



# THE 4C CONNECTION



A Quarterly Publication of  
 Macomb County MSU Extension-4C  
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 Hours of Operation: Tues-Fri 8:30a.m.-5:00 p.m. Mon 8:30 a.m.-7:00 p.m.  
 MSUE Website: www.macombcountymi.gov/msuextension



## Cooking Experiences Promote Development

Summer 2008

Cooking is fun. It's also a natural laboratory for helping children to develop and learn. When children participate in cooking activities, they learn how food is prepared and how it contributes to their health and well-being. They also form eating patterns that can last a lifetime. Cooking also helps explore all the content areas. Such as, literacy, math, science, social studies, the arts, and technology.

**Literacy:** Going over recipe cards with the children will expand their vocabulary and language. As children learn to grind, knead, and flip they also learn new word skills. Stock the Cooking Area with children's books that feature eating, and cooking. Use recipe cards, coupons, and magazines to enhance the children's understanding of print.

**Mathematics:** Having children set the table for the number of students will help with one-on-one correspondence. By using shape cutters to cut sandwiches will give the children geometry and spatial sense. You can have the children layer a salad or lasagna to develop patterning skills. Use data collection by grafting how many people want to cook different recipes.

**Science:** Encourage children to use their senses. Examples are melting ice, smelling mint, watching what happens when a liquid mixes with a solid, or the taste of lemonade. Remember to also include life science such as growing seeds in a jar.

**Social Studies:** Share family recipes with varied cultures and customs. Teach the children about recycling. Have children sort metal,

paper, glass, plastic and etc. This will help teach about people and the environment.

**The Arts:** Expose children to drawing foods that they eat or make. This will foster visual art. You can promote drama by pretending to be kernels of corn popping or bread popping out of a toaster.

**Technology:** Talk to children about the appliances they use in the cooking area. Ask questions about the tools used such as, "How is an eggbeater, wire whisk, and hand mixers alike or different?"

When going on field trips have the guide show children the machines that are used to milk cows, plant seeds, harvest plants or feed fish. This will teach the children that all types of people use technology.

When choosing an area for cooking remember to choose an area that has the counters and work space child size. Also have an adult stationed in that area at all times. Remember to have the children do the preparation. So it will be more child directed.

It helps to have recipes in picture form as well as, with words. Also, have the directions in picture form as well. When having small-group cooking it is most effective to use three or four children at one time. **Just have fun!!**  
 (The Creative Curriculum)

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# CLASS IS LIMITED TO FIRST 50 REGISTRANTS



## *CPR & First Aid Training Series* *Bloodborne Pathogens*



A CPR & First Aid training series (for Adult, Infant & Child) including Bloodborne Pathogens meeting MIOSHA standards is being offered by the MSUE-4C. The series is designed for home or center child care providers.

TOPICS: CPR/First Aid Certification

WHEN: Saturday, Oct. 18, 2008 8:30 a.m. – 9:00 a.m. Sign-in & Payment by check ONLY  
9:00 a.m. – 3:00 p.m. Instruction  
Saturday, Oct. 25, 2008 9:00 a.m. – 3:00 p.m. Instruction

WHERE: Verkuilen Building, Assembly Rooms A & B, Entrance E, 21885 Dunham Rd., Clinton Township

HOW: Complete the registration form and return by Sept. 26, 2008. There is a **\$35.00 fee** for this training to be **PAID AT THE DOOR by check made payable to Sharri Blackstone**. The class is limited to the first 50 registrants and only two staff will be allowed to register from one site; first come, first served. **NO PHONE REGISTRATIONS WILL BE ACCEPTED**. Those who actively participate & complete all 10 hours will be **CPR/First Aid Certified**. **CEU's are not available**. You will be contacted to confirm your registration within one week of training.

### **Participants must attend BOTH days.**

Call 1-586-469-7176 and ask for Vickie if you have any questions.

