

COAD



# Early Care and Education News



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## Office Hours

Monday – Friday

8:00a.m.– 4:30p.m.

**COAD offices will be closed:**

October 7 - 8 Staff Training Event

November 11 Veteran's Day

November 25 & 26 Thanksgiving Holiday

December 24 & 27 Christmas Holiday

December 31 New Year's Holiday

January 17, 2011 Martin Luther King Jr.

**CONTACT US** [www.coadinc.org](http://www.coadinc.org)  
1-800-577-2276  
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## Congratulations!

The network of Step Up to Quality child care centers keeps growing! There are 65 One Star centers; 27 Two Star centers and 31 Three Star centers in the 31 counties served through COAD. Visit <http://jfs.ohio.gov> for a list of Ohio's star rated centers; visit [www.coadinc.org](http://www.coadinc.org) for a comprehensive list of star rated programs in your region. Call 1-800-577-2276 for information on how your center can get involved!

### Three Star Award

**Knox County Head Start Northgate Center (Knox)**

**Adams Lane Head Start (Muskingum)**

### Two Star Awards

**Rittman Preschool Head Start (Wayne)**

### One Star Awards

**The Good Neighbor Learning Center (Tuscarawas)**

*Star Ratings per ODJFS website, July 15, 2010.*

## Mind in the Making

*Mind in the Making: The Science of Early Learning* trainings are coming to your region soon! These engaging and inspiring modules provide easy-to-use tools to translate brain development theory to daily practice with young children ages birth to 8 years old. Ohio is 1 of 10 Mind in the Making states. These regional trainings fit into a bigger national education campaign including resources for families and a new book, *Mind in the Making* by Families and Work president Ellen Galinsky. For more information, call 1-800-577-2276

## Advocate for Early Care and Education

Earlier in September, COAD and groundWork hosted regional events on Early Care and Education issues for candidates running for public office. Please continue this important groundwork! Keep COAD and your local representatives informed of the issues that impact your program. Invite them to visit so they see first hand the impact legislation makes in their district. **Register to vote by October 4; remember to vote November 2.**

## COAD Services for Families and the Elderly

The Corporation for Ohio Appalachian Development (COAD) is a non-profit community-based organization serving rural, mostly Appalachian counties in Ohio. COAD is comprised of 17 community action agencies to serve a 30-county area. In addition to parent, provider and community services through the Early Care and Education program, COAD also provides foster grandparent and senior companion programs for seniors and weatherization, energy efficiency, home repair and home foreclosure prevention services for low-income elderly and families. Please refer families you encounter who can benefit from any of these services to COAD's central office at 1-800-807-9781 for more information.

Supporting Children and Those Who Care for Them

A program of COAD – the Corporation for Ohio Appalachian Development

## Simple Snacks

### Frozen Ban-ola

1 medium sized banana (peeled)  
 ½ cup crushed granola  
 Yogurt (plain, vanilla or fruit flavored)

Directions: Dip banana in yogurt, roll in crushed granola, place in freezer bag and freeze. May also be eaten unfrozen.

### Sandwich Puzzler

Make children's favorite sandwiches and then cut each into a number of shapes. Separate and mix up the shapes. Encourage each child to reconstruct his or her puzzle before eating.



### Tiny Pizza

2 plain mini-bagels  
 1 small jar pizza sauce  
 Shredded mozzarella cheese  
 Pepperoni, ham or bacon bits  
 Vegetables of choice

Directions: Preheat oven to 400. Place bagels face up on baking sheet. Spread with pizza sauce. Top each pizza with the desired toppings. Bake 12-14 minutes or until cheese is melted. (Supervision is required for oven use)



## This Issue: Keep Kids Active Outdoors!

In this issue are activity ideas for all age levels to keep kids moving and outdoors in the fresh air! Don't let the cold weather, rain or snow discourage you from engaging children in physical activities or taking them outside. Playing outdoors helps children keep fit and remain healthy. Being in the fresh air reduces the spread of germs and illnesses. Be sure children are dressed appropriately for the weather. Have extra clothing and outdoor clothes on hand for those children who may not be appropriately dressed.

