

Early Childhood WELLNESS

A Program of Child Care Aware® of Kansas



May 2017

May: Active Play

May is the perfect time for children and families to get outside and play together! This month brings a lot of theme focuses such as Screen Free Week, National Bike to School Day, Bike Safety Month and Kansas Kids Fitness Day; just to name a few.

You don't have to do back flips in the Olympics or throw a football 40 yards down the field to be active and break a sweat. Whether you ride your bike to school or chase after your dog in the park, physical activity can be fun and it helps you feel good too.

Children should participate in two to three active outdoor play occasions daily, weather permitting.

- ◆ Infants and Toddlers should receive 60—90 minutes of active play per day.
- ◆ Preschool children should receive 120 minutes of active play per day.

Let's Play Outdoors!

Provide a variety of outdoor play materials such as balls, sand, water art, and pretend play materials.

Remember most indoor activities and equipment can be taken outdoors. Reading a book outdoors brings a different sensory experience than reading indoors.

Provide plenty of time that children can play on their own. Include a combination of structured adult-child activities

and child exploratory activities.

Outdoor Activity Ideas:

Infants

- ◆ I Spy—Look around and talk to the baby about what you see. Watch the baby's eyes and follow their gaze. Encourage the baby to point and reach.
- ◆ Listen to the Sounds—Wiggle fingers, toes, hands or head when you hear a certain sound. For example, "Do you hear the bird chirp?" "Do you hear our friends laughing?"

Toddlers and Preschoolers

- ◆ Parade—Children take part in leading their friends around the play area. Sing songs and do physical movements such as hopping, tippy toeing, and twirling.
- ◆ Jungle Animals—Develop motor skills by jumping like a bunny, slithering like a snake, or bending like a giraffe.

Reference: www.letsmove.gov/blog/2012/05/01/get-moving-national-physical-fitness-and-sports-month



10 WAYS TO SHOW APPRECIATION FOR CHILD CARE PROVIDERS!

1. "Thanks for giving our child a hand" tag with hand lotion.
2. "Thanks a 'latte!'" tag with a gift card from the local coffee shop, special coffees or travel mug.
3. "You are 'souper!'" soup mix, custom decorated soup bowls or homemade soup.
4. "Thanks for holding everything together" tags with fun paper clips
5. "Just a note to say you're special" custom note pads, purchased notepads or post it notes.
6. "You are the apple of our eye" with a basket of apples (construction paper leaves with notes of appreciation are a nice touch).
7. "You are 'tea'rrific!" tag with selection of teas.
8. "Thanks for helping me grow" tag with flower seeds or a plant.
9. "You have been just 'write' this year!" package of nice pencils or pens in a case or container.
10. "Thank you for making our students bright!" attached to highlighters.

Source: www.skiptomylou.org

NUTRITION RESOURCES

Check out these helpful nutrition resources for new ideas and info!

- ★ [CACFP Best Practices](#)
- ★ [Updated Meal Patterns in CACFP](#)
- ★ [Updated Infant Meal Pattern in CACFP](#)
- ★ [Feeding & Nutrition Tips: 4-5 year olds](#)
- ★ [Create a Positive Meal Environment](#)
- ★ [Support Family-style Meals](#)



“Clip and Save”
Makes it easy to clip out and save this healthy recipe before recycling your newsletter.



CREATING YOUR OWN SALAD RECIPES

Salads are an easy and healthy way to prepare meals with very little cooking during the warmer months of the year. Here's a simple formula to help you experiment and create your favorite blends without needing to head to the web for a recipe:

- 1-2 cups of **Grain**, cooked: couscous; bulgar; quinoa; or whole grain pasta.
- 1 **Protein**: black, white, or red beans; chick peas; walnuts; pecans; or almonds.
- 3-4 **Veggies**: halved grape tomatoes; diced multi-colored bell peppers or cucumbers; thinly sliced kale or spinach; corn; peas; asparagus tips; julienned carrots; small cuts of broccoli or cauliflower florets; olives.
- Light dressing: olive oil, vinegar, dash of lemon juice, and herbs of your choosing.

Source: <https://www.presidentschallenge.org/newsletter/articles/05-2013-get-nutritious.html>

Mr. Fox, Mr. Fox, What Time is it?

Game objective: Walk past Mr. Fox without getting caught.

Directions:

- Pick someone to be the Fox. Everyone else should line up on the starting line.
- The Fox will stand about 20 feet away with her back turned. The rest of the players say, "What time is it Mrs. (or Mr.) Fox?"
- If Mrs. (or Mr.) Fox answers a time like, "It's five o'clock" players take five steps

forward. If she answers, "It's one o'clock" players take one step forward, and so on. The players can take any size step they want.

- If Mrs. Fox says, "It's time to catch you!" she turns around and chases the other players back to the starting line.
- If Mrs. Fox catches someone, she becomes the next Fox.



Source: *Nutrition and Movement Activity Book, Nemours*

Healthy Eats

Easy Flag Dessert

Ingredients

- 5-6 Cups of red fresh fruit (cherries, strawberries and/or raspberries)
- 2 Cups of blueberries
- 3 Cups of yogurt or white chocolate covered pretzels

Directions

1. Wash and dry fresh fruit.
2. Lay out fruit and pretzels to represent the flag stripes.
3. Place a small bowl of blueberries on the top left.



Source: <http://www.familyfreshmeals.com/2015/05/easy-flag-fruit-dessert.html>