

June 27, 2018



## The Nurturing Center Leaflet

### Congratulations to Discovery Developmental Center!

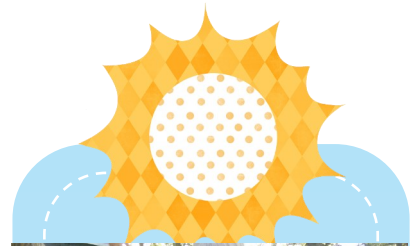
25 years and counting!!!

This year marks the 25th year for Discovery Developmental Center, a center in Kalispell. Collette Box and her dedicated staff have been paving the way of exceptional early childhood education and it shows. Dedicated families, a staff of life long learners, and happy kiddos are proof that Discovery is doing a lot of things right.

As a member of the Stars to Quality program they have been consistent at a Star 4 level, no easy feat for sure. Not only that, this year they ACED their NAEYC accreditation assessment. They are one of only 12 programs in the state of Montana that is accredited! That deserves a pat on the back and a round of hip hip hoorays for the whole staff that worked diligently on the project.

Whether they are on a field trip, inside painting, exploring the garden, or any of the other multitudes of things that go on at Discovery, the children are asked to explore and learn at their own pace and all with gentle leadership from the teachers that truly care about each and every one of them.

We at the Nurturing Center are so proud of the work they do and the value they bring into the families and children's lives that they touch. They are an asset to the community and to the field of Early Childhood Education.



## Pet Safety

Here are some tips to help keep our furry family members safe this summer too.

- 1) Provide plenty of water and shade
- 2) Watch for signs of over heating ~ heavy panting, wobbly legs, thick drool
- 3) Never leave them in the car
- 4) Apply sunscreen to exposed parts~ bellies, ears, and nose
- 5) Keep them away from fireworks
- 6) Consider a life vest
- 7) Watch for ticks, fleas, and other pesky parasites
- 8) Cool their paws and bellies for quicker results if they are too hot

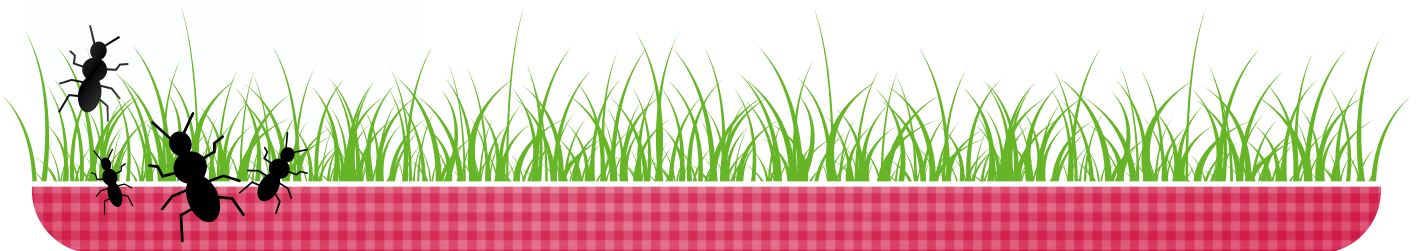
## New Summer Trainings

We are very excited to offer some new and exciting classes this summer. For all of you looking for a longer class, we are offering a book club! The book is called *The Mind in the Making* and is about how children learn and develop best and how we can help them develop skills to help them thrive now and into the future.

Also this summer we are excited to bring you a "Build a Box" class to help you prepare and organize all the documents needed for your PAS and BAS assessments. It should be fun and think how great you feel with everything organized!

## Training Calendar ~ July

1	2	3	4 NC Holi- day	5	6	7
8	9	10 PME/ ECE	11	12	13	14
15	16 Vis. Sched/ Transi- tions	17	18	19	20	21
22	23	24	25	26	27	28 CPR/ First Aid
29	30 BMSCB (Pol, Lib)	31				

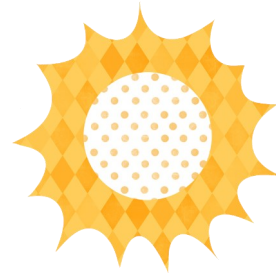


## News from the Best Beginnings Desk

As the State's fiscal year is coming to a close, payments will not be processed for the Best Beginnings Scholarship on July 12th. All other Tuesday/Thursday payments in July will proceed as usual.

