

Kid*OT*opics

FIRST EDITION 2016 • JANUARY — FEBRUARY

NE KS Early Childhood Professional Mini-Conference



DCCDA's 25th Annual

Saturday, February 20th, 2016

9:00 AM — 3:00 PM

At Plymouth Congregational Church

925 Vermont Street, Lawrence

Sponsored by the Douglas County Child Development Association

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2016 Mini Conference Timeline

sign-in/ registration begins at 8:30am

9:00am to 10:30am KEYNOTE SPEAKER

Presentation by Vicky Roper, Director of the Kansas Children's Service League, on ACEs (Adverse Childhood Experiences) for Early Childhood educators.

10:45am to 12:15pm SESSION I

- A. Nutrition with pediatrician Dr Kirsten Evans
- B. Social and Emotional Skills in Lesson Planning with PBS Trainer Sunday Monson
- C. Positive Discipline for Caregivers with DCCDA FRT therapists Alicia Johnson-Turner and Marci Ramsay
- D. Culturally Relevant Classrooms with USD 497's Marie Taylor

12:15 pm to 1:15pm *Lunch break! *

1:30pm to 3:00pm SESSION II

- A. Movement and the Young Brain with Prairie Moon's David Eichler
- B. Feeling Buddies and Baby Doll Circle Time with DCCDA's FRT Intern Kacey Lawrenz
- C. The Whole Brain Child with SB6 Early Childhood Special Ed Consultant Kristina Poracsky
- D. Second Step and Safety Over view with USD 497's Linda Watts and DCCDA's PBS Coach Michelle Needham

Attend the keynote and both sessions and earn 4.5
KDHE hours toward licensure!

FEES

Keynote Only

\$15, no group discount, no early bird discount

Entire Conference (keynote and both sessions)

\$25 **Early Bird PLUS Group Discount!** — \$25 each participant for 6 or more, by 2/1
 \$30 **Early Bird Discount** — \$30 each, by 2/1
 \$35 **Not-So-Early Discount** — \$35 each, by 2/12
 \$40 **Regular Registration** — \$40 each, after 2/12 and at the door

*Constructive Playthings and the Scholastic
Book Fair return this year!*



1525 W. 6th St. Suite A Lawrence, KS 66044 • 785-842-9679 • M-F 8:30 AM — 4:30 PM

EARLY CHILDHOOD PROFESSIONALS:

THE RAISING OF AMERICA
EARLY CHILDHOOD AND THE FUTURE OF OUR NATION

You're invited

Please join Success By 6 Coalition of Douglas County for our annual breakfast.

View "Once Upon a Time," an episode from the highly regarded 2015 documentary, *The Raising of America*. This acclaimed series brings to life the ways high-quality early care and preschool deliver huge benefits—for individuals and society.

Thursday, January 28, 2016

8:00 - 9:30 a.m.

Maceli's, 1031 New Hampshire Street, Lawrence

Help yourself to breakfast in time to enjoy the special screening at 8:15. Following the screening, a panel of employers will discuss their successes and challenges in helping employees balance the demands of work and home life.

Please RSVP by Friday 1/22 to 785-842-8719 or docofamily2family@gmail.com.

Success by 6 Board of Directors
Lori Alvarado, co-chair
DCCCA, Inc.

Joan Schultz, co-chair
The Willow Domestic Violence Center

Cammie Braden
Keystone Learning

Jessica Brown
Kansas University Center for Research

Jeremy Fite
Hilltop Child Development Center

Lindsay Galindo
Baldwin Public Schools

Staci Hendrickson
tinyK Early Intervention of Douglas Co.

Amy Mendenhall
KU School of Social Welfare

Jenn Preston
Lawrence-Douglas Co. Health Department

Jon Stewart
Heartland Community Health Center

Sandy Wainright
Lawrence Public Schools

Carol Wohlford
Eudora Public Library



Don't miss the Preschool Fair!

at the Lawrence Public Library
Saturday April 2nd 2016
9am - 12pm

Book your table by February 15th 2016!

