

KidOTopics

THIRD EDITION 2016 • JUNE

Look Before You Lock

As parents and child care providers, we'd like to call your attention once again to heatstroke deaths. When outside temperatures rise, the risk of children dying from being left alone inside a hot vehicle also rises. On average, one child dies from heatstroke nearly every 10 days. Tragically, most of these deaths could have been prevented. With diligence on your part, they can.

All parents and caregivers can do these three things to help reduce the number of child heat stroke deaths:

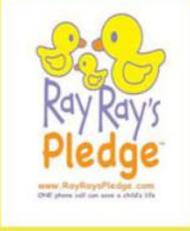
- NEVER leave a child in a vehicle unattended.
- Make it a habit to look in the back seat EVERY time you exit the car.
- Once you have exited your car, ALWAYS lock it and put the keys out of reach.

You are also encouraged to use Ray Ray's pledge, as parents and day care providers. Ray Ray, a baby girl from the Austin, Texas area, died in 2011 after her father, who didn't normally take her to daycare, forgot she was in the car. He went to work and left her in the back seat. Outdoor temperatures soared to over 95 degrees in the three hours Ray Ray was trapped in the hot car that day. Some statistics say that fifty-nine percent of heatstroke related deaths are a result of the caregiver "forgetting" the child in a hot car. This pledge is an agreement between parent and day care provider that if a parent doesn't call in or drop off the child at day-care as expected, the day care will call the parent to check and find out where the child is at. One simple phone call could have prevented Ray Ray's death. Your pledge could help prevent others. Feel free to use this accompanying form.

Thanks to the TFI Family Services newsletter



ONE phone call can save a child's life
Do YOUR part to prevent child hot car deaths!

<p>Parent(s):</p> <p>I PLEDGE TO:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Call my childcare provider if my child will be late or absent <input type="checkbox"/> Contact my childcare provider if someone different will be dropping off my child <input type="checkbox"/> Keep my contact information current with my childcare provider <p>Parent(s) signature(s): _____</p>		<p>Child Care Provider:</p> <p>I PLEDGE TO:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Call parent(s) if the child has not arrived by his/ her usual arrival time and a planned absence has not already been communicated to me <p>Childcare provider signature: _____</p>
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Forgotten childcare drop-off is the #1 source of child hot car deaths
Take the pledge online at www.RayRaysPledge.com

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Kid Topics

Upcoming CACFP Class: What Would Batman Eat?

A repeat from the Fall of 2014, our next CACFP class is titled "What Would Batman Eat". Join Lisa and Marsha to talk about ways to be a Superhero by improving physical activity, making healthy food choices, and being a good role model for the children in your care.

Tuesday July 26th

6:30-8:30pm at the DCCDA office

The class is free for CACFP participants, and would fulfill the Food Program training hours required for the entire program year.

Only 2 hours!

To learn to be a Superhero!

AND be finished with yearly program hours!

Don't wait! Call the DCCDA Office 785-842-9679 and enroll today.

Bright Start News!

Positive Bright Start Preschool

A Positive Behavior Support Preschool, Ages 3-5



Located at:

1600 Haskell, Unit 159

Lawrence, KS 66044

www.dccda.org/positive-bright-start

Now Enrolling for Fall!

Annual Round-Up for Fall

Friday, August 5th

**Part Time & Full Time
Mid-August Openings!**

***Please call for an enrollment packet
and to schedule a tour!***



Contact Kristi McAlister, Service Coordinator
Office Phone: (785)842-9679 * Email: kristi@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"

**June
Wed**

Tuesday, June 14th

9:00am — Noon

No Appointment Needed or Taken

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

Saturday, June 11th 9:00am — Noon



Choking and Strangulation – From SafeKids Worldwide

Is there a cell phone or set of car keys that hasn't made its way into your toddler's mouth? We didn't think so. Don't despair – there are simple tips that can help keep your children from getting injured as a result of their compulsive need to teethe, suck and drool on everyday objects and toys.

The Hard Facts

Among children treated in emergency rooms for non-fatal choking incidents, almost 60 percent were food-related. Overall, 13 percent of cases involved swallowing coins and 19 percent involved candy or gum.

Top Tips

Cut food for toddlers into tiny pieces. Children under 5 should not eat small, round or hard foods, including pieces of hot dogs, cheese sticks or chunks, hard candy, nuts, grapes, marshmallows or popcorn.