\$ \_\_\_\_\_

## *CPR & First Aid Training Series/Bloodborne Pathogens*

Oct. 18 and Oct 25, 2008 @ VerKuilen Building

Name \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

E Mail \_\_\_\_\_ Home Phone \_\_\_\_\_ Work Site & Phone \_\_\_\_\_

I am a:  Family Day Care/Group Home Provider  Center Staff  DHS Relative/Child Care Aide  
 Potential Provider  Volunteer/Other Staff **LIMIT OF TWO REGISTRANTS PER SITE**

**Mail ONLY your registration form to: MSUE/4C Attn: Training Registration, 21885 Dunham Rd, Suite 12, Clinton Twp, MI 48036. Pay a \$35 fee by check AT THE DOOR on the FIRST DAY of training from 8:30 am-9:00 a.m. made payable to Sharri Blackstone.**

*I give Macomb County/MSU Extension the absolute right and permission to use my photograph/name in it's promotional materials and publicity efforts. I understand that my photograph/name may be used in a publication, print ad, direct mail piece, electronic media or other form of promotion. I release Macomb County/MSU Extension service, the photographer, their officers, employees and agents from liability for any violation of any personal or proprietary right I may have in connection with such use.*

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## Information to Improve the Selection and use of Foods In Your Home

### Where's the Fruit? A Closer Look at Processed Fruit Snacks



Summer 2008 Vol. 7

Processed snacks promoting "real fruit" ingredients and flavors are popular treats for children of all ages. Brightly packaged and kid-friendly, these goodies sound like a parent's dream – fruit your child wants to eat. But a closer look at the label reveals these "fruit" treats are **no substitute** for the real thing.

Processed fruit snacks do not meet the requirements of a fruit serving. These processed fruit products are primarily carbohydrates and a lot of sugar. It's like eating candy. Even snack foods proclaiming they are made with real fruit juice can be deceiving. The real fruit juice is usually a very small amount. In that juice, you're not going to get the fiber that you would get in a piece of fresh fruit or in canned or dried fruit.

### Two Servings a Day



The US Department of Agriculture's food guide pyramid recommends that children have two servings of fruit every day. Depending on the age of the child (young children might eat less), a serving can include:

- 1 piece of fruit
- 1/2 cup of canned fruit
- 1/4 cup of dried fruit
- 3/4 cup of 100 percent fruit juice

To help children make healthy snack choices use an approach called **environmental control**. If you set up your environment with healthy foods and healthy snacks, chances are you're going to establish those eating habits, she explains. But if you don't have healthy snacks available and stock your house with less-nutritious alternatives, your kids are going to gravitate toward those.

### Do Your Own Packaging



Moving beyond the imagined convenience of packaged snacks is an important first step for parents. When you think about it, is it really more difficult to grab an apple, peach or banana than it is to grab that package of processed fruit snacks? Keeping fresh whole fruits available adds to the convenience factor for children, who can help themselves to healthy foods. Parents can also keep bags of orange slices, grapes or other bite-size fresh fruit in the refrigerator for nutritious, self-serve snacks. Dried fruit is another convenient "grab it and go" food. Focusing on real fruit does not mean your child cannot enjoy an occasional fruit pie or processed fruit snack. Your children can have a processed fruit snack on special occasions, but you want them to have healthy, nutritious snacks much more frequently

Source: Letitia Hess, MS, RD, CSP, LD. Cincinnati Children's Hospital Medical Center

## Word Wise

### Environmental control

Set up your environment (home) with healthy foods and healthy snacks. This will establish those healthy eating habits.



### For the season's best produce visit

### Mt. Clemens Farmers Market

*Fresh, Locally Grown Products Since 1979*

THE MARKET OPENS FOR THE SEASON SATURDAY, MAY 5TH



#### MARKET DAYS AND HOURS

Fridays and Saturdays - 7 a.m. to 1 p.m.

May thru November

#### MARKET LOCATION

Located at the City's Park & Ride Lot on North River Road between I-94 & North Bound Gratiot Avenue



# Can I Play Too?



## Inclusive Child Care, Part 1 A Training Series for Early Childhood Professionals

**FREE  
TRAINING**

This series **replaces the 4C Training "Working with Children with Special Needs."** If you have ever considered helping a family who has a child with special needs this session will give you insight into the lives of the children and families who handle special needs daily. You will discover how rewarding and enriching this experience can be not only for yourself but also for everyone in your care. **It is recommended that providers attend Inclusive Child Care after completing The Basics of Child Care. The series must be taken in sequence: Part 1, 2 and 3.** Each part is 16 hours.

<b>DATE:</b>	Module 1	Thursday	August 21	5:30 p.m.—10:00 p.m.
<b>TIME:</b>	Module 2	Friday	August 22	6:00 p.m.—10:00 p.m.
	Module 3	Wednesday	August 27	6:00 p.m.—10:00 p.m.
		Thursday	August 28	5:30 p.m.—10:00 p.m.

**LOCATION:** RESA Building 499 Range Rd. Marysville, Mi 48040 East Conference Room

**TOPICS:**  
Then and Now: Why Inclusion?  
Abilities First: Considering the Child with Special Needs  
Working Together: A Focus on Families

Those who actively participate and complete **all 16 hours** will receive a certificate of completion. **Partial certificates will not be given.** Training hours may be applied toward CDA, NAFCC and licensing requirements.