## Referrals

Please contact Danyal via email or phone to update vacancies within your facility. Keeping our database current and accurate for our clients is a priority!



*Let us lay in the sun and count every beautiful thing we can see....*



### Bare Necessities Fresh Fruit Pops

**Ingredients**

- 1 cup strawberries, chopped
- 1 cup kiwi fruit, peeled and chopped
- 1 cup blueberries
- 1 cup canned mandarin oranges, juiced drained
- 1-2 cups 100% apple juice

**Directions**

1. Combine the strawberries, kiwi fruit, blueberries, and oranges in a bowl.
2. Add about 1/4 cup of the fruit mixture to 16 small plastic cups.
3. Fill the cup with apple juice until the fruit mixture is just barely covered.
4. Cover the cups with plastic wrap and insert a popsicle stick through the plastic wrap into each cup.
5. Freeze the pops overnight.
6. Remove the pops from the plastic cups and serve. Rise the cups under warm water if the pops are difficult to remove from the cups.

**CACEP Crediting**  
Makes 16 servings for 3-5 year olds at any meal or snack.  
✓ Vegetables/Fruits

Source and photo: <http://www.themerclawife.com>

**Michigan Office**  
132 W Lake Lansing Rd, Suite 120 • East Lansing, MI 48823  
Telephone: (800) 254-3267 • Fax: (517) 332-6543

**Association for Child Development**  
www.acdids.org

**Illinois Office**  
4415 W Hampton St, Suite 535 • Hillside, IL 60162  
Telephone: (800) 284-5273 • Fax: (708) 256-0872

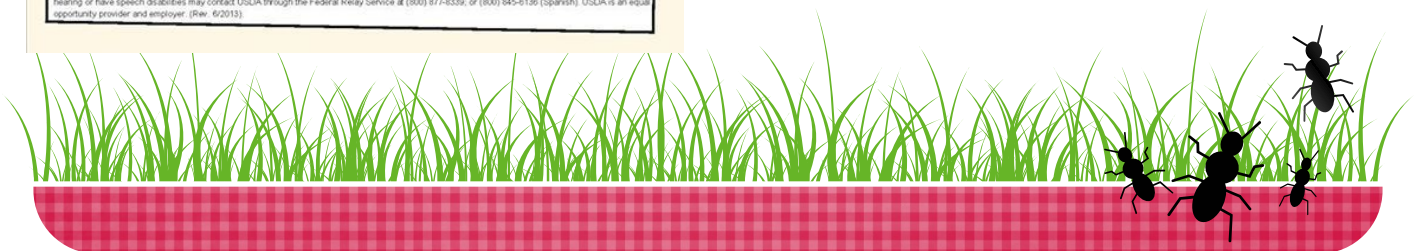
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Summer is a great time of year to experiment with some different foods with the children. It's a time of fresh fruits and vegetables, maybe even growing some of your own. It is also a great time for some imaginative hands on fun food making. Just like we would let the children create art with loose parts, see what they can do with loose fruits, crackers, cheese, etc...

