

PARENT CONNECTION: Sharing Stories



The Wheels on the Bus Go 'Round and 'Round

... and communication is key to making everything go full circle! Child care providers spend the majority of the day with the children they care for. Parents

are curious and want to know how their children play, grow, and learn when they are not with them. CACFP Sponsors regularly seek ways to connect families to the CACFP program and to the benefits of having their children enrolled in a participating care program where these guidelines are met. A newsletter is a fantastic communication tool that child care providers can use to reach out to the parents of the children that stay at their center.

The 2017 NCA Nutrition Calendar Parent Provider Connection program includes formatted, ready-to customize parent connection newsletters for child care givers to send home each month. Parents will see examples of the healthy foods served, as well as the fun and educational activities their children are engaged in. The best part is that the templates are ready to be fully customized by you for your needs.

NCA sends out monthly emails with the parent provider connection to sponsors who purchase the calendar as a reminder of this tool and the newsletters can always be found on the website cacfp.org ready to be emailed or printed to share with families. This training module focuses on the information available to share with parents to expand their understanding of nutrition education and why CACFP is an indicator of quality childcare.

CACFP is an Indicator of Quality Childcare

Many parents are unaware that child care facilities can be a member of CACFP and even what CACFP is. In the monthly newsletter, we have offered different snippets of information to educate parents as to what CACFP is, why CACFP is important and why you are an even better provider because you follow the CACFP guidelines.

Through CACFP you are able to provide more nutritious meals and snacks while receiving regular monitoring to ensure you are meeting the program's high standards. Research shows that child care providers who participate in the food program offer more fruits and vegetables, whole grains, and lean meats than those who do not participate in the CACFP. As a CACFP provider, you are giving the children in your facility the best care you can possibly give. Parents need to know that!

Try It!

Challenge yourself to complete all the activities found each month in your 2017 Calendar & Record Keeping System and start sending home the Parent Provider Connection at the end of each month.

Bonus: Visit cacfp.org to learn more about National CACFP Week, March 12 - 18, 2017 and ways you can promote awareness in your community.

When providers send newsletters home, they connect with parents in a fun and important way. These reinforce the elevated standards a child care provider offers families as a participant in the CACFP.

Healthy eating, physical movement, and nutrition education are just some of the ways child care providers are working daily to give our youngest a head start on life. Spending quality time with parents is essential to a child's growth and development and overall well-being.

Home activities and craft ideas are also made easy for parents after long days at work. Cooking with parents is always fun too and each month a new healthy, and easy, recipe is provided to try at home.

In the body of each newsletter, there is space for you to customize your own information you would like to convey to the parents. We start you out with a few ideas of activities that will be completed during the month along with recipes tried and crafts created, but the space is yours. All of the information can be customized to fit the needs of your child care facility. If you have worked on special projects or tried a new and exciting food that the kids have really loved, you should definitely communicate that to the parents.

This is also a great space to mention to parents anything that you need them to know for the month ahead. Maybe you are going on a field trip and need to make sure permission slips are filled out or you're making a special craft and need specific supplies.

Look at the December Parent Provider Connection. How can you customize the newsletter to work for your child care facility? What information would you like the parents to know?

DECEMBER

Plants of the month
Have your kids encounter a winter plant with their favorite glass of the season. Fill, grab and enjoy!

that former phase of the moon: full, gibbous, half or crescent. It's more fun any-
way to introduce learning during craft time so be sure to check your calendar with your
children to see when each phase will happen this month and discuss that right
about the time it's the moon!

Chickens, Banquet or Jovial Baku

Spontaneous
 Move your hands lay
 out on objects around
 last of the screen. They
 control and take turns
 jumping over them in single
 file while chanting "Jump
 Cox, Jump" This fun physical
 activity builds basic
 coordination, balance, gross motor
 skills, and keeps hands busy.

1. **Look at the chart and choose the correct answer.**
1. **How much water is there?**
a) between two and three litres
b) between two and four litres
c) between two and five litres
d) between two and six litres
2. **How much water is there?**
a) between two and three litres
b) between two and four litres
c) between two and five litres
d) between two and six litres

Charming! Perfect!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

DECEMBER 2016

Nutritious Recipe



NATIONAL
CACFP
SPONSORSHIP
ASSOCIATION
www.cacfp.org

CACFP is an indicator of quality child care.

Elevated Standards

A National Platform for the Child and Adult Care Food Program



Classics from the Cupboard: 2017 CACFP Calendar Training



Child Care providers that are interested in the voluntary credit will review the information in the calendar and the module provided and complete the quiz. Quiz must be completed and sent to SENDCAA to earn the training credits. This training opportunity is only available to **SENDCAA** providers and is **Growing Futures approved**. At the end of each month, providers that have completed the credit will be sent a completed certificate and their name will be sent to Growing Futures.

Name _____

Growing Futures registry ID number _____

Email _____

Phone number _____

Deadline: December 31st, 2017

Please mail to:
SENDCAA CACFP
3233 S University Drive
Fargo ND, 58104
Or email to sharlao@sendcaa.org

USDA is an equal opportunity provider and employer.



QUIZ

PARENT CONNECTION

Sharing Stories



Use the training module and your 2017 Nutrition Calendar to answer these questions.

1. What craft activity can parents do with their children at home in March?

2. TRUE OR FALSE?

The Parent Connection Newsletter is already completely written for you. You are unable to customize it to include specific information.

____ TRUE ____ FALSE

3. FILL IN THE BLANK

CACFP is an _____ of quality childcare.

4. How would you customize the June 2017 Parent Provider Connection newsletter for the parents of your facility?

5. What additional information might you want to list in the personal note section of the newsletter?

- a. Supplies Needed
- b. Permission Slip Deadline
- c. Tuition Due Notice
- d. New Foods Tried
- e. All of the above

6. Why is it important for parents to know about CACFP?

7. TRUE OR FALSE?

In each newsletter, the parents will read about a recipe, table craft, game/activity, and nutrition information on what their child is learning.

____ TRUE ____ FALSE

8. Wet Sponge Hot Potato is a fun, outdoor activity for parents to play with their children. In which month would they learn about that activity?