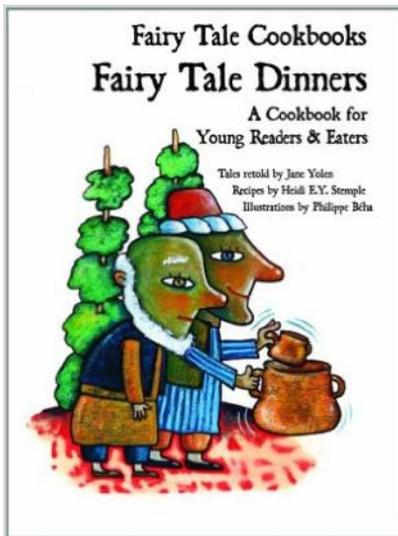
Consider your child's age when purchasing a toy or game. It's worth a second to read the instructions and warning labels to make sure it's just right for your child.

Before you've settled on the perfect toy, check to make sure there aren't any small parts or other potential choking hazards.

Keep small magnets away from children. These include magnets found in construction sets, children's toys or stress-relieving adult desk toys; refrigerator magnets; and rare earth magnets such as Buckyballs.

Keep cords and strings, including those attached to window blinds, out of your child's reach. For your crawlers and climbers, move chairs, cribs and other furniture away from windows to help prevent window falls. Just make a few moves now and you don't have to worry about it later.

Living with a human vacuum? Learn more about foods, objects and household accessories that pose a hazard to young children at: https://www.safekids.org/safetytips/field_risks/choking-and-strangulation#sthash.cIekSZw2.dpuf



Story Extender — Bean Sprouts!

Story: Jack and the Beanstalk

By: Jane Yolen, excerpted from *Fairy Tale Cookbooks*

Summer is here!! Planting indoors, planting outdoors, whatever, let's grow some stuff! And what's everybody's favorite story about the fantastic rewards of growing things? Jack and the Beanstalk! Jane Yolen's Jack and the Beanstalk from *Fairy Tale Cookbooks* is an efficient retelling of the classic tale, complete with all the necessary Fe, Fi, Fo, Fums!

Summary: The classic Jack and the Beanstalk story, young Jack takes his family cow to be sold to buy food. Instead of gold, Jack trades the cow for magic beans. "Magic beans?!" cries his mother, and she throws them out the window. During the night, the beans grow into a giant beanstalk that stretches into the sky. At the top of the beanstalk, Jack finds a giant's castle. With bravery and trickery, Jack manages to take the golden egg laying hen and magical harp, and flee back down the beanstalk toward his mother and home. The giant falls in pursuit and dies. As is often the way the story is told, Jack discovers the hen and harp actually belonged to his deceased father, and Jack and his mother live happily ever after and never worry about money again.

Reading the Story: This particular telling of Jack and the Beanstalk has side notes on difference between American and English retellings, as well as a history of the story's first appearance in text. A reader could try replacing the English refrain Fe Fi Fo Fum with the American and see how it sounds. **Bonus:** If you have a particularly literary group of kids, try to collect and read as many versions of Jack and the Beanstalk that you can find. (The Lawrence Public Library has quite a collection!) How are they all the same? In what ways do they differ?

Vocabulary:

Remote, poverty, cottage, market, starve, satisfied, exchanged, worthless, fortune, pleaded, ignoring, pleas, obscured, enormous, noticed, scouring, frantic, rattle, knock, peeked, dungeon, difficult, soothing, immediately, destined, sneaked, cackle, slamming, instant, countryside.

Art and Math: Giant Feet

Fe Fi Fo Fum! There's a lot of measuring to be done!

Cut a footprint exactly twelve inches long out of green construction paper. It's a giant's foot! Cut one for each child. Draw some toenails. Maybe some of the giants paint their toenails and you could add some color. Now for the measuring! Can you find things in the classroom that are exactly as long as the giant's foot? Half as long? Twice as long? Did you know, a men's shoe size 13.5 is exactly one foot long? Do your students know anyone with a men's size 13.5 shoe?

Science: Sprouting Beans

You will need:

Ziploc bags, paper towels, assorted beans, sunny window, tape

Instructions:

Nearly any kind of dry bean will sprout, but mung beans and lentils are readily available at most grocery stores and have quick germination. The Merc has an excellent selection you can buy from the bulk section in small quantities. You can choose to try to germinate several different kinds of beans, one in each bag, or just one kind of bean, one bag for each child. To germinate, the beans need moisture and sunlight. Wet a portion of paper towel and insert it into the bag.