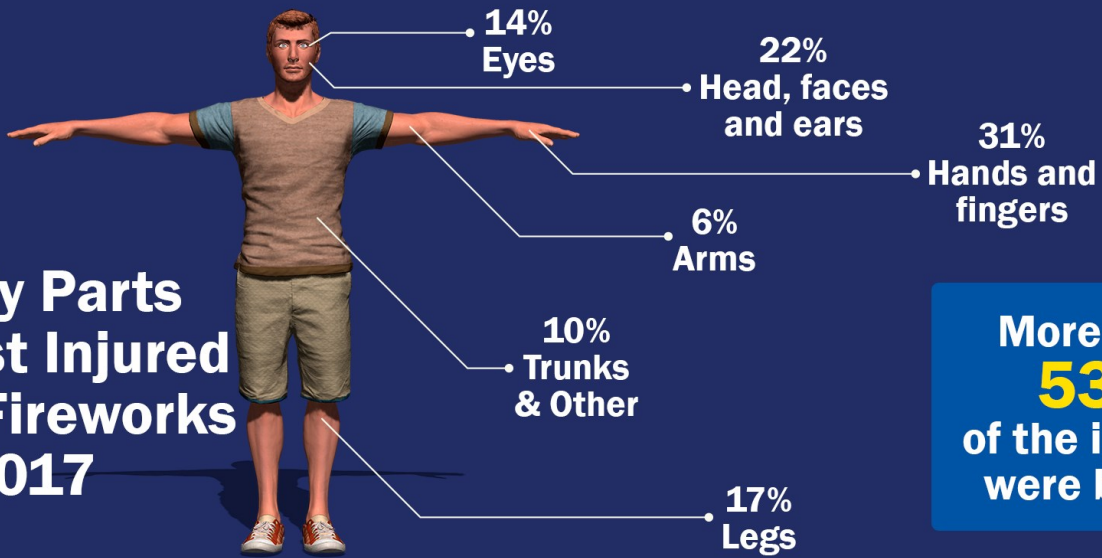
Maybe they will make flowers out of grapes or boats out of apples. Having fun with each other, learning about healthy choices, trying new things, and taking the time to enjoy their food is the ultimate goal. Have fun with it!

For some inspiration, here is a fun snack that is easy to make and the children can do most of it. You can also put names on cups so they can eat their own masterpiece!

PS. There are lots of CACFP approved recipes on Pinterest!



## Body Parts Most Injured By Fireworks in 2017



More than **53%** of the injuries were burns.



# #CelebrateSafely

### Firework Safety

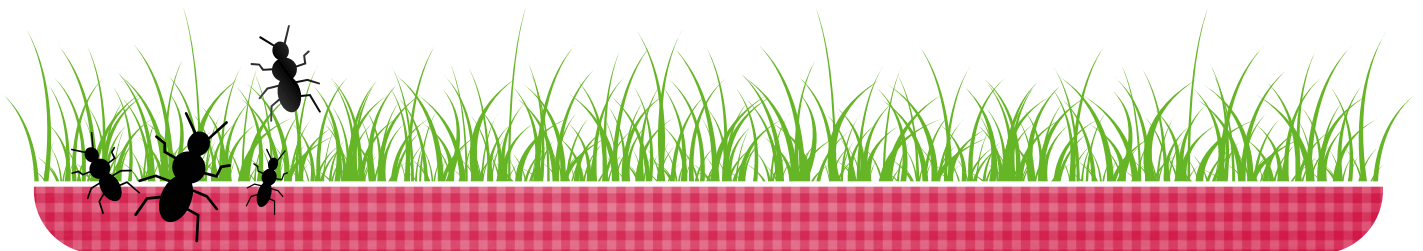
Fireworks were involved in an estimated 12,900 injuries treated in U.S. hospital emergency departments during calendar year 2017 (95 percent confidence interval 9,700-16,100). The estimated rate of emergency department-treated injuries is 4.0 per 100,000 individuals in the United States.

Children younger than 15 years of age accounted for 36 percent of the estimated 2017 injuries. Fifty percent of the estimated emergency department-treated, fireworks-related injuries were to individuals younger than 20 years of age.

Children 10 to 14 years of age had the highest estimated rate of emergency department-



treated, fireworks-related injuries (5.9 injuries per 100,000 people). Young adults 20 to 24 years of age had the second highest estimated rate (5.8 injuries per 100,000 people).



## Tick Season



Ticks crawl up on low vegetation and wait for people or animals to pass by and brush up against them. Ticks are attracted to the odor, heat, and breathing of people and other animals. They attach themselves to the host by stretching their legs out towards the host and do not jump or fly. Ticks have 8 legs for crawling slowly and then holding on and no wings. In Montana, tick season lasts from the onset of warmer weather in the spring until about mid-July when warmer weather and low relative humidity cause the ticks to become inactive.

