

CHILD CARE CORNER

NEWS LETTER VOL. 3 no. 4 Spring 2006

Cooking Abilities of Young Children

Helping prepare and cook foods is a great way for children to:

- Learn,
- · Have fun, and
- Try nutritious foods

What activities your child will be able to help with will depend on her or his age. Keep the following in mind when including young children in cooking activities.

Two-year olds are learning to use the large muscles in their arms. Try activities such as:

- scrubbing vegetables and fruits
- carrying unbreakable items to the table
- **dipping** foods
- breaking bread into pieces

Three-year-olds are learning to use their hands. Try activities such as:

- pouring liquids into batter
- **shaking** a drink in a closed container
- spreading butters and spreads
- **serving** foods

Four and Five-year-olds are learning to control small muscles in their fingers. Try activities such as:

- **juicing** oranges, lemons, and limes
- **peeling** some fruits and vegetables and
- pressing cookie cutters





I UNDERSTAND

Learn to say
"I'm sorry that didn't work out"
or

"The same thing happened to me once"
(rather than "I told you so".)
-Lansky, Vicki
101 Ways to Tell Your Child "I Love You"

Kids Fun Snack Balls

Chefs.com
Preparation Time 5 minutes
4 servings

Ingredients:

½ cup corn flakes cereal, or wheat cereal

¼ cup creamy peanut butter1 sheet waxed paper

Instructions:

Crumble the cereal in a bowl. Mix in the peanut butter, stirring thoroughly. Form mixture into small balls. Place on wax paper and put in freezer for 10 minutes or until hardened. Serve.

Dept. of Health services - WIC Branch

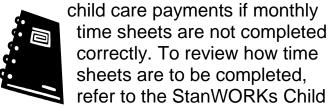
Changes

- ▶ Revised reimbursement/ timesheet forms will be out soon. Please read the new form and complete all applicable questions.
- On the first working day of the month, a Child Care forms quick drop off table, is available. The table is now located in the Family Services entrance, on the first floor. There will be a person at the table available to review your payment request forms.



Important Notice

The State has advised us not to make



Care Parent & Provider Handbook published 7/1/05 (if you don't have one, you can request one by calling 558-2332). Exact times and signatures MUST be completed <u>DAILY</u> by the <u>parent/guardian</u>. Hours written in the TOTAL HOURS column should be rounded to the nearest quarter hour.

Reminders

- ► Write "school holiday or minimum day" on appropriate date line if applicable.
- ► For "year round" students, please specify when there are any "off track" days.
- ▶ If changes need to be made, cross off the incorrect information & initial the correction. White Out is not allowed to be used on any of our forms. If white out is used, the form will be returned, along with a blank copy. The form will need to be recreated and turned in.
- ► Forms need to be filled out with a **blue** or **black ink pen only**. Penciled in forms will be returned for corrections.



► To avoid lost check stubs in the mail, please send copies instead of originals whenever possible.

Stanislaus County Board of Supervisors

William O'Brien	District 1
Thomas Mayfield	District 2
Jeff Grover	District 3
Ray Simon	District 4
Jim DeMartini	District 5