Place a few beans in the bag, between the side of the bag and the paper towel. Tape the bag to a sunny window, and watch it grow! How tall do the beans get in a day? Two days? A week? Which is the tallest? Which the shortest? The opportunities for measurement and compare and contrast are endless!

Music and Movement: Oats, and Beans and Barley

(Chorus)

Oats, and beans, and barley grow,
 Oats, and beans, and barley grow,
 Can you or I or anyone know
 How oats and beans and barley grow?

First the farmer sows his seed,
 Stands erect and takes his ease,
 He stamps his foot and claps his hands,
 And turns around to view his lands.

*make motion of tossing out seeds
 stand up straight, hands on hips
 stamp foot and clap hands
 turn in a circle*

(insert chorus)

Next the farmer waters the seed,
 Stands erect and takes his ease,
 He stamps his foot and claps his hands,
 And turns around to view his lands.

*make a watering from a watering can motion
 stand up straight, hands on hips
 stamp foot and clap hands
 turn in a circle*

(insert chorus)

Next the farmer hoes the weeds,
 Stands erect and takes his ease,
 He stamps his foot and claps his hands,
 And turns around to view his lands.

*make a hoeing motion
 stand up straight, hands on hips
 stamp foot and clap hands
 turn in a circle*

(insert chorus)

Last the farmer harvests his seed,
 Stands erect and takes his ease,
 He stamps his foot and claps his hands,
 And turns around to view his lands.

*make a gathering motion, with both hands and arms
 stand up straight, hands on hips
 stamp foot and clap hands
 turn in a circle*



Snack: Magic Beans Snack

Edamame, or soybeans, are a naturally good source of protein, fiber, and iron. Edamame comes naturally in pods, but you can find them shelled with the fresh vegetables or in the freezer section.

Ingredients:

- 1 (12 ounce) package of frozen edamame
- ¼ cup Parmesan cheese
- 1 tablespoon olive oil
- 1 teaspoon garlic powder



Directions:

Preheat the oven to 400.
 Toss the frozen edamame with olive oil. Spread edamame evenly over a parchment paper lined cookie sheet.
 Mix the cheese and garlic powder in a small bowl, then sprinkle evenly over the edamame
 Bake in the oven for 15 minutes, or until crispy

CACFP Note: Edamame credits as a vegetable. Serve 1/4 cup at lunch with another fruit or vegetable, or 1/2 at snack.



★ Author Spotlight: Jane Yolen

★ Jane Yolen just turned 77 years old on February 11th, and she's still writing great science fiction, fantasy, and picture books for children and young adults. You may recognize her name from her award-winning books (among others) *How Do Dinosaurs Say Goodnight* and *Owl Moon*. Jane grew up in New York, California, and Connecticut.

★ Throughout her school years, she enjoyed singing, acting, and basketball, and wrote from a very young age. She says she recalls writing poems before she even entered school. Jane wrote her first grade class's musical, words and music, herself. At age 13, she created a newsletter for her apartment building which her brother sold for five cents a copy. Yolen set out to be a journalist and non-fiction writer after she graduated from Smith College. Her first book, *Pirates in Petticoats*, a non-fiction book about female pirates, was published when she was just 22 years old. Jane never considered herself artist and never attempted to illustrate her own books.



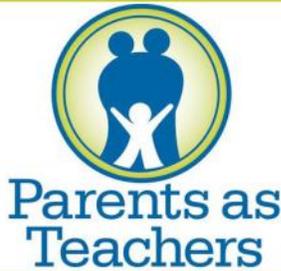
★ Jane was married for 44 years to a Professor of Computer Science, until her husband's death in 2006. Jane has three children and six grandchildren. Jane now lives in Massachusetts, next door to her daughter, and also owns a house in Scotland where she lives for several months out of each year. Jane Yolen has written over 200 books, and as of 2013 she was still giving lectures and interviews and working on new stories. To learn more about Jane, visit her website <http://www.janeyolen.com/>.