1. Use fine-tipped tweezers or notched tick extractor, and protect your fingers with a tissue, paper towel, or latex gloves (see figure). You should avoid removing ticks with bare hands.
2. Grasp the tick as close to the skin surface as possible and pull upward with steady, even pressure. Do not twist or jerk the tick; this may cause the mouthparts to break off and remain in the skin. (If this happens, remove mouthparts with tweezers.)

## Emergency Preparedness

As per new licensing rules, everyone needs to have 8 fire drills and 2 other emergency type drills every year (think forest fires, flooding, earthquake, or severe storm). Child Care Aware has some very helpful documents that you can use and also lots of great information that may help you build emergency kits and better prepare yourself and all those precious kiddos for an emergency.

Check out their site at [childcareaware.org](http://childcareaware.org)

## ImagineIF

ImagineIf library has already begun it's Summer Experience classes for children.

Coming in July...

Water Works ~ explore the science of water

Woodland Wonder ~ Create a work of art with tools from the outdoors.

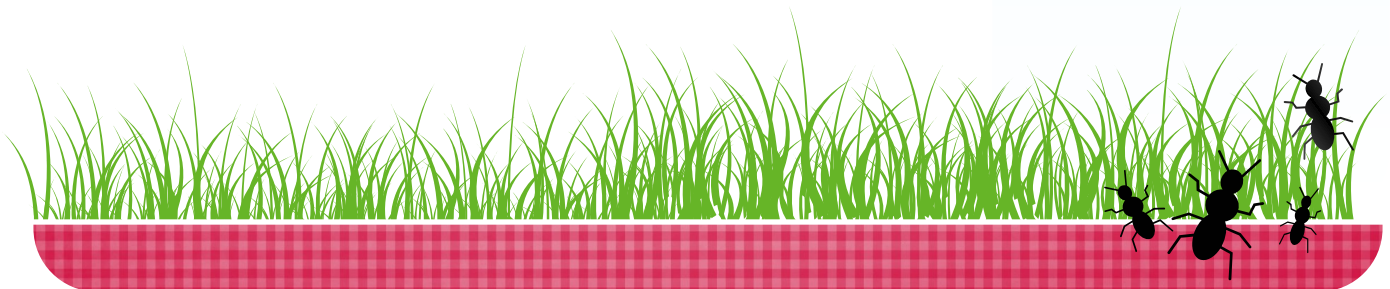
Fly Away ~ Watch things swoop and soar with flying experiments

Hullabaloo ~ Sound exploration

Kaboom ~ Celebrate the fun of destruction

These are all in Kallispell. Different times available in Columbia Falls and Bigfork. Check out their website for more details.

[Imagineiflibraries.org](http://Imagineiflibraries.org)





## Adventures!

We encourage all kinds of outdoor activities during the summer. We all know how hard it is to be totally cooped up all winter long so take advantage of the sun while you can.

That being said, you do want to remind you to be safe! If leaving the child care facility, you must have written consent form from each parent on file at the facility. If driving somewhere, children must be secured in an age appropriate safety restraint any time the vehicle is in motion. Children may never be left unattended in a vehicle, not even for a minute! Please make sure you are doing constant head counts or role calls to avoid losing anyone. Also, maintain accurate attendance records at all times and keep your vehicles maintained. It is no fun being broken down with scared kiddos. Always take a fully stocked first aid kit wherever you go. Last but not least, HAVE FUN!!!!

As always, if you have any questions or concerns, please don't hesitate to reach out to us here at the Nurturing Center. Call Amy for CACFP questions; Elizabeth, Danyal, Jenny, and Stephanie for Best Beginnings and childcare questions; and Cindy, Jennifer, Kalli, or Raelynn for any provider questions. We are here for you!!

406-756-1414



We would also like to congratulate all of our STARS programs on their continued hard work to provide high-quality care to the children and families in our region! Look for our next featured program in our August leaflet!

