
Caring for Kids



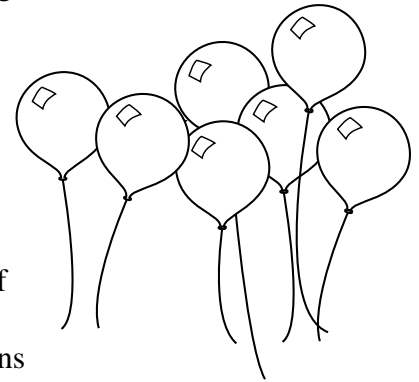
Getting to Know Parents

Getting to know a child's parent can be one of most important ways for you to provide the best care for their child. First of all, you should really get to know them, not just their names and faces. That means finding some time to spend together, learning about the family. Ask them about their child rearing practices, the expectations they have for their children, the types of behavior the parent does not allow, routines, and what they expect of child care. Listen carefully to what the parent tells you. This is the best way to learn how to make each child feel truly at home in your child care.



Safety Tip

Balloons are not a safe toy. Brightly colored balloons tied together with ribbons makes most of us think of fun rather than danger, but balloons and young children can be a deadly combination. The Consumer Product Safety Commission has found that latex balloons are the leading cause of suffocation deaths in children. Since 1973, 110 children have died from suffocation involving uninflated balloons or pieces of broken balloons. Balloons are not recommended for children under the age of six.



**telephone help line for
child care providers**

Do you have questions about caring for other people's children, such as...

- How do I get children to eat?
- Why won't children share?
- How do I stop a child from biting other children?
- What do I do when a parent doesn't pay in time?
- Where do I call to find out how to become a registered child care provider?

**You're not
alone . . .**

Telephone Help Line

**Call Toll Free
1-800-859-8340**



S N A C K S

Making Bread

A slice of bread is a simple and satisfying snack. Helping to make the snack makes it even better for children.

Bread in a Bag

2 cups all-purpose flour

3/4 cup wheat flour

1 package rapid rise yeast

3 tablespoons sugar

3 tablespoons oil

3 tablespoons nonfat dry milk

1 teaspoon salt

1 cup hot water (125-130°F)*

1 gallon size self-closing plastic bag

* The temperature of the water is very important. If it is too hot it will kill the yeast – if it is too cold, the yeast won't work. Use a candy thermometer to check the temperature of the water.

Have the children wash their hands. Combine 1 cup all-purpose flour, undissolved yeast, sugar, dry milk, and salt in a 1-gallon, heavy duty self-closing bag. Zip the bag, pushing out the air. Ask the children to shake the bag well.

Add hot water and oil to the dry ingredients. Seal the bag again. Ask the children to work the dough with their fingers.

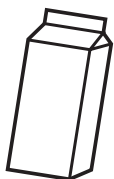
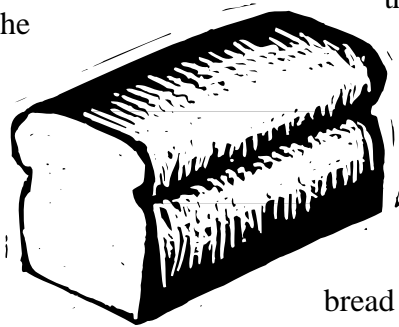
Add 3/4 cup of the whole wheat flour, reseal and mix again. Gradually add the remaining all-purpose flour to make a stiff dough that pulls away from the bag. Remove the dough from the bag.

Sprinkle flour on a clean table. Show the children how to knead dough with the heel of their hands. Knead the dough for 3 or 4 minutes. Cover dough, and let it rest for 10 minutes.

Shape the dough into a loaf and place in an oiled bread pan.

Let dough rise in a warm place (to speed this step up, place a baking sheet over a shallow pan half filled with warm water. Set the bread pan on the baking sheet). Let dough rise 20 minutes or until it has doubled in size.

Bake at 375° for 25 minutes or until done. Remove from pan and cool on wire rack.