Also in this issue are simple snack ideas that engage children in making healthy food choices, techniques to encourage positive behavior and suggestions for free, fun and meaningful field trips. Look to pages 1 and 4 for information updates on new professional development opportunities, family resources, licensing and product recalls.

## Activities for Infants

### Outdoor Obstacle Course

This activity is targeted for more mobile infants

**This activity builds:** Gross motor, balance, coordination, and language

**Materials list:** Large sturdy blocks, tunnel, orange cones

**Tips:** Prior to taking the infants outside, set up an obstacle course using the materials listed or use your own. Help them to climb over the large blocks and crawl through the tunnel. Have them zigzag around the cones. Sing songs to the infants as they travel through the obstacle course.

### Guided Outdoor Tour

**This activity builds:** Language, visual and sensory development

**Materials list:** Weather appropriate attire

**Tips:** Walk or carry infants outside. Talk to infants about what they see. Let them touch the different leaves or the snow. Be very descriptive, for they will learn language through your use of vocabulary. Describe to the infants the beautiful colors, textures, sounds and smells they experience.

## Activities for Toddlers

### Dig for Treasure

Supervise children to ensure they are not throwing or eating the sand.

**This activity builds:** Social skills, cognitive development, fine motor skills, coordination, language and communication.

**Materials list:** Sandbox, shovels, buckets, cups, spoons and colanders and small objects to find

**Tips:** Hide small (toddler appropriate) objects in the sandbox for toddlers to find as they dig. Show them how to use a colander to sift through the sand and digging tools to help find the objects. Ask questions about the kind of treasures they may find. Make sure that children are not throwing or trying to eat the sand.

### Bubble Art

**This activity builds:** Cognitive development, social skills, fine motor, language and communication

**Materials list:** Bubble solution, bubble wands, food coloring, paper

**Tips:** Add a few drops of food coloring to the bubble solution. Give each toddler a piece of paper. Start blowing bubbles. Have the toddlers chase the bubbles around and try to catch and pop them on their paper. Use different colors so they can make a rainbow of bubbles on their paper. Let the toddlers take turns trying to blow the bubbles. When they tire of chasing, talk to them about the colors they collected on their papers. Do they make certain shapes? Did the colors mix to make a new color?



# Preschool Aged Activities

## Puddle Jumpers

Suggested to use in rain puddles but snow would be fun too!

**Materials list:** Hula hoops, music (either a portable player or hand held musical instruments such as a shaker)

**Directions:** Arrange the hoops in a course pattern. As the music plays, the children skip from hoop to hoop. When the music stops, they freeze. As the children play, change the directions such as jumping on one foot, put one hand on hips and jump with two feet, jump backwards, skip with hands in the air, etc.



## Obstacle Course

Create an outdoor course in the snow.

**Materials list:** Colored string or hula hoop, large boxes or tube, balance beam, cones or large cans, a small ball, laundry basket, and shoe boxes or flat tissue boxes.

**Directions:** Arrange the course with the following stations: 1) hula hoops or string circles 2) tube or box for them to crawl through 3) balance beam or other flat, straight object that they can walk across 4) cones or large cans arranged so that they weave through them 5) ball toss into laundry basket a few feet away 6) one box on each foot to slide across the finish line. Be sure to walk the children through the course so they know what to do at each station. The stations can be arranged in any order and can be switched to add variety.

# Activities for School Aged Children

## “Snowflake Bentley”

Pick a cold snowy day to read “Snowflake Bentley” by Jacqueline Briggs Martin. Go outside. Gather information through careful observations and simple investigations. Share your findings.

**This activity builds:** Scientific inquiry skills

**Number of Children:** Small groups

**Materials list:** A very cold snowy day, black construction paper, freezer, magnifying glasses, digital camera.

**Directions:** Store in your freezer several sheets of black construction paper for the next time it snows. Go outside and use construction paper to catch and observe the differences in the snowflakes.

**Guiding questions:** Are they truly each unique? Can you draw the crystal pattern of at least 3 different snowflakes? Take a digital photo of the snowflakes. Report your findings to the group, describe what you see.

