

Fall 2011





Choices in care, education, and support.



Join us for Play & Learn
In our office-
The first Tuesday of
every month.
10 am - 12 pm
Come play with us!
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Visit our website
calendar for a
comprehensive listing of
Alpine Community Events.

Help Start Them on a Healthy Path

A recently passed law (AB 2084) requires, starting January 1, 2012, licensed child care facilities to:

-  Serve only low fat or nonfat milk to children ages two or older;
-  Limit juice to not more than one serving per day of 100% juice; (one serving is 6 oz. or 3/4 cup)
-  Serve no beverages with added sweeteners, either natural or artificial; and,
-  Make clean and safe drinking water readily available and accessible for consumption throughout the day.

"Beverages with added sweeteners" does not include infant formula or complete balanced nutritional products designed for children "medical necessities".

Also parents who provide beverages for their children while they are in care are exempt from this law. However, these are great guidelines to follow to promote healthy eating habits. Visit eatright.org/kids for great nutrition information for children.

Are you raising a relatives child?

Call **1 8 0 0 - K I N - 0 0 4 7**

California Kinship Navigator Program

■ Referrals ■ Resources ■ Support



6 reasons to cook with your kids

Learn life skills. This will be most important as kids grow older. If they can cook they won't have to rely on fast food and junk food for meals and snacks.

Boost their self esteem. They are accomplishing a task, learning something important and contributing to the family.

Create family time and bonding. Take time to cook with your kids and they will have memories that they, in turn, can pass on to their families. Teach children, cleaning up is a part of cooking.

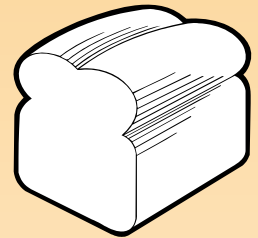
Kids will be more apt to eat what they make. Perhaps, it is the enthusiasm of creating something themselves, but they will be more likely to eat whatever they had a hand in making- and less likely to criticize what is being served for dinner, since they have been involved.

Kids learn real lessons in science, language, math and creativity. Whether you're filling a pan with half the batter, breaking three eggs into a bowl, or measuring out 1/3 of a cup of oil, cooking offers many hands on learning opportunities. (Counting, fractions, sorting, money, sequencing- what comes 1st, 2nd, 3rd, following directions, weighing & measuring, comparing amounts, shapes, colors, problem solving-what happens if something goes wrong, concept development- hard vs. soft, liquid vs. solid, raw vs. baked, improving reading skills, new words, both spoken and on paper, reading the recipe and then recalling the steps.)

Cooking teaches children planning and making choices. Getting ready to prepare a recipe can help children learn patience and planning. First they need to look over the recipe and check to see that they have all of the ingredients, and get the ingredients pots, pans, bowls and utensils ready.

Best Pumpkin Bread

1 15 oz. can pumpkin puree
4 eggs
1 cup vegetable oil
2/3 cup water
3 cups white sugar
3 1/2 cups all-purpose flour
2 teaspoons baking soda
1 1/2 teaspoons salt
1 teaspoon cinnamon
1 teaspoon nutmeg
1/2 teaspoon cloves
1/4 teaspoon ginger



Preheat oven to 350°. Grease and flour 3 loaf pans. In a large bowl, mix together pumpkin puree, eggs, oil, water and sugar until well blended. In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into the prepared pans. Bake for about 50 minutes in the preheated oven. Loaves are done when toothpick inserted in center comes out clean.

The Visual Arts

From High Reach Learning

For young children, art is a process, rather than a product. Art allows children opportunities to learn and create. Through art, children learn to take risks and consider different perspectives of and in the world. The expression of joys, fears, or frustrations is therapeutic for children. As children create art, they are problem solving, applying known concepts, and analyzing and synthesizing information. Below are some ways you can develop and refine these valuable skills.

□ **Art Sharing** - During an art-sharing time, each child holds up his project and the children in the class talk about his work (describing the shapes or use of exciting tools). Children feel good about what they created, and they like when their peers acknowledge their ideas and work. This sharing process allows children to see and understand that there can be many diverse and correct answers to a problem. Even though each was given similar materials and instructions, each came up with a unique solution that is valued by all.

□ **Incorporate Many Art Mediums** - It is important to remember that the process of creating art is more important than the finished product for young children. Provide plenty of opportunities for exploration of materials and tools that stimulate creative thinking: clay, watercolors, sculpture, photography, etc. When the focus is on the process of creating art, children will create what is reflective of their own ideas and experiences.

□ **Explore Art in Cultural and Social Contexts** - A young child's world typically consists of him or her self, the family, and the school. At this early age, we should not expect them to have an understanding of history, geography, or cultural beliefs. It is, however, appropriate for them to develop an acceptance of

and interest in people and customs different from their own culture. Visual arts provide an opportunity to look at art forms and artists from around the world, allowing children to discover how we differ and to celebrate those differences. Choose artwork for your classroom that represents a variety of peoples and cultures; you will be promoting understanding, tolerance, and inclusion.

□ **Valuing Art and Beauty** - Encourage children to discuss what makes a piece of art pleasing to them. Such discussions and diversity of opinion enrich and expand children's knowledge of art.

Tissue Paper & Watercolor Collage

1. Cut out various sizes of simple shapes from various colors of tissue paper or for that matter, any colored paper you have on hand. Children with pre-scissor skill can tear their paper into pieces.
2. Use a glue to stick the shapes on a nice stiff, white piece of paper or cardstock
3. Take a gold Sharpie Poster Paint marker, glitter glue or other marker and trace around each shape-even adding detail on the tissue shapes.
4. Use a generous amount of watercolor paint to fill in the background.

No two pieces will look alike !



Alpine County Needs Family Child Care Providers

Alpine County is a wonderful place to live but if you are a parent of a young child- it can be a challenge to find child care.

Child care is often needed for:

- School age children when school is out of session (winter, spring, summer breaks & holidays)
- Non-traditional hours (prior to 7 am and after 6 pm)
- Weekend care
- Drop-in or occasional care

Choices for Children is always available to help you explore the possibility of becoming a licensed family child care provider.

Funds are available to help with start-up costs (Thanks to a generous donation from the Death Ride).

Becoming a licensed family child care provider has never been easier in Alpine County- since the mandatory orientation process is now available on-line (no travel involved!)

The fee for the online orientation is only \$30.

This is a true work from home opportunity!

For more information on Community Care Licensing Family Child Care Home Online Orientation visit: www.cclcd.ca.gov or call our office 530-694-2129



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Our mission is to enrich children's lives through innovative support, education, and enhanced family and provider services. Our programs put families at the center of a community of support services.