



Child Care Links

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May 2017

STEP UP TO THE PLATE

First Up: New CACFP Regulations



Make Plans NOW to attend this years CACFP training! The new CACFP Regulations are finalized and ready for implementation! So Step Up to the Plate and get ready to hit a grand slam. We don't want you to be stuck out in left field, so get the information you need to continue to be successful! Please call our office and reserve a spot at the training site most convenient for you.



Hutchinson
Monday May 8, 2017
6:30-8:30 p.m.
OR
Saturday June 10, 2017
10:00 a.m. - Noon
Hutchinson Public Library
901 N. Main St, Hutchinson, Ks 67501



Great Bend
Thursday, June 1, 2017
6-8 p.m.
Public Library
1409 Williams St, Great Bend, Ks 67530

McPherson
Thursday, May 4, 2017
7-9 p.m.
Fire Station
312 E. Kansas, McPherson, Ks 67460

Pratt
Thursday, June 8, 2017
7-9 p.m.
Community Building
619 N. Main, Pratt, Ks 67214



Wichita
Monday, May 15, 2017
7-9 p.m.
Central Community Church
6100 W. Maple, Wichita, Ks 67209

Larned
Thursday, June 15, 2017
7-9 p.m.
Pawnee County Courthouse
715 Broadway, Larned, Ks 67550

Kingman
Thursday, June 22, 2017
7-9 p.m.
First Christian Church
501 N Main St, Kingman, Ks 67068



Child Care Links is committed to making work shop activities accessible to all participants. All sites are handicap accessible. Thank you for keeping our workshops for adults only.

Nutrition Bites

Rainy Day Physical Activity

Regular physical activity has many benefits for young children.

- Developing muscular strength and endurance
- Building and encouraging self-esteem
- Increasing stability
- Building strong muscles, heart, and bones
- Developing object control skills
- Developing locomotor skills
- Enhancing thinking skills
- Developing object, color, and shape recognition
- Developing cardiovascular endurance

What to do when outdoor play is unavailable?

There are a variety of indoor physical activities to get children moving and having fun. Physical activities range from very simple play for toddlers and infants to more challenging, fun activities for preschoolers and school-age children.

Remember to always ensure that all activities are safe and developmentally appropriate for young children when engaging in physical activities.

Anticipate Reimbursement

Distribution Dates:

May 26, 2017

June 22, 2017

Welcome New Providers

Amanda Stoney– Kingman

Myriam Landwehr– Medicine Lodge

Victoria Reynolds– Wichita

Summer Hanson– Pratt

Kindra Lynch– Andover

Welcome Back

Ebony Lowe– Wichita

Indoor Physical Activity for Toddlers

Find the Apple

Find the Apple is a fun scavenger hunt for toddlers. Children will walk and search the classroom for hidden apples.

Materials:

Plastic red apples (15-20), basket

Books to Read:

Apples, Apples by Kathleen Weidner Zoehfeld

Directions:

Hide apples in various places around the room. Children will walk, hop, or crawl around the room looking for the hidden apples. Walk, crawl, and hop with the children, encouraging them to look for the missing apples. As children find the apples, ask them to place them in the basket. This activity could be used with other plastic fruits and vegetables to teach children about healthy foods.

Indoor Physical Activity for Preschoolers

Musical Bubble Shapes

Musical Bubbles is a fun and exciting game for young children. Children walk, jump, or dance across bubble wrap as music is played.

Materials:

Bubble wrap (24-36 inches wide and 10-15 feet long), duct tape, music, and a musical player

Books to Read: Shape by Shape by Suse MacDonald

Directions:

Position the bubble wrap on the floor forming two to three shapes, for example a square, diamond, and a triangle. Apply duct tape to secure the wrap from moving or slipping. Discuss the different types of shapes included in this activity with the children. Then explain to the children the rules of the activity. Demonstrate the activity by walking, jumping, hopping, or dancing across the bubble wrap while the music is playing. When the music stops, stop and tell what shape you are standing on. Repeat the activity and ask the children to join in as you play the music.