Try These Words

Do you ever feel like you can't find the right words to say to children? Here are 10 examples of things you can say to the children in your care:

"It is hard to wait for your turn."

"That toy needs to stay on the floor or on the table."

"I won't let you hit me, and I let won't anyone hit you. My job is to make this a safe place for all of us."

"I cannot let you kick him. Kicking hurts. If you are angry, tell him with words."

"Chairs are not for climbing. You can climb on the toy in the other room."

"Draw here on your own paper. Marissa does not want you to draw on hers. Would you like a larger piece of paper?"

"I know you don't want to stop what you are doing now, but it is time for you to go home. Would you like to play with that toy tomorrow? I'll help you to remember."

"Please don't call William a baby. He is four years old. It's just hard for him to get used to being without his mommy."

"I don't want you to laugh when someone gets hurt. Jamel's leg really hurts, and that can be scary, can't it? Would you bring the tissue box to Jamel? Thank you."

"Girls can be farmers too."

Children Learn What They Live

If a child lives with criticism, he learns to condemn.

If a child lives with hostility, she learns to fight.

If a child lives with ridicule, he learns to be shy.

If a child lives with shame, she learns to feel guilty.

If a child lives with tolerance, he learns to be patient.

If a child lives with encouragement, she learns confidence.

If a child lives with praise, he learns to appreciate.

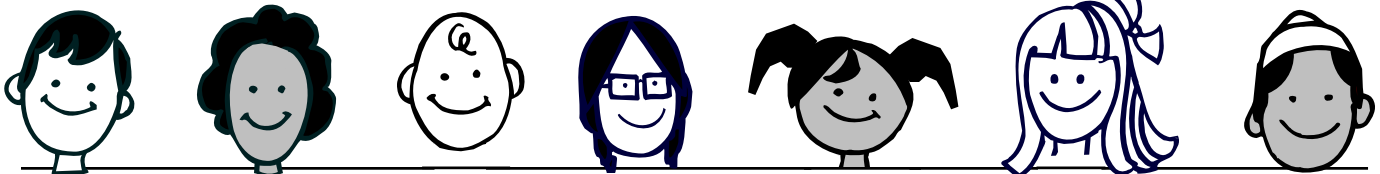
If a child lives with fairness, she learns justice.

If a child lives with security, he learns to have faith.

If a child lives with approval, she learns to like herself.

If a child lives with acceptance and friendship, he learns to find love in the world.

Author Unknown



Sparkle Salt Dough

This flashy dough is easy to make. You will need:

3/4 cup cold water

1 tablespoon food coloring

1 cup salt

1/2 cup cornstarch

Pour the water into a medium-sized pan. Add the food coloring. Stir in the salt and cornstarch. Cook over medium heat, stirring constantly until the mixture thickens into a dough. Take the lump of dough out and wrap in a paper towel. Cool the dough completely and knead for a few minutes before giving it to the children.

Store the dough in a plastic bag in the refrigerator.

Weather Art

Children have their own way of interpreting the world around them. This activity helps children use their imaginations to show how they feel about different weather conditions.

Give the children paper and crayons. If possible, play a tape recording of different weather sounds. If you do not have a tape recorder, describe some weather conditions by telling a story. For example, you might tell a story about a little girl or boy who went out in a snowstorm. Use lots of details. The children can help tell the story.

Have the children draw a picture of the weather conditions you are describing. Save the pictures and laminate them. You can use them during circle time on days you are discussing weather.

Cross the Creek

Lay newspaper sections on the floor and pretend they are stepping stones across a creek. Play some upbeat music and have the children jump from stone to stone to get across the creek. Once all the children are across, place the stones farther apart and have them cross again. Don't get wet!