## Helping Hand Tag

Every child likes to play tag. Use a Hand Yo to extend your reach. It is perfect for children who are not as fast as their peers or who use wheelchairs. Now everyone can be included.

**This activity builds:** Creative resourcefulness

**Number of Children:** 3 or more

**Materials list:** Mismatched one-size fits all knit gloves, split peas, ¼ to ½ inch wide elastic cut into 30 inch long strips, hot glue gun

**Directions:** Pour ½ cup dry split peas in each glove. Tie a knot on the other end of the elastic and place into glove cuff. Run a line of hot glue across the inside cuff. Push the glove together to distribute glue across the inside of the glove. Once the glue has cooled, tie a large loop on the other end of the elastic for the wrist.



## In Other Words . . .

### Don't do that! Stop that! Quit!

Adults often use word list “don't”, “stop” and “quit” when trying to discipline children and then wonder why they don't listen. Though easy to use, more often than not, they are not effective. When we tell children what *not* to do, we neglect to tell them what they *can do*. In other words, we fail to teach children how we would like them to act. In Latin, the word *disciplina* has many meanings: training and education, self-control and determination, and an orderly way of life.

Changing our *don'ts* to *do's* guides children to behave the way you expect. Try rephrasing your words and see what happens. Here are some examples:

Don't throw toys.	Play with the toys on the floor or table, please.
Stop climbing on that chair.	You could get hurt climbing that chair. Let's sit in it instead.
Quit yelling. You're getting too loud.	We can yell and use our big voices outside. For now, while we're inside, let's talk to one another.
Don't spill that.	Keep your glass in front of you so it doesn't get knocked over.

## Resources

For more ideas browse COAD's FREE Resource Lending Library or call our offices to request technical assistance.

### Helpful Websites:

[www.readwritethink.org](http://www.readwritethink.org)

[www.education.com](http://www.education.com)

[www.nrckids.org](http://www.nrckids.org)

[www.cdacouncil.org](http://www.cdacouncil.org)

[www.childcareexchange.com](http://www.childcareexchange.com)

CONTACT US [www.coadinc.org](http://www.coadinc.org)  
1-800-577-2276  
[ece@coadinc.org](mailto:ece@coadinc.org)





## Child Care Corner

### Child Development Associate (CDA) trainings

COAD is offering trainings to earn the Child Development Associate (CDA) credential! CDA trainings will be offered in select locations to cohorts of up to 15 participants. To get involved, call COAD at 1-800-577-2276.

**Constant Contact** Look this fall for COAD's new e-letters updating you on the latest news! Keep in the know about mini-grant opportunities, the newest initiatives and other news that impacts our region. Don't miss out! Call 1-800-577-2276 with your email today.

**Ohio's Healthy Programs** COAD can assist centers and family child care programs as they update policies and menus to encourage health and wellness and work to engage the whole family. Contact COAD at 1-800-577-2276 to receive SUTQ-approved *Healthy Children, Healthy Weights* training and technical assistance.

**Child Care Licensing** Effective September 2010, the ODJFS initial licensing application will be paperless. Applications can be found at <http://jfs.ohio.gov> and must be submitted on-line electronically. In 2011, applications for licensing renewal will also be paperless. Contact your licensing specialist with any questions or concerns.

### Recall Notifications

Visit often [www.odl.nhtsa.dot.gov](http://www.odl.nhtsa.dot.gov), [www.fda.gov/safety/recalls](http://www.fda.gov/safety/recalls) and <http://cpsc.gov> for current recall information, or to sign up for email notifications

## Did You Know?

Field trips are a great way to spark children's curiosity. Taking children outside of their typical environment opens them up to new experiences – meeting new people, going new places and trying new things.

Use your imagination to plan free, fun and meaningful outings, or use some of the ideas below:

- Go for a neighborhood walk
- Take a drive
- Explore parks
- Take a blanket outside and daydream

Ask open-ended questions. Talk about everything you see. Be prepared to answer lots of questions!

For more ideas, contact COAD Early Care and Education toll-free 1-800-577-2276

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