Kansas are eligible for the *Breastfeeding Friendly Child Care Designation*.**

For additional information contact [Kris Nicholson](#) or [Christi Smith](#).



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Do you have  
everything your  
business needs  
for the new  
school year?

- Books
- Pencils
- Crayons
- Snacks
- Lending Library  
Materials

Call us today for  
a list of lending  
library resources  
and for more  
information!





## Parent Resource Center

We have an interactive website to help families find child care. Families are able to search for child care programs in their communities.

Also, child care providers have the ability to enter program information, such as hours/days of operation, age group openings, tuition rates, and much more.

To set up a personalized business profile account, click the link below to get started: <https://stage.worklivesystems.com/program/16>



You can find resources to help support breastfeeding in your program, check out [ksbreastfeeding.com](http://ksbreastfeeding.com) for materials and more!

- Resource Lists
- Paced bottle Feeding Tips
- Sample Infant Feeding Guide
- Books & Toys ideas
- A Policy Sample

**“Clip and Save”  
Makes it easy to clip out  
and save this healthy  
recipe before recycling  
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## Myths and Facts About Infant Feeding

**Myth:** In hot weather, babies need water in a bottle.

**Fact:** Formula or mothers milk provides all the liquid a baby needs.

**Myth:** Cereal in a bottle will help my baby sleep longer.

**Fact:** Cereal in a bottle may upset a babies tummy. Don't feed cereal until she can eat it from a spoon.

**Myth:** When a baby starts to get hungry, she will cry.

**Fact:** When a baby first gets hungry, she'll give signs like wriggling, opening her mouth, or sticking out her tongue. Feeding before she cries will prevent crying. Crying is a late sign of hunger.

Source: Carolina Global Breastfeeding Institution

## BALANCING ACT

**AGES:** 12-24 MONTHS **GOAL:** Toddlers need to practice balance - both dynamic and static balance. Static Balance requires a child to maintain a desired shape while still balancing. Dynamic Balance requires the child to maintain an on-balance position while moving, starting and stopping.

### Directions:

1. Have toddlers balance a bean bag on their heads.
2. Encourage them to stand up and sit down, walk fast and slow while balancing it. Talk about what they are doing as they move saying, “You’re walking so quickly with the bean bag on top of your head” or “I can tell you are trying to balance it because you are walking slowly.”
3. Then have them balance the bean bags using other body parts: shoulders, elbow, knee, foot. Again, describe their actions while they move. Say, “Balancing it on your elbow looks tricky!” or “You are holding your foot very still to keep the beanbag on top of it.”
4. Have them get down on the floor, feet in the air and balance it on the bottom of one foot and then make it jump like a frog off their feet.
5. Don't forget to laugh and have fun.

Source: Dr. Craft Active Book of Play



## Healthy Eats

### Mini Pepper Boats

#### Ingredients:

- Sweet mini peppers
- Cream Cheese (garlic & herb or select your own)
- Carrots

#### Directions:

1. Slice pepper in half lengthways. Cut and discard the inner parts and seeds, leaving the rest of the peppers halves intact.
2. Scoop some cream cheese into the pepper and spread around inside it.
3. Slice the carrot and cut into triangles.



Source: Eats Amazing