

January 2010

Butte 4-C's

101 E. Broadway
Butte, MT 59701
406-723-4019

Please remember to turn in your completed provider profiles and your rights and responsibilities so that we may update your file and referral information. We must have this information to continue child care referrals to your facility.

Best Beginnings Reminders

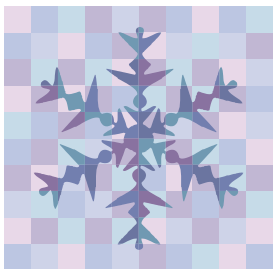
REMINDER:

Child care providers who are registered or licensed may charge for certain holidays when their child care businesses are closed if payment policies include the same holiday charges to private paying families. These state-approved holidays include: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day. Pro-

viders may only charge for the number of hours a child would be regularly attending on this day. If the holiday falls on a day that the child is not normally scheduled to be there, the provider may not bill for the holiday. Providers must provide written proof to the Butte 4-C's that all families are charged for holidays.

A registered or licensed child care provider may claim certi-

fied enrollment (CE) days, i.e. claim payment for days on which the child was absent if the child is authorized for more than 30 hours of child care per week. Providers may not bill CE days on days that they are closed.



Butte 4-C's will be closed on Monday, February 15, 2010 for President's Day.

UPCOMING TRAINING

[Infant/Toddler Art](#)
January 19th
6:30—8:30 pm—Butte

[CPR and First Aid](#)
January 26th
5:30—10:30 pm
January 27th
5:30—8:30 pm
Butte

[Back to Sleep](#)
February 9th
6:30—8:30 pm—Butte

Nutrition Nook

By Sharon Lofftus, CACFP Coordinator

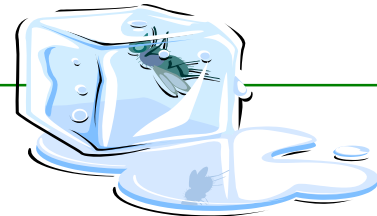


Snacks made from nutrient-rich foods are a normal part of a healthy diet. CACFP requires that you choose two foods from four categories: meat or meat alternatives, fruits and vegetables, bread or bread alternatives, and milk. Fruits, vegetables, and whole-grain foods make great snacks. Snacks that are lower in saturated fats, *trans* fats, sugar, and salt (sodium) provide a better source of energy for children.

Ways to get started:

1. *Set a good example*—Kids often want the same snacks you eat. Choose snacks that are good for your health. Try fat-free or low-fat milk, cheese, and yogurt.
2. *Plan ahead*—Make snacks from the various parts of My Pyramid. Healthy snacks should be a part of your grocery list.
3. *Be ready*—Keep fruit, 100% juice, crunchy veggies such as carrots or celery, yogurt, bagels, pretzels, and whole-wheat crackers on hand.
4. *Start a new trend*—Include fruits and vegetables for school parties and special events.

Make healthy snacking easy—Put snack foods like pretzels, crackers, peanut butter, cheese, and yogurt on lower shelves so kids can get to them.



Winter Activities

Art Activity: Puff Paint Snow

Materials: Turquoise blue construction paper, snowman shape (I use the Elison snowman), collage materials, shaving cream and glue.

Description: Have children decorate a snowman with the collage materials; wiggly eyes, buttons, foam shapes, ribbon, etc. Glue to blue paper. Mix equal parts of shaving cream and Elmer's glue. Have the children use popsicle sticks, q-tips, plastic spoons, etc. to add the mixture around their snowman and make hills of snow and snow falling from the sky. When the mixture is dry, it makes beautiful puffy snow.

Science: Melting Experiment

Preschool children will use the scientific skills of observation, prediction and evaluation for this melting experiment.

You will need:

Paper cups and plates, plastic containers, aluminum foil, plastic wrap, cloth scraps, spoons, sand, paper, crayons and ice cubes.

Description: Teachers, with a small group of pre-k children ask, "What do you think happens when you put ice in a glass of water or juice?" "What happens when you leave crayons out in the sun or when you bring a snowball inside?" Talk about the children's responses then ask, "What do you think makes ice melt?" "What makes crayons melt?" Then suggest, "Let's try some experiments to learn more about melting."

Next, show preschool children a tray of ice and ask them to think of different ways to melt each cube. Make a list of the methods they suggest and ask youngsters to predict which method will make the ice cube melt the fastest and/or slowest. If needed give these examples, place an ice cube in a container filled with cold water; one with hot water; another in sand, snow (if available).