In collaboration with DCCDA and the Lawrence Public Library, Child Care Aware of Eastern Kansas will be hosting a Preschool Fair on Saturday April 2nd 2016 from 9am to 12pm at the Lawrence Public Library. Any programs (preschool, center, or family child care) that are interested in showcasing their preschool program/ curriculum to area families are invited to participate. To book your table by February 15th, and with questions, contact Marie Treichel at marie@east.ks.childcareaware.org or 785-865-0669.

Sponsored by:

Child Care Aware of Eastern Kansas, 2706 Iowa, Ste. C, Lawrence, 877-678-2548,

<http://east.ks.childcareaware.org>

Lawrence Public Library, 707 Vermont St, Lawrence, 785-843-3833, <http://www.lawrence.lib.ks.us/>

Douglas County Child Development Association, 1525 W 6th St, Ste. A, Lawrence, 785-842-9679,

<http://dccda.org/>

Safe Kids Child Safety Seat Checks

By Appointment Only

**At the CPS Inspection Station at LMH
225 Maine St. Lawrence KS 66044**

Call 785-749-5800 or www.lmh.org "classes and programs"

January

Tuesday 12th 9:00 – 10:30 am

Wednesday 20th 8:00 – 11:00 am

Thursday 21st 6:00 – 7:30 pm

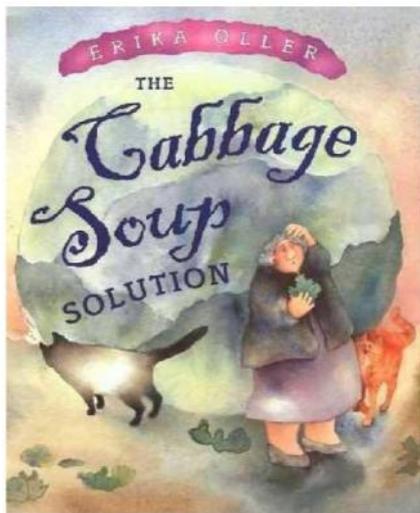
No Appointment Needed or Taken

**At Dale Willey Automotive
2840 Iowa St. Lawrence KS 66045**

Saturday, February 13th 9:00am — Noon

DOUGLAS
COUNTY





Story Extender — Soup!
Story: The Cabbage Soup Solution
By: Erika Oller

Winter time is a great time for soup! It's warming and hydrating and usually got lots of good-for-you vegetables.

Summary:

Elsie really loves two things: her cats and her cabbage. Elsie grows all kinds of things in her garden, but growing cabbage is what she does best. She grows so many cabbages so well, Elsie even sells them to the grocery store. So imagine her surprise when Elsie goes out to her cabbage field to find all her cabbages gone or destroyed! Who could have done such a thing?!?! Elsie tries to stay up in the field all night to find out, but she falls asleep, never seeing the culprit, and makes herself ill from lack of rest. When Elsie goes to bed sick, that's when her cats take charge to solve Elsie's ravaged cabbage problem. Elsie wakes from her rest feeling better and decides to make some cabbage soup with her very last cabbage. She opens the door to go out and pick more vegetables for her soup and finds a surprise. Soon, Elsie finds new friends to share her cabbage soup with too. It's the cabbage soup solution to Elsie's cabbage field problem!

Reading the Story:

First, give a summary of the book as above, and go around a circle asking each child what they think could have happened to the cabbages in the field. Keep a list of the suggestions on a storyboard or white board. Then read the story. The text of the story doesn't actually name the destroyers of the cabbage field until nearly the last page, but there are hints in the illustrations from the beginning. Did anyone guess right?

Vocabulary:

Here are a few words from the story that might be unfamiliar to the youngest readers: bundle, greengrocer, usual, ragged, shredded, dragged, action, tickle, unusual, soothe, ingredients, pile, thoughtful, simmered, fertilizer, plenty, simple.

Reviewing the Story:

As noted in the Reading the Story section, the illustrations add a lot to the book. In addition to answering questions about the story that the text doesn't give, like who the culprits are and how only one cabbage survived the destruction (Elsie was laying on it!), the illustrator excellently conveys body language for all the characters. Elsie practically hugs the cabbages! Look how distraught she is about the cabbage field, how happy the rabbits look eating the cabbages, how mad the cats are at the rabbits, and so on. Read the story again and look at the pictures closely.

Art: Vegetable Soup Collage

This activity is art, sorting, fine motor, AND nutrition!

