



**CCCC E-Newsletter January, 2005 Issue**

Happy New Year from Community Connection for Child Care! It's that time again...New Year's Resolutions! Did you know that the average American makes two New Year's Resolutions each

year. But making resolutions is the easy part. Confidence is the key to keeping New Year's Resolutions through the entire year. Believe in your ability to change and avoid wishful thinking. Small, gradual changes are more likely to become habit. Write down your resolutions and your plan of action. Post them up on the fridge or on the bathroom mirror, wherever you know you'll see it. That way you'll have a constant reminder of the resolution. You may want to change the wording as time passes and your goals change. Make a Plan. Once you know what your resolution is, try to break it down. Nobody accomplishes anything of significance by trying to do it all at once. Good luck! We wish you a happy, healthy New Year!

Until next time, our best to you and yours --  
The staff of Community Connection for Child Care

^^^^^^^^^^^^^^^^^^**THIS MONTH'S FEATURES**^^^^^^^^^^^^^^^^^^

**\*CCCC PROGRAM SPOTLIGHT\***

To continue to create access to video trainings, you will now be able to check out all video trainings from Child Care Productions at the Resource Library at the CCCC 24th Street office in Bakersfield. Each VHS tape will have two 30-minute shows and will be grouped by their content: school readiness, nutrition, health and safety, emergency preparedness, etc. Each video is available in English and Spanish. For more information, please contact the Resource Library at 661.861.5200 or toll free at 877.861.5200.

Check out our full list of child development and safety videos available for you today!  
[http://kcsos.kern.org/cccc/stories/storyReader\\$854](http://kcsos.kern.org/cccc/stories/storyReader$854)

**\*MONTHLY PLANNER\***

Financial Resources for the New Year  
<http://www.redleafinstitute.com/index.cfm?section=bn&page=bn01#article2>

January is "National Thank You Month." Click here for an article of teaching children good manners and etiquette.

<http://www.familycorner.com/parenting/growingpains/4.shtml>

The week of January 17, 2005 is celebrates the life of Dr. Martin Luther King, Jr. Click here for activities and printables. <http://www.edhelper.com/DrMartinLutherKingJr.htm>

The week of January 24, 2005 is "Mozart Week." Click here to learn about the powerful influence music has on young children's development

<http://www.zerotothree.org/music/childcare.html>

^^^^^^^^^^^^^^^^^^**CHECK THIS OUT**^^^^^^^^^^^^^^^^^^

**\*KIDS IN THE KITCHEN\***

10 Tips to Make Mealtimes Pleasant Experiences for Children

1. Involve your children in meal preparation. Allowing your preschoolers to take part in meal preparation may help increase your children's interest in a new or unfamiliar food.
2. Include at least one of your children's preferred foods. Offer a choice of foods. The meal should have at least one food that you know the child will select and eat.
3. Offer foods with a variety of colors and textures. This will create interest and increase the number of foods your children will accept.
4. Use child size food portions. One way to consider portion sizes is to have one tablespoon of each type of food for each year of the child's age. If you are a licensed provider, you will have required minimum serving sizes that you must make available for the children.
5. Play it safe with foods that cause choking. Round cuts of hot dogs, cherries, grapes, carrot chunks, tortilla chips, peanut butter, or nuts may cause a child to choke. Simply cut hot dogs into four pieces lengthwise; cook and mash carrots; cut grapes and cherries into fourths. Don't serve peanut butter by the spoonfuls. Instead, combine it with other food items such as jelly or diced canned peaches to improve consistency. Nuts and chips should be cut finely or crushed.
6. Expect and tolerate child-like table manners. Let a child be a child. Show children your own good table manners. Children are always learning from your example.
7. A comfortable eating environment is important at mealtime. Select chairs, tables, dishes, and silverware suitable in structure and size for the preschoolers. Providing a routine such as washing hands and talking about how the foods offered during the meal fit into the Food Guide Pyramid help children get ready to eat. Do not expect young children to sit still at meals, yet some reduction in activity is desirable.
8. Serve meals and snacks on a dependable schedule. Try to schedule meals before your child becomes overly hungry, tired or irritable. Most children require planned nutritious snacks to ensure an adequate intake of nutrients and calories.
9. Offer a variety of healthy foods and children will eat what they need. Remain calm if some children leave a portion or an entire meal untouched.
10. Eating is a socially learned behavior that is influenced by social pressures. You can help children cope with peer pressure that discourages healthy eating.

#### **\*KEEPING KIDS BUSY\***

"The Name Game" Materials needed: Index cards, markers Directions: Print each letter in each child's name on a card. Lay them out to spell each child's name. Mix them up and have each child try to put them back in the proper order. For younger children - make a pattern for them by tracing the cards onto a large piece of paper. Younger children can fit the card onto the patter - almost like completing a puzzle. Developmentally: The first word that a child learns to "read" is usually his own name. Names of friends, siblings and pets quickly follow.

#### **\*FEATURED QUOTE\***

"Don't aim for success if you want it; just do what you love and believe in, and it will come naturally." - David Frost