



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

Greetings from Community Connection for Child Care! Spring will be here on March 20. It's time to get rid of a winter's worth of dust and grime and do some spring cleaning. Here are some tips to help you clean up quickly and efficiently, with plenty of time left over to stop and smell the newly budding roses.

First, turn off the TV and the phone! The quickest cleaning is accomplished without any distractions and to turn on some fun, lively music. Prepare one bucket of supplies to bring with you to every room with a few rags, some paper towels, furniture polish, and one good all purpose glass and counter cleaner. Also, grab two empty garbage bags: one to carry garbage you find along the way, and the other to fill with things you no longer want but are still useful. Toss away everything you don't use. Work around the room in one direction, either left or right. This way, there won't be any time wasted in criss-crossing the room, or vacuuming that same spot twice. Clear it off and put it away. This is really the first step to cleaning any room. In the livingroom this means putting away books and recycling old magazines. Clear away all knickknacks and family photos so that dusting and polishing can be finished in a snap. When you're finished cleaning, it's time to put back those items you need and love. The only necessary appliances on kitchen counters are the ones that you use daily or weekly. Stash anything else in cabinets or cupboards. Also, if you have a counter full of cook books you seldom use, you may want to put them on a shelf for more living and cooking space. Finally, let the sun shine in! Open the windows and let the clean, green aroma of spring's new flower and plant life enter your home. Not only will the mustiness of winter be removed, but you'll also protect yourself from inhaling dust and dangerous fumes from cleaning products.

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

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

**\*KCSOS PROGRAM SPOTLIGHT\***

Child Care Health Consultancy Project The Child Care Health Consultancy Project provides on-site and telephone consultation with Child Care Health Consultants who are Registered Nurses with expertise in child health and safety. Child Care Health Advocates are trained to assist child care providers and families with linking to a variety of community resources (such as health insurance and nutrition programs). They may evaluate a child you have a specific concern about. Evaluations may include an assessment for health or dental concerns, vision or hearing concerns, developmental delays, speech delays or behavioral issues. If any special needs are identified, the Child Care Health Consultant will assist the family with linking the child to appropriate services.

Almost 80 percent of preschool-aged children have never had an eye exam. And many vision screenings in school don't test for common eye diseases. Prevent Blindness America recommends that children have a professional eye exam at six months of age,

before entering school (age four or five) and periodically throughout the school years. Certain eye diseases are linked to heredity and should lead to more frequent exams for the family. There are certainly ways to determine if your child is having difficulty with their vision, for example, they may rub their eyes excessively, shut one eye, hold objects close to their eyes, squint, have red or watery eyes or complain of headaches, dizziness or double vision.

For more information, call 661.861.5303 or visit the Child Care Health Consultancy Project website at <http://kcsos.kern.org/cchcp/>.

### **\*FEATURED QUESTION\***

We have been having a lot of trouble with biting in our program. What can we tell parents about why kids bite and what can we do to prevent it from happening?--Denise, Child Care Center Teacher

Biting occasionally happens in child care settings in which infants and toddlers are enrolled. Biting is a common developmental behavior for very young children and there are several reasons a child may bite. These reasons include:

- Young children explore by placing objects in their mouths. Sometimes children "accidentally" bite other children in this process. It is common for the "biter" to look shocked at the bitten child's behavior.
- Young children do not have verbal skills to express themselves. Biting is a very powerful release of frustration. Most biting decreases by age three when the child has acquired better verbal skills.
- Biting often results from frustration. Toddlerhood is frustrating as toddlers learn new physical and social skills. \*Children may be teething. \*Children may be hungry or tired.

Child care providers and parents can and need to address measure to prevent biting behaviors by:

- giving children positive attention every day to build up their self esteem.
- not treating biting as funny or a game;
- trying to find the reason for or the trigger of the biting behavior and respond appropriately;
- removing the child from the object or person they are biting;
- allowing a period for cool down and refocusing;
- giving children safe things to bite on when teething, such as teething rings;
- monitoring play between different ages of children based on their development stages;
- monitoring play between children when there are differences in size and strength; - intervening in situations where children cannot cope;
- keep group play to short periods and small groups;
- providing separate play areas for older and younger children; -providing care giver supervision;
- responding consistently when dealing with biting. The best method is to remove the biter and clearly let the child know that it is not OK to hurt others;

- planning ahead, anticipating difficult situations and redirecting activity or response; - responding promptly, firmly and calmly to biting, use the words "No biting. That hurts;" -showing brief disapproval. The care giver should not focus too much attention on the negative behavior;
- CATCH THEM BEING GOOD. Give the biter and all children attention when his or her behavior is positive.