Inclusive Child Care, Part 1: A Training Series for Early Childhood Professionals is approved for 1.6 CEUs. **This is the first of three parts to be offered;** the complete training consists of Inclusive Child Care Training 1, 2, and 3 totaling 48 hours of training and 4.8 CEUs. **The series must be taken in sequence:** Part 1, then Part 2, then Part 3.

To register, complete the registration form and **return by August 14, 2008.** Mail to: Macomb MSU Extension-4C Office, Attn: Training Registration, VerKuijen Building, 21885 Dunham Road, Suite 12, Clinton Township, MI 48036 or **fax to 586-469-6992** or **register in person. PHONE REGISTRATIONS WILL NOT BE ACCEPTED.** Space is limited; first come, first served. There is **NO CHARGE** for this training. You will be contacted to confirm your registration. A confirmed registration is a commitment to attend.

For more information call Debbie Studebaker @586-469-7617

## Inclusive Child Care, Part 1 - *Can I Play Too?*

August 21, 22, 27, 28, 2008

**I have completed the 16-hour MSUE-4C Basic Training or equivalent.**

Name \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

E Mail \_\_\_\_\_ Home Phone \_\_\_\_\_ Work Site & Phone \_\_\_\_\_

I am a:  Family Day Care/Group Home Provider  Center Staff  DHS Relative/Child Care Aide  
 Potential Provider  Parent\*  Volunteer/Other Staff

\*Limited slots available, first come, first served.

*I give Macomb County/MSU Extension the absolute right and permission to use my photograph/name in it's promotional materials and publicity efforts. I understand that my photograph/name may be used in a publication, print ad, direct mail piece, electronic media or other form of promotion. I release Macomb County/MSU Extension service, the photographer, their officers, employees and agents from liability for any violation of any personal or proprietary right I may have in connection with such use.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# St. Clair County CMH Child & Family Educational Opportunities

## September 16, 2008

Medication Issues

Presenter: Dr. Baugh

Time: 6:30 p.m.—8:00 p.m.

Location: Woodland Developmental Center

R.S.V.P. to Marcy Cameron at 810-966-7814

by September 12, 2008

### Macomb County

#### Center Director's Exchange:

	<u>Date/Time</u>	<u>Program</u>	<u>Location</u>
Oct. 24	1:15 p.m.—2:45 p.m.	"MSU Extension Presents"	VerKuilen Bld.
Nov. 6	1:15 p.m.—2:45 p.m.	"Recognizing Developmental Delays & Disorders"	TLC
Dec. 4	1:15 p.m.—2:45 p.m.	"Ages and Stages/Milestones"	To Be Announced
Feb. 5	1:15 p.m.—2:45 p.m.	"Childhood Allergies"	To Be Announced
March 5	1:15 p.m.—2:45 p.m.	"Having Fun w/Science"	Romeo/TBA
May 7	1:15 p.m.—2:45 p.m.	"Roundtable Luncheon"	Bath City

### St. Clair County

#### Center Director's Exchange:

	<u>Date/Time</u>	<u>Program</u>	<u>Location</u>
Oct. 9	12:30 p.m.—2:00 p.m.	"Community Mental Health Services"	Creative Tots Preschool
Nov. 13	12:30 p.m.—2:00 p.m.	"Staff Motivation"	M-TEC Building Blocks
Dec. 11	12:30 p.m.—2:00 p.m.	"Autism"	Warm World YMCA
Feb. 12	12:30 p.m.—2:00 p.m.	"Kindergarten Readiness"	Ross Nursery
March 12	12:30 p.m.—2:00 p.m.	"MOYC Planning Forum"	St. Mary's (in SC)
May 14	12:30 p.m.—2:30 p.m.	"Roundtable/Steering Committee Meeting"	SC Co-op Preschool

**Confirmation Required**

**CENTER DIRECTORS ONLY ; THEREFORE, STAFF IS PROHIBITED**





# 36- Hour



**Learn how to operate a licensed childcare business in your home.**

A childcare provider has one of the most important jobs in our community. These business professionals devote their expertise, time and energy to taking care of our youngest citizens. This training program is designed to give interested adults the knowledge, skills and tools to be competent caregivers of other people's children, as well as successful business professionals.