You will need: 1 large construction paper soup pot for each child. A black cauldron shaped pot cut from a whole piece of black construction paper is standard, but who's to say your soup pots can't be any color?; Magazines, for cutting out soup ingredients; Seed catalogs and cooking magazines are good sources, but nearly all magazines have food ads; Glue sticks and scissors.

Instructions: Let the children cut foods out of the magazines — all kinds of foods. Then have them sort out which foods are vegetables, and glue each to his or her soup pot. This is a veggies only soup! While glueing, talk about the nutrition content of each vegetable and why they are good for our bodies.

Math: Veggie Chart

Now that you've discussed which foods are veggies and which are not, ask each child to name his or her favorite vegetable. Tally each kind and make a bar graph. Compare the sizes of each bar. Is there a clear classroom favorite? Depending on the skill level of the classroom, the children could use different items to illustrate the comparative quantities. For example, stacks of books could be used as a unit of measurement — a stack of five books represents five kids liking carrots best, while three books represents three kids preferring potatoes. This same visual comparison can be made with chairs, toy trucks, rocks, etc.

Music and Movement: Making Veggie Soup

Sung to the tune of London Bridge with full body motions.

Designate two children to be the soup pot, joining hands like in *London Bridge*. Other children can be different vegetables, such as a carrot, a potato, a stalk of celery, etc. If there are many children, you can have more than one soup pot at a time, and have the children take turns being the veggies.

We are making veggie soup

Veggie soup, Veggie soup

We are making veggie soup

Now put in the (vegetable of choice).

Add the _____ and stir it up,

Stir it up, stir it up,

Add the _____ and stir it up

That's how we make our soup.

Children pretending to be the Soup Pot stand with arms raised, slowly lowering arms.

Slowly.

A child pretending to be a kind of vegetable stands inside the joined arms.

Soup Pot children extend and retract their joined arms GENTLY!

Gently.

Gently.

Release the first vegetable and add another!

Lunch: Souper Simple Cabbage Soup

Ingredients:

1 tbsp olive oil

2 small onions chopped

6 large carrots cut into chunks

1 medium to large head of cabbage, shredded

8 cups stock or broth (chicken or veggie)

1 6oz can of tomato paste

1 tbsp fresh thyme

1/2 tbsp fresh rosemary

Heat the oil in a large stock pot. Sauté the onion and carrots until browned. Add the shredded cabbage into the pot and stir. Add the stock/broth, tomato paste, and herbs. Bring to a boil. Lower the heat and simmer for about a hour until the cabbage cooks through.

CACFP Note: To make a creditable lunch, add in 1 1/2 oz of meat, per serving, per 3-5 year old child, and serve with bread and milk.

More stories for this theme:

Soup Day by Melissa Iwai

Mr. Putter & Tabby Stir the Soup by Cynthia Rylant

Perfect Soup by Lisa Moser

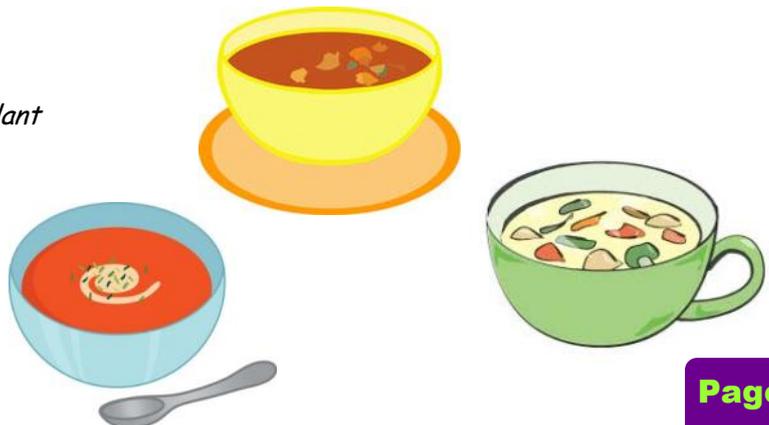
Stone Soup by Marcia Brown

Chicken Soup with Rice by Maurice Sendak

Growing Vegetable Soup by Lois Ehlert

Dumpling Soup by Jama Kim Rattigan

Mean Soup by Betsy Everitt



5 Tips for Reading to Antsy Kids

<http://www.readbrightly.com/how-to-read-aloud-to-a-child-that-wont-sit-still/>

Are you having difficulty sharing books with an antsy kid? Sitting quietly and listening to a book is hard for some children. Here are five tips from blogger Janssen Bradshaw at Read Brightly to try to make reading to that antsy kid a little easier:

1. **Pick interactive books.** Whether it's searching for something on each page, like with an I Spy book, or touching parts of the picture, like with Press Here, a book that actively draws a reader in can help keep them engaged during storytime.
2. **Let them do something with their hands.** Pass out the crayons or play dough or give them a puzzle to do while you read aloud to them. If they can keep their hands busy and their attention focused on a task, they may be more willing to listen to the story.
3. **Try different times of day.** Some times of day work better for certain children. The afternoon, when they are wound up and ready to play, may not be the best. Try bedtime when they're anxious to stay up a little longer, or at mealtime while they eat, or first thing in the morning snuggled up together in the grown-up bed.
4. **Give them an overview of the story first.** Some children struggle with books because they have a hard time following the plot. Before you start reading, explain to them what they can expect from the story and few things they may want to look for either in the storyline or the illustrations.
5. **Don't push too hard.** Some children just need to mature a little before they are ready to embrace reading. Don't turn them off to it by making it a consistently miserable experience. Give them some space, try again frequently, and model a love of reading for them.

FEBRUARY CACFP CLASS

Whole Grains: The Whys and Hows
Tuesday February 9th 6:30 – 8:30pm
at the DCCDA Office
Free to DCCDA participants
\$15 for all others

Healthy Whole Grains are the topic of this class. We will learn how to read product labels, to recognize the different types of whole grain foods, and discuss the need for whole grains in our diets. Recipes will be available as well as some taste testing.

Class is limited to 15!
Reserve your spot by Friday February 5th.
KSDE Approval Pending

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 || We thank you all, our friends and families, who supported DCCDA and Positive Bright
 || Start by claiming us as your Dillons Community Rewards recipient in 2015. In the first
 || three quarters of last year, just because you choose us and shopped at Dillons, Bright
 || Start received \$742.85!! Let's do it again in 2016!
 ||
 || ****YOU MUST RE-ENROLL WITH PBS AS YOUR DILLONS COMMUNITY
 || REWARDS RECIPIENT FOR 2016!!!****
 ||
 || If you have chosen to receive email notifications via your Dillons account, you should
 || have received an email with a graphic asking you to click to "KEEP CURRENT
 || ORGANIZATION".
 ||
 || If you missed that email, just log in to your Dillons Plus Card account at
 || www.dillons.com/communityrewards, select the "Community Rewards" tab, and search
 || for and choose POSITIVE BRIGHT START organization #50921. Then just swipe and
 || shop as usual!
 ||
 || THANK YOU!
 || = = = = =

DCCDA Office Notes

Just a few reminders for January and February:

Inclement Weather Policy:

Our policy is to follow the lead of Lawrence Public Schools in the event of inclement weather. If Lawrence Public Schools are closed for bad weather, our office is closed as well. But, just like our holiday closures, some staff may still be in the office working and available by phone or email.

New FRT Shelf:

We have a new addition to our DCCDA library - a Family Resource Team bookshelf! It's stocked with great reading resources for families in transition and parents facing challenges. Check it out next time you're in the office.

Open Office:

CACFP checks can be picked up on Friday January 29th during regular office hours, between 8:30 am and 4:30 pm, or during Open Office, from 6 to 7:00 pm. If you would like to pick up your check, call before 3:00 pm.

Happy Birthday Bright Start!

Positive Bright Start turns two years old on February 2nd. We're so proud!

Round-Up in March:

The Positive Bright Start Scholarship Fund will be the happy recipient of the Merc's Round Up for Change program this March. When you shop at the Merc in March, be sure to round your check-out total up to the next dollar, or drop your change in the change jar, to benefit Bright Start families!



**Douglas County
Child Development Association
1525 W. 6th St. Suite A
Lawrence, KS 66044-1773**

**Look Inside for information on our upcoming
Mini-Conference!**

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NE KS Early Childhood Professionals
Mini Conference
Saturday February 20th 2016
9am—3pm
Register by February 13th!**