



Child Care Links

www.childcarelink.org

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February
2018



Pediatric CPR and First Aid

What: Pediatric CPR and First Aid Class

When: Saturday, February 17, 2018

Where: Hutchinson Community College Student Union
Blue Dragon Room

Time: 8:00am—Noon

Please send a check to Child Care Links, 21 West 2nd, Hutchinson, KS 67501 for \$55.00. Please note the class date on your check. We will not be able to refund for cancellations made within 14 days prior to the class date.

Snack Ideas

- Whole Grain Bagels and Milk
- Carrots and Pineapple
- Snap Peas and Tuna Wrap
- Whole Grain Tortilla and Cheese
- Fresh Pear Slices and Milk
- Graham Crackers and Strawberries
- Peanut Butter and Whole Grain Crackers
- Refried Beans and Whole Wheat Tortilla
- Mixed Berries and Yogurt
- Grilled Cheese Sandwich and Milk
- Cuties and Animal Crackers
- Kiwi and English Muffin
- Grapefruit Sections and Cheerios



February is...

- 2nd Groundhog day
- 3rd Feed the Birds Day
- 4th Thank a Mailman Day
- 6th National Chopsticks Day
- 7th Send a Card to a friend Day
- 9th National Pizza Day
- 14th Valentines Day
- 17th Random Acts of Kindness Day
- 19th Presidents Day
- 20th Love Your Pet Day
- 22nd George Washington's Birthday
- 22nd Walk the Dog Day
- 24th National Tortilla Chip Day
- 26th Carnival Day



Valentine Waffle Bar

Celebrate Valentines Day Morning with a top your own waffle Bar. Make your favorite whole-grain waffles (you could cut in heart shapes) and let the children top with a variety of healthy options such as:

- Strawberries
- Raspberries
- Blueberries
- Blackberries
- Warm sautéed Apple Slices
- Homemade Whipped Cream
- Peanut Butter
- Coconut
- Chopped Nuts



Nutrition Bites

Heart Hop

Heart Hop is a great indoor activity that keeps children moving while learning about each other.

- Cut 8-10 hearts out of cardboard or poster board.
- Tape the hearts to the floor in a path
- Instruct the children to line up at the start of the heart path
- While playing music, have each child hop from one heart to the next starting over once they reach the end of the path.
- When the music stops, have each child stop hopping and say something they love, such as “I love bananas”
- Once each child has said something they love, start the music and children start moving again. Switch up the movement each time the music starts over (skip, crawl, etc.).



2018 Anticipated

Reimbursement Dates:

January 30
February 27
March 30
April 27
May 30
June 21
July 27
August 31
September 28
October 30
November 30
December 28

Toad in the Hole- Valentine Style

- 1 slice 100% whole wheat bread
- 1 tsp. butter
- 1 egg
- Salt and pepper to taste



Cut a 3-inch heart shaped whole in the bread with a cookie cutter.

In a small skillet, melt the butter

Place the bread in the skillet

Crack the egg in the hole.

Cook for about 2 minutes over medium heat until the bread is lightly browned.

Turn and cook the other side until egg is done.