## Free Training

### Topics Include

- ☀ Getting Started in Childcare
- ☀ Child Development
- ☀ Child Abuse and Neglect
- ☀ Positive Discipline
- ☀ Play & Early Learning
- ☀ Health & Safety
- ☀ Nutrition
- ☀ Cardiopulmonary Resuscitation (CPR)
- ☀ Business & Professional Development

**When:** 6 Class Series  
August 5, 8, 12, 15, 19 & 22

**Time:** 9:00 am - 3:30 pm

**Where:** Macomb MSU Extension  
21885 Dunham, Door Entrance E  
Assembly Rooms A & B  
Clinton Township, MI 48036

**\*\*Space is Limited\*\***

**\*\*For More Information Contact Michelle Simasko (586) 469-2395\*\***

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_

2008 Better Kid Care Program Registration Form

Macomb County MSU Extension-  
Macomb/St. Clair 4C  
21885 Dunham Rd., Suite 12  
Clinton Township, MI 48036  
586-469-6993

PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
MT. CLEMENS, MI  
PERMIT NO. 1

#### Address Update

- Please remove my name from your mailing list
- Please change address/name as noted
- I am receiving duplicates. Delete this label

Please mail update to the 4C Office.  
Make sure to include the mailing label.



**DATED PUBLICATION  
PLEASE DO NOT DELAY**



Macomb County MSU Extension's Community Coordinated Child Care, (MSUE-4C) program has received the Child Care Aware-Quality Assurance National Recognition for its child care education and referral services.

The Quality Assurance Award, akin to being accredited, was awarded by the Child Care Aware Consumer Education Quality Assurance Program, a national voluntary certification for child care resource and referral agencies.

"Residents can now be sure, when they come to our program for training, education or referrals, they are getting the best help possible." "This also shows the true value of the services we offer to the residents of Macomb County."

To get the Quality Assurance award, the MSUE-4C program had to undergo a year-long training and application process, and an evaluation by a validation panel. This achievement put the 4C program in the top 1/4 of the nation's child care resource and referral agencies for their consumer education and referral services.



# Teaching and Leading Children

Explore techniques to assist early childhood teachers and childcare givers working with infants, toddlers, and preschoolers.



## Teaching and Leading Children

From the authors of the popular parenting course Early Childhood STEP.



Training sponsored by:

**CARE**

### Macomb County Library

16480 Hall Road  
Clinton Township  
West of Garfield  
South side of Hall Road

Wednesdays  
6:30-8:30 p.m.  
10/08/2008 to 11/12/2008

\$28 per person

\*Payment due at registration.

**Certificate of Completion  
provided for 12 hour training.**

### Teaching and Leading Children

by Dinkmeyer & McKay  
is the required book and can be  
purchased at the CARE office.

To register call CARE at  
586-541-0033

**Visit our website:  
[www.careofmacomb.com](http://www.careofmacomb.com)**

CARE (Community Assessment Referral and Education) is dedicated to the prevention of alcohol, tobacco and other drug use. Federal, state, and local funding have been provided through Macomb County Community Mental Health/Office of Substance Abuse to support project costs. Recipients of substance use services have rights protected by state and federal law and promulgated rules. For information, contact CARE Recipient Advisor, 31900 Utica Road, Fraser, MI 48026 (586) 541-0033 or State Recipient Rights Coordinator, P.O. Box 30664, Lansing, Michigan.

# Michigan's Booster Seat Law

Effective July 1, 2008



## Children must be in a booster seat until they are 8 years old or 4'9" tall.

Children must be in a seat until they reach the age requirement or the height requirement, whichever comes first. For example:

If your child is over 8 years old, but under 4'9" tall, the law does not apply. If your child is under 8 years old, but over 4'9" tall, the law does not apply.

Remember: In both of these cases, your child may be safer in a booster seat but it is not required by law.

## Types of booster seats

A booster is a seat that boosts a child up so that the seat belt fits properly. There are two types of booster seats, no-back and high-back.

A no-back booster can be used when the vehicle seat/head rest supports the child's head.

A high-back provides head and neck support and can be used on vehicle seats with or without head restraints.

ALL booster seats **MUST** be used with a lap/shoulder safety belt.



## More information

Best practice is to keep your child in a car seat with a "5-point" harness until they are at least 40 lbs. before using a booster seat. Some car seats have higher forward-facing harness weight limits of 40-65 lbs. Some forward-facing seats also convert to a high-back booster. Always refer to the manufacturer's instructions and choose a seat that is right for your child and fits in your vehicle.

Booster seats are readily available in many retail stores. A no-back booster costs about \$15 and a high-back ranges from \$20-\$100 or more depending on the style.