Tips for Gardening with Children from naeyc.org

- Choose a spot in your space that is out of the way, so as to leave room for play, but with enough sun for your plants.
- To avoid trampling plants, be sure to include walkways in the garden, and take into consideration the limited reach of small arms.
- Decide what to grow, and grow something children want to eat. Like strawberries! Everyone likes strawberries.
- Be flexible. Not all plants have to grow in rows. Let some scattering happen.
- Follow general gardening guidelines: weed and water at least once a week, mulch to prevent moisture loss, feed with compost and other fertilizers regularly, etc. Include the children in all aspects of garden care.
- Observe. In addition to the growing plants, gardens can teach lessons about worms, bugs, and the changing of seasons.

When you garden with children, they will: connect with nature, do something real with tangible results, work through a project from beginning, middle, and end, and enjoy both the process and product!



Lawrence Area Parents As Teachers

Parents as Teachers is enrolling families for July and August. According to new requirements, families qualify for PAT services with at least one risk factor, and will need to qualify each grant year.

The risk factors determined by our funders are:

- Teen Parent: Parent(s) under the age of 20 years during the program year
- Child with disabilities or chronic health conditions: Child being served has a physical, cognitive, emotional, or health-related condition or impairment that substantially limits one or more major life activities or qualifies the child for services under IDEA Part C
- Parent with disabilities or chronic health conditions: Parent has a physical, cognitive, or other health-related condition or impairment that substantially limits one or more major life activities
- Parent with mental illness: Parent has been diagnosed with a thought, mood, or behavior disorder (or some combination) associated with distress and/or impaired function including maternal or paternal depression.
- Low educational attainment: Parent did not complete high school or GED and is not currently enrolled
- Low income: Families eligible for free & reduced lunches, public housing, child care subsidy, SCHIP, WIC, food stamps, TANF, Head Start/Early Head Start and/or Medicaid
- Recent immigrant or refugee family: One or both parents are foreign born and entered the country within the past five years
- Substance abuse: Parent has used or is currently using substances despite negative social, interpersonal, legal, medical or other consequences (this is a risk factor if the substance abuse has occurred at any point during the enrolled child's lifetime, including prenatal)
- Court-appointed legal guardians and/or foster care: The child has court appointed guardians or is in foster care
- Homeless or unstable housing: Lives in emergency/transitional housing or in a place not intended for regular housing and/or moved more than twice in the past year due to problems with housing
- Incarcerated parent(s): Parent(s) is incarcerated in federal or state prison or local jail or was released from incarceration within the past year
- Very low birth weight: Birth weight is under 1500 grams or 3.3 pounds.
- Death in the immediate family: The death of a child, parent or sibling (this is a risk factor if a death in the immediate family has occurred at any point during the enrolled child's lifetime, including prenatal)
- Domestic violence: Parent is involved in intimate partner violence
- Child abuse or neglect: Suspected or substantiated abuse/neglect of child or sibling(s)
- Military family: Parent/guardian is currently deployed or is within two years of returning from a deployment as an active duty member of the armed forces. "Deployment" is defined as any current or past event or activity that relates to duty in the armed forces that involves an operation, location, command, or other duty this is different from the normal duty assignment
- Multiple live births: Pregnancy culminating in two or more live offspring being delivered (twins or triplets)
- English learner: English is not the family's first language or the language primarily spoken in the home.
- At Risk for Developmental Delay: A delay in the child's development in one or more areas as measured by the ASQ-3 or ASQ: SE (delay or monitor range). A failed vision or hearing screening completed by a trained professional including a trained Parent Educator.

If you know of families that qualify, and may like to participate, please send them to the PAT website to enroll (www.usd497.org/parentsasteachers) or contact Suzy Green at 785.330.1651 or sgreen@usd497.org.

Playgroups and group connections are open to the public and advertised on the Parents As Teachers Facebook page www.facebook.com/lawrenceparentsasteachers.



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

DCCDA Open Office

At our monthly Open Office hours, DCCDA members and CACFP participants may use our laminating machine for 50¢ per foot, and also check out materials from our kit and book library.

**Please call ahead and let us know to turn the machine on to warm if you plan to laminate*
Also, if you plan to laminate during a business day, call ahead by 4pm and ensure sufficient time to have your laminating finished by closing at 4:30pm.*

**Open Office 6-7pm:
Thursday, June 30th**

SPECIAL HOLIDAY CLOSURES

The DCCDA office will be closed Monday July 4th in observance of Independence Day.