

Parenting Connection Building a Community Together

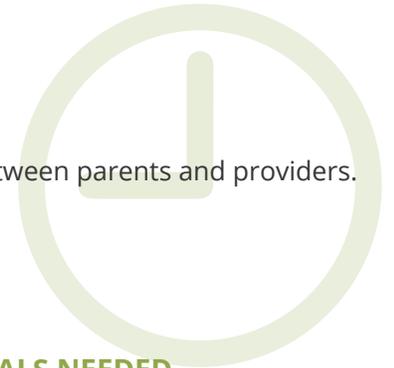
MODULE FOUR

TRAINING OUTLINE

1 Hour Continuing Education Credit (CACFP Professionals Certification Specialty 6)

At the completion of training, participants will:

- 1) Understand the importance of communication in general and communication between parents and providers.
- 2) Be familiar with the monthly parent provider newsletters.
- 3) Using lesson plans and ideas, complete the newsletter for January.



TIME	ACTIVITY	MATERIALS NEEDED
15 minutes	Introduction Pass the Block Communication Activity	<ul style="list-style-type: none">• Pass the Block Activity Instructions
15 minutes	Look through the 2019 Parent Connection Newsletters. What features do you see? Ask each participant to make a list of features they notice. Share as a group after everyone has had a chance to make their list. <ol style="list-style-type: none">1. Customizable2. Easy Table Crafts3. Easy Recipes4. Helpful hints/information for parents5. Why CACFP is important6. Physical Activities7. Nutrition Notes	<ul style="list-style-type: none">• Monthly Parent Connection Newsletters printed or online• Blank paper for notes
25 minutes	Ask everyone to compose their own version of the January newsletter with their specific lesson plans, announcements, and projects in mind. Ask participants to trade with a partner when finished for editing and suggestions. Share as a group if time permits.	<ul style="list-style-type: none">• January Parent Connection Newsletter copies and/or computers with access to files to edit• Lesson plans for the month of January
5 minutes	Conclusion Answer any questions participants have and review specific sponsor expectations for the providers.	



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Open, consistent, and frequent communication is key to building a bridge between parents and providers. As a child care provider, you spend the majority of the day with the children who stay with you. Parents are curious and like to know what is happening with their children when they are not with them. Many of you have asked for ways to connect families to the CACFP and to the benefits of having their children enrolled where these guidelines are met.

As part of the 2019 NCA Nutrition Calendar, child care providers receive a ready-to-go customizable Parent Connection monthly newsletter. Parents will see examples of the healthy foods you provide, as well as the fun and educational activities their children are engaged in. The best part is that it's all done for you and fully customizable for your needs.

NCA sends out monthly emails with the Parent Connection newsletter to all sponsors who purchase the calendar and the newsletters can always be found on the website cacfp.org under the resources for sponsors section. These are 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 child care. We believe you will find this feature helpful and it will assist you in connecting families with the many benefits of the CACFP.

GOING FROM CHILD CARE FACILITY TO HOME

Sharing the Parent Connection newsletter with parents each month encourages involvement at home. In July, parents will be reminded that they serve as role models for health and nutrition. This connection is important because it not only informs the parent about the lessons learned, but provides an opportunity to continue those lessons at home.

Home activities and craft ideas are also provided. Spending quality time with their children is essential to the child's growth, development and overall well-being. The newsletters provide easy table crafts and games families can play at home. In June, children learn about outdoor clean-up. They can help with the home flowerbeds by picking weeds or cleaning up toys around the house.

Cooking with your parent is always fun too! Each month a new healthy recipe is provided to try at home. Encourage parents to try the recipes like Fish Food from May to create an all-in-one sheet pan dinner.

WRITE YOUR OWN

In the body of each newsletter, there is space for you to customize information you would like to convey to the parents. All 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, exciting food that the kids have really loved, you should definitely communicate that to the parents.

This is also a great space to share anything that you need parents to know for the month ahead. For example, you can include field trip dates and permissions slip deadlines, or supply needs for an upcoming craft.

As part of the 2019 NCA Nutrition Calendar, child care providers receive a ready-to-go, customizable Parent Connection monthly newsletter.

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CACFP IS AN INDICATOR OF QUALITY CHILD CARE

Many parents are unaware that child care facilities can participate in the Child and Adult Care Food Program (CACFP) or what the program represents. In the monthly newsletter, we reinforce that CACFP is an indicator of quality child care. Parents will learn that because you participate in CACFP and follow the guidelines, their children are in a healthy environment.

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!

Parent Connections - July 2019

July

Tug of War

Make playtime fun with this classic game made easy by using a bed sheet for kids to hold as they try to pull their friends on the opposing team across the middle line.

Nutritious Recipes →

Patriotic Fruit Fun

Strawberries
Blueberries
Vanilla Yogurt

Give kids ¼ c strawberries, ¼ c blueberries, and ¼ c vanilla yogurt and have them layer the fruit alternating with yogurt. Repeat and eat!
#CACFPREDITABLE

Fun Crafts →

Flag Mosaic

Have kids help you tear pieces from a magazine and separate into piles of mostly red, white, and blue pieces. Download a paste-by-color US Flag outline from cacfp.org. Distribute glue sticks and let the kids craft.

