Child Development Newsletter

ChildSavers is a Richmond, Virginia nonprofit dedicated to ensuring all children are safe, happy, healthy, and ready to learn. We provide coaching, training, and professional development to early child care providers and preschool teachers. Our programs aim to help you improve your business and to meet your potential as a quality early child educator. This newsletter is just one way we provide you with the resources you need to be your best!

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Training & Professional Development
Spring Summit

May 1, 2017 at the Hunton Community Center in Henrico, VA.
Spend the day with Dr. Kristie Prett- Frontczak discovering ways to reimagine how you provide professional development (PD). The day will begin by exploring your social-emotional health and well-being as a PD provider. You'll do this by examining your self-awareness around your "superpowers" and reflect on ways they can be used to maximize the impact and effectiveness of your PD.

Next, we'll dive deep into setting significant learning outcomes for your next PD. We'll clarify the "what" before deciding on the "how". The day will end with a work session where you will examine and rework your own PD offerings (i.e., webinars, coaching phone calls, f2f events) by building off of your foundation and applying what you learned with Kristie.
For additional details and to register. Visit www.cvent.com/d/x5qniw.

Trainer Tip of the Day: The 4 C's

Ask participants if money was not a concern what:
1. Country: what country they would like to visit;
2. Cuisine: what is their favorite food to eat;
3. Car:what is their dream car;
4. Celebrity: what celebrity would they love to meet and what would they say?

After participants share their ideas I connect their answers to the hopeful and unstoppable dreams we had as children. Life, time and money often defer our dreams as adults. We need to get back to dreaming by planning vacations and renting our dream cars.

Upcoming Events

Save the Date for the Creating Connections to Shining Stars Conference. July 19-21, 2017 at the Hotel Roanoke. Registration Coming Soon! For more information on the CCSS Scholarship Application for child care providers in the Central Region, visit www.vcpd.net/central/upcoming-events.

For more information on Central Virginia Early Childhood Professional Development resources and trainings, visit www.vcpd.net/central/.
April is National Child Abuse Prevention Month

We all play an important role in the healthy development of our Nation's children. Did you know great childhoods begin at home/childcare. Prevent Child Abuse America offers the following tips. Incorporate music into daily activities with your child/children. For many of us, music is a key part of life, helping us pass time, increasing our productivity, or simply making us smile. But music also makes a major impact on your child's development.

Try these activities with your little ones and watch the magic begin:

Try singing a song that your children know while driving in the car.
Kids banging on pots and pans in the kitchen? Join in! Grab a spoon and show your child how to make a basic beat, turning an annoyance into a chance to learn.
Mix up story time by singing along.
Sing songs during clean-up time and while preparing meals.
Take advantage of opportunities to see live music in your community.

Renewal Time is Here

Saturday, March 25th and April 29th at ChildSavers (200 N. 22nd Street, Richmond, VA 23223) from 10:00 AM - 12:00 PM. We can't wait to see you there!

Attention Minute Menu User

Providers, effective May 1st USDA will start conducting random sweeps of those person's who are using Minute Menu for your meal counts. This information should be entered on a daily bases.
During USDA 2017 audit, it was noticed by the Compliance Review Liaison of Virginia Department of Health that many of you didn't have your meal counts up to date as of February 8th for January 2017. I asked if we could have time to correct this. This means that meals should have been disallowed, it was stated that sweeps are needed. Meal Pattern Guide Cereal Update. For more information about the upcoming new meal pattern. Visit acdkids.org/pdf/MPC%20-%20Breakfast%20Cereals.pdf.
Recipe of the Month

Blueberry Grilled Cheese Sandwiches:

Yes, you read that right! Blueberry grilled cheese sandwiches are exactly what you're craving. How can you resist the gooey cheese melted with honey, apples and (of course) butter in these blueberry grilled cheeses? Perfect for kids' lunch or dinner (and we won't judge you if you make an extra for yourself).

Ingredients
1 tablespoon butter, softened
4 slices whole wheat bread
1 tablespoon honey
½ cup blueberries
2 to 3 ozs. white Cheddar cheese or American, sliced thin
6 thin slices apple
Number of servings (yield): 2 sandwiches

Spanish Fun

Tomatoes: "Tomates" pronounced "toe-ma-tes"

Blueberries: "Arandanos" pronounced "aran-da-nos"
Open Up Your Outdoor Classroom

Spring is here! Although temperatures tend to be a bit unpredictable lately, it's still a wonderful time to go out and explore! Research conducted by NC State University's Natural Learning Initiative documents the advantages of connecting to nature. In their article, Benefits of Connecting Children with Nature (2012), they discuss the positive impact seen in children's social, psychological, academic, and physical health when they have daily contact with nature. Some of the positive effects mentioned include increased physical activity, enhanced cognitive abilities, and improved nutrition, eyesight, and self-discipline. Creating "outdoor classrooms" provide opportunities to engage with nature in a variety of ways. There are many exciting activities to encourage "natural" learning. Here are a few suggestions to get you started:

- Early math experiences in your outdoor classroom can include using natural objects, such as acorns, leaves, pebbles, and sticks, to encourage younger children to learn how to count, sort, create patterns and recognize shapes.
- Outdoor art experiences enhance creativity and critical thinking, as young children explore materials to make open-ended works of art with natural objects combined with a variety of art supplies. Drawing pictures in the dirt with a stick, using sidewalk chalk or having easel outdoors where children can paint/draw pictures of nature and/or animals provide endless opportunities for imaginations to grow.
- The outdoors is a natural science lab! Have young children observe and describe the climate as they feel the wind blow through their hair or the sun warm their face. Include materials such as a thermometer, rain gauge or bird feeder. An outdoor sand and water table, along with simple garden activities are also great considerations for your outdoor science center.
- New vocabulary words are waiting to be discovered outdoors. Help children learn new words faster and associate them with a variety of learning experiences by taping note cards with new vocabulary words that correspond to objects in the outdoor. Of course, nothing beats spreading out a soft blanket under a big tree and enjoying a favorite story together.
- Block play and dramatic play centers can also be set up outdoors. Consider the themes children are interested in and plan these centers accordingly.

For additional information on how to create an outdoor classroom, visit The Outdoor Classroom Project. Visit outdoorclassroomproject.org/about/the-outdoor-classroom/.
FREE First Aid and CPR Training

Do you work with children birth - 36 months? If so, we are currently sponsoring free First-Aid and CPR training brought to you by ChildCare Aware and the Virginia Department of Social Services.

For more information about registering, please contact Janet Burke at jburke@childsavers.org jburke@childsavers.org or at 804-591-3917.