When Biting Occurs -The biting child is calmly removed and given "quiet time" alone. Statements such as "You do not bite. It hurts." or "Biting is not allowed. It hurts people." are used. -The bitten child is consoled and the bite is quickly cleaned. Ice is placed on the bite to decrease the likelihood of swelling or bruising. -The child who has bitten is "shadowed" to help understand what may be causing the child to bite so that further incidents can be prevented.

Additional steps should be taken when:

- All prevention efforts have been exhausted and other children are still being bitten (but all prevention efforts must be implemented)
- There is no identifiable reason for the biting behavior
- A child appears tense, frustrated and unhappy most of the time
- A child reaches a chronological age (three or four) and biting persists

Things Providers Should Not Do:

- Bite the child back.
- Encourage the other child to bite the child back.
- Call the child names such as "bad", "naughty".
- Tell other parents who did the biting.

From Teaching Treasures and Minnesota Department of Health

For more tips and information, click this link:  
[http://kcsos.kern.org/cccc/stories/storyReader\\$1054](http://kcsos.kern.org/cccc/stories/storyReader$1054)

#### **\*MONTHLY PLANNER\***

\*March is Childhood Nutrition Month Find out how easy it is to follow the new 2005 Dietary Guidelines. Print and post these tips on your refrigerator for easy reference.

[http://www.mealsmatter.org/images/eatingforhealth/Healthy\\_Lifestyle\\_Tips.pdf](http://www.mealsmatter.org/images/eatingforhealth/Healthy_Lifestyle_Tips.pdf)

\*National Poison Prevention Week March 20-26, 2005 "Children Act Fast...So Do Poisons!" This means that providers and parents must always be watchful when household chemicals or drugs are being used. Many incidents happen when adults are using a product but are distracted (for example, by the telephone or the doorbell) for a few moments. Children act fast, and adults must make sure that household chemicals and medicines are stored away from children at all times.

<http://www.aap.org/family/poisonwk.htm>

\*April 3 marks the start of Daylight Saving Time, when clocks are set 1 hour ahead to make the most of the lengthening light. A safety reminder...Many fire departments encourage people to change the battery in the smoke detector when they change their clocks, because it can be so easy to forget otherwise. More than 90 percent of homes in

the United States have smoke detectors, but one-third are estimated to have worn-out or missing batteries. Click the link below for 10 tips for teaching fire safety for kids.  
<http://childcare.about.com/od/childsafet1/tp/firesafetytips.htm>

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

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

Chicken Nuggets with Pineapple-Orange Dipping Sauce (Dole.Com) Makes 4 servings  
Ingredients: 1 egg 2 tablespoons milk 3 1/2 cups cornflakes, crushed 1 pound boneless, skinless chicken breasts, cut into nugget-size pieces

Dipping Sauce: 1 can (8-ounce) sliced or crushed pineapple in juice 1 tablespoon cornstarch 1/4 cup pineapple orange juice 1/4 cup barbecue sauce

Prepare dipping sauce: Pour undrained pineapple into the blender. Secure lid and process until it's a thick puree. Pour pineapple into the saucepan and add cornstarch; blend. Add pineapple orange juice and barbecue sauce; blend. Bring to a boil, then reduce heat and simmer, stirring until sauce thickens, about 3 minutes. Remove from heat and set aside. Prepare chicken nuggets: Preheat oven to 400 F. Whisk the egg and milk together in a small mixing bowl. Place cornflakes in a plastic bag. Dip chicken pieces in egg mixture, then shake with cornflakes to coat. Put coated chicken on a baking sheet. Carefully place baking pan in oven and bake for 15 minutes. Carefully remove the baking pan from the oven. Serve nuggets with warm pineapple-orange dipping sauce along with green beans, orange slices, bread/butter and milk!

More recipes at [http://www.dole5aday.com/CookBook/C\\_Home.jsp](http://www.dole5aday.com/CookBook/C_Home.jsp)

**\*BUSINESS RESOURCES\***

Social Security and Family Child Care by Tom Copeland Learn more about the role Social Security will play after family child care providers retire.  
<http://www.redleafinstitute.com/index.cfm?section=bn&page=bn01#article1> Home

Repairs and Maintenance by Tom Copeland Tom Copeland lists examples of deductible home repair and maintenance expenses.  
<http://www.redleafinstitute.com/index.cfm?section=bn&page=bn01#article2>

**\*FEATURED QUOTE\***

"We ourselves must be full of life if we are going to make life fuller for others." - David Sawyer