



KEEPING IN TOUCH

Childminding Monitoring Advisory and Support Project

Volume 3, Issue 1

It's Snack Time!

Over the last year, programs have asked for suggestions on providing snacks for children that are nutritious, culturally varied, easy to prepare and low in cost. It was out of the challenge of providing daily snacks, that a delicious nutritious project began!

CMAS decided to put together a booklet full of recipes, and useful snack information. So, we started at the source, with you!

Sites from across Ontario were asked to contribute recipes that have worked for them and we were de-

lighted by the response. More than 90 snack ideas were submitted.

We began with your ideas, consulted dieticians, researched nutrition information and ultimately compiled "It's Snack Time".

Here are some of the facts we learned along the way about the importance of nutritious snacks.

- Because snacks provide almost one-fourth of a child's food intake, they should be nutritious. Nutritious snacks will help children get all

the vitamins and minerals they need each day. (National network for Childcare)

- It is recommended to include foods from at least 2 food groups for each snack as no one food supplies all the necessary nutrients each day. Children have the same nutritional needs but the amounts vary according to each child's age, size, sex, activity level, appetite and growth rate.

Children in care not only

experience a variety of foods for nutrition and enjoyment but also are developing good life-long eating habits.

Enclosed in this mail out you will find a copy of "It's Snack Time!" a compilation of low cost, easy to prepare, culturally varied snack ideas that programs can use to enhance the snacks they already provide. We hope you and the children enjoy the recipe ideas, and thanks again to all those who contributed.

BON APPÉTIT!

New Vaccinations for Childhood Immunization

In Ontario, three new vaccinations are being publicly funded and added to the recommended schedule of routine childhood immunizations. The vaccines are for chicken pox, meningococcal, and pneumococcal disease.

Who does this apply to?

Starting September 1, 2004 children born on or after September 1, 2003 are eligi-

ble to receive a single dose of meningococcal C-conjugate vaccine and the varicella vaccine on or shortly after their first birthday.

On January 1, 2005, the pneumococcal conjugate vaccine will be available to all children born on or after January 1, 2004.

In addition varicella and

meningococcal vaccines will be available for other age groups as well as designated high risk people of all ages starting in January, 2005.

Check the Ministry website for the designated high risk people or for more information on vaccinations visit: www.health.gov.on.ca

For Your Information

All support documents are available in both French and English. If you require any of these documents in either or both of the Official Languages please do not hesitate to call the CMAS office.

This year we will be looking at site emergency procedures. If you require assistance prior to assessment on this area please call your site consultant.

IN THE NEWS....

THANK YOU TO CMAS...

The holidays arrived with a surprise at CMAS! We received by special delivery the most gigantic thank you card from the children, staff and lead Danielle Downing of The Wellington Centre for Continuing Education, Upper Grand District School Board in Guelph, a card full of little handprints, good wishes and thank you's for the literacy and music package they had received earlier. It was so nice to hear that the effort put into getting those resources to you was appreciated. So, Danielle, team, and 'little hands', thanks again for the lovely card and enjoy the resources!

CONFERENCE UPDATE

We would like to thank the conference organizers for a truly wonderful 2 days. The workshops were great, the keynote speakers truly inspiring and the opportunity to spend time with childcare staff hearing and sharing some great ideas left us feeling refreshed.

All participants received numerous books from the Reading and Parent Program for use in their programs and many great ideas which

we hope you are able to use to enhance the quality of care provided to children.

NEW!! TRAINING OPPORTUNITIES FOR CHILDMINDERS

CMAS is presently working with CIC to start up a terrific new service that will be a great support for childcare staff working in the LINC Childminding programs.

This initiative is intended to help childminders who want to take courses by providing them with information on what is available and reimbursing for course completion. Training opportunities being considered range from workshops to courses required for a degree or diploma in Early Childhood Education. The funding will cover the cost of tuition for courses taken on their own time that meet the criteria currently being developed.

Thanks to CIC for focusing on the educational needs of childminders. As we all know the more we know about caring for children, the better we provide.

You will be hearing more about this great opportunity in the next few months!

AND THE WINNER IS:

To find out what your training needs are, CMAS asked a number of you to complete surveys on the new training initiatives and two raffles took place. One at the LINC Childminders' Conference in Toronto and the other on Friday January 14th, at the CMAS office.

On the 14th we were fortunate to have Josephine Chung, CIC Program Consultant visiting at the CMAS office and available to make the draw.

We are happy to announce that the winner of this gift basket, brimming with children's resource books, is Anjum Siddiqui of Debra Dynes Community House, OCDSB, in Ottawa. Congratulations Anjum, and thank you to all who participated. We had more than 100 responses!

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Welcome to Debi!



We would like to take this opportunity to introduce Debi Witke. Debi will be monitoring and supporting sites in the GTA and we welcome her many years of experience and expertise.

Debi has been dedicated to the field of child care since 1970

and holds an ECE.C (certified) and also a diploma in ECEDH which has enabled her to work with children with Special Needs.

Since 1986, she has worked with First Stage Child Care Centre as Supervisor, and Program Manager. First Stage operates three high school day cares located at Burnhamthorpe Collegiate, West Humber Collegiate and North Albion Collegiate Institute in Toronto.

Debi has been an active supporter of childminding serving on the advisory committee of the original working group to draft the LINC Childminding Requirements, the Childminder's Resource Guide and School Aged Manual for LINC programs. Recently, Debi has served on the CMAS Advisory Committee and is devoted to the concept of 'children and families first'!