Role Model

Children learn behaviors from us that will last a lifetime. Just as it's important to teach children about creating healthy habits and making good food choices, it's important for caregivers to model good health and nutrition.

Mark of Elevated Standards →

CACFP is an indicator of quality child care.

Physical Activities →

Nutrition Notes →

Customizable to fit your parent communication needs →

We are continuing our studies on Community Helpers: Good People Everywhere. This month we will talk about those who serve in the military as we celebrate our country's freedom. We are excited about all the fun things we have planned for this month and the holiday. For those of you who have served our country or are currently serving our country, we say THANK YOU. Our freedom isn't without your service.

REMINDER: We will be closed, Thursday, July 4th.

As always, thank you for trusting us with care of your children.

Sincerely,
Donna

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NATIONAL
CACFP SPONSORS
ASSOCIATION

A National Platform for the Child and Adult Care Food Program Community

cacfp.org

PASS THE BLOCK

OBJECTIVE Pass the block around the room between participants with varying degrees of communication

MATERIALS Blindfold for each participant
Large block or cube

INSTRUCTIONS

- Round 1: Ask the participants to pass the block to one another while they are completely blindfolded. Participants are not allowed to speak during this round.
(Due to safety issues, it would be best for the participants to be in a stationary position such as sitting around a table.)
- Round 2: Take blindfolds off and ask the participants to pass the block to one another again. Participants are still not allowed to speak.
- Round 3: Ask the participants to pass the block to one another in any way they choose. This round participants can finally speak again, without a blindfold.

DEBRIEF

Which round was most difficult? Why?

How did the difficult round compare to Round 3?

What was significant to round 3 compared to other rounds? *(Participants should refer to the ability to communicate)*

Why is communication so important?

Key question: As providers, we are the key connection between the children during the day until they are with their parents again in the evening. If we did not communicate with our parents, what kind of problems would that cause? How would the parents feel if they were not aware of what their child was doing during their time with their child care provider?

NOTES

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ADDITIONAL ACTIVITIES



OPEN DISCUSSION

- How does your child care facility connect with parents?
- What are some different ideas to add to the customizable Parent Connection newsletters?
- How do you involve parents in your child care facility?
- What type of education do you provide for parents?

NEWSLETTER PLANNING

Each month features a Community Helper. Based on the helper for the month, create your own lesson plans and begin making an outline for each newsletter. Of course, ideas and activities may change but you will have a basic plan and start for each month.

HELPFUL IDEAS:

January	Police Officer	Police officers keep our community safe.
February	Mail Carrier	It's fun to communicate with friends and family through the mail.
March	Child Care Provider	Our child care providers surround us with love.
April	Librarian	Read a good book!
May	Doctor	Learn healthy habits for good checkups.
June	Sanitation Worker	Everyone needs to help keep our community clean.
July	Military	The military keeps our national and international community safe.
August	Construction Worker	Let's build our community!
September	Teacher	Teachers help us grow in our knowledge and skills.
October	Fireman	Firefighters help keep us safe.
November	Crossing Guard	Crossing guards keep us safe on our way to new places.
December	Dentist	Dentists care for our teeth so we can eat healthy foods.

QUIZ

Parenting Connection Building a Community Together

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

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

3. Why is communication so important?

4. TRUE OR FALSE? You are able to edit and add information on the Parent Connection newsletter provided to you with your calendar.

_____ TRUE _____ FALSE

5. How can you get the newsletters for the month? _____

6. What recipe is listed for parents to complete with their child in the month of February?

7. TRUE OR FALSE? For each newsletter, the child care provider will need to provide a recipe, craft, and physical activity along with what the children are learning.

_____ TRUE _____ FALSE

8. What are ideas that you might want to add to the newsletter?

9. TRUE OR FALSE? CACFP is an indicator of QUALITY child care.

_____ TRUE _____ FALSE

10. What physical activity/game is suggested for parents to try with their children in November?

CERTIFICATE OF COMPLETION

2019 COMMUNITY HELPERS: GOOD PEOPLE EVERYWHERE TRAINING



This certifies that

Provider Name

Has studied the following training module of the NCA 2019 Nutrition Calendar
and has completed the training quiz for

Parenting Connection Building a Community Together

Total Training Time _____

(Quiz must be completed for certificate to be valid.)

Executive Director

Sponsoring Agency

Date of Completion

Workshop Location

QUIZ

Parenting Connection Building a Community Together

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

Building with any craft materials around the house – craft sticks, play doh, tape, yarn and paint.

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

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.

3. Why is communication so important?

Answers will vary

4. TRUE OR FALSE? You are able to edit and add information on the Parent Connection newsletter provided to you with your calendar.

TRUE FALSE

5. How can you get the newsletters for the month? Monthly email

6. What recipe is listed for parents to complete with their child in the month of February?

Strawberry Surprise

7. TRUE OR FALSE? For each newsletter, the child care provider will need to provide a recipe, craft, and physical activity along with what the children are learning.

TRUE FALSE

8. What are ideas that you might want to add to the newsletter?

Special projects, field trip information, special supplies needed, new foods tried

9. TRUE OR FALSE? CACFP is an indicator of QUALITY child care.

TRUE FALSE

10. What physical activity/game is suggested for parents to try with their children in November?

Play Red Light, Green Light