Box Buddies

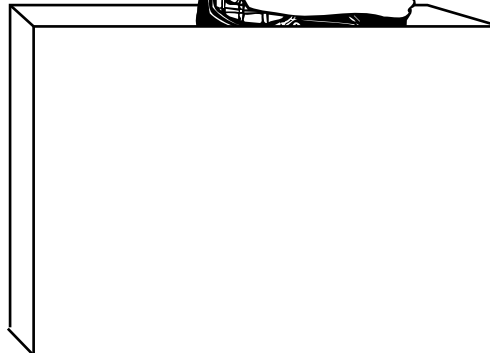
For each child, you will need a cardboard box large enough for a child to sit in. Put the boxes in a circle. Have a child stand behind each box. Explain to the children that the boxes can be anything they imagine – cars, spaceships, animals, etc.

Ask one of the children what he imagines his box is. Have all the children pretend that is what their boxes are. For example, a child might say “a car.” The children can sit in their boxes and pretend they are driving. Ask questions to expand their imaginations – “Are you in a busy city?” “The country?” “Is anyone stuck in traffic?” “What do you see

around you?” Let them do this for a few minutes, then ask everyone to climb out and stand behind their boxes again.

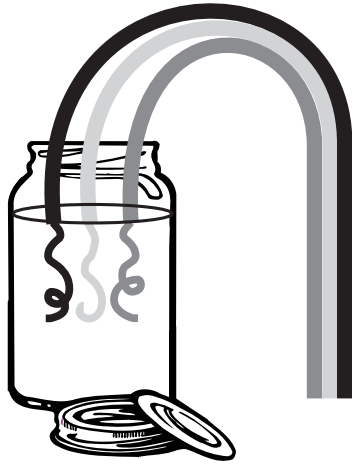
Going around the circle, give each child a turn imagining what the box is. If a child is having difficulty choosing, help her by making suggestions.

When the game is over, save the boxes for another day, or let each child color or paint his box any way he likes.



Quiet-time Rainbow

Although children need quiet, peaceful times each day, it's often hard to convince them that this is a good idea. It helps if they have something to do as they relax. This activity will set the mood for peaceful and calm relaxation.



You will need:

1 gallon glass jar
food coloring
soft music

Fill a gallon glass jar with water. Place the jar where the children can see it from all sides. Let the water sit for a while so it is still.

Turn on some soft, relaxing music and have the children gather around the jar. Holding the food coloring dropper close to the surface of the water, place one drop of each of the primary colors (red, yellow and blue) in the jar.

Using a quiet voice, tell the children to watch the interesting shapes and patterns the colors make as they move through the water. Don't talk too much – let the children reflect quietly as the music plays.

The Elevator Game

Spread a large towel or blanket on the floor to make an “elevator.” Have the children stand in front of the elevator with you. Push a pretend button. Describe what you are doing:

“The door is opening.”
(demonstrate with your hands)

“We’re getting on the elevator.”
(everyone steps on towel or blanket)

“We’re going to the first floor.”
(push pretend button)

“We’re going up.”
(look up)

“The door is opening.”
(demonstrate with your hands)

“Here we are. Everybody out!”
(everyone steps off towel or blanket)

When you step off the elevator, look around and describe the floor you’re on. For example, “We’re on the jumping floor!” Everyone jumps around before stepping back into the elevator to ride to the next floor. Stop at the flying, bouncing, tiger, and whispering floors. Make up some of your own, or let the children take turns telling you what floor you’re on.

He or she? Him or her?

Please note: In this and all Better Kid Care publications we take turns referring to children as “he” or “she.” When we use he or she, we include all children.



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Send your ideas to:

Caring for Kids Caregiver Tips
Room 5 Armsby Building
Penn State University
University Park, PA 16802

Contributors to this issue; Sheila Milnes; *Engaging Your Preschool Learners*, by Bev Boss; *A Guide to Discipline*, Janice Galambos Stone; *Mudpies to Magnets*, Robert A. Williams, Robert E. Rockwell and Elizabeth A. Sherwood; *Extraordinary Play with Ordinary Things*, Barbara Sher; *Wonderplay*, by Fretta Reitzes and Beth Teitelman, with Lois Alter Mark.

* Indicates that book can be borrowed from the County Cooperative Extension Resource Library

Dr. James E. Van Horn, Better Kid Care Project Director

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