



Medicine Hat & District Child Care Association

March 2009

In partnership with the
Southeastern Alberta Child and Family Services Authority

Happy
St. Patrick's Day!



HOT TIP FROM "HEALTHYU".

Stay Motivated with an "Active Buddy"

Having trouble keeping up with your plan to be more active this year? Going for a walk or a jog only seems to work when the weather is good and nothing else comes up. Some mornings you just can't seem to get up that extra hour early to hit the gym first. You need an active buddy: someone who you can be active with. It's easy to cancel on yourself, but cancelling on a friend is a lot harder. It's tough to brush off that activity when you know your friend is waiting for you at the park or gym.

(www.healthyalberta.com/HotTipOfTheWeek.jsp)

Try it on your next
lunch break!

Welcome to the First MHDCCA Newsletter!

One of our newest ventures with the MHDCCA is to develop a monthly newsletter. This newsletter will highlight the uniqueness of each of our member's child care programs, feature child care professionals and other staff members who are going "above and beyond",

and share information and ideas among the MHDCCA membership.

Jennifer will be phoning your center to set up a time to come visit. She will be looking to find out more about recent or upcoming events, new and exciting developments, and exceptional staff

members you would like to highlight.

Please send dates of events, ideas, comments, suggestions, and photos to:

Jennifer Usher, Child Care Program Support Specialist

mjusher@telus.net



Specialized Programming Funding

HIGHLIGHT!!

Apple Blossom Day Homes recently purchased this amazing stroller.

The children from Lora K.'s day home are enjoying a brisk winter day!



Medicine Hat Montessori Preschool Nutrition Library



Medicine Hat Montessori has a number of children with special dietary concerns (for e.g., dairy and gluten allergies). This can make it especially difficult to provide snacks to the children in their care.

To help solve this dilemma, the Medicine Hat Montessori Preschool has chosen to create their own "Nutrition Library". Various cookbooks and other healthy eating books are available to staff and may be signed

out by parents.

Christine, executive director of Medicine Hat Montessori, would love to swap ideas for easy, healthy snacks with other members of the MHDCCA.

These recipes will be featured in upcoming newsletters.

Email your recipes to

[mjusher@telus.net!](mailto:mjusher@telus.net)



Healthy Snack Idea!

Instead of the same old Ranch Dressing Dip for veggies, why not try...

Salsa mixed with Sour Cream?

To add an extra food group (and more protein), add some mashed chickpeas.

This is also an excellent dressing for salad or in a quesadilla (top with chicken and cheese and you have a complete lunch or supper.

"The Sneaky Chef" (Author: Missy Chase Lapine) suggests mixing **3 tbsp ranch dressing with 1 to 2 tbsp low-fat plain yogurt.** Gradually increase the amount of yogurt over time until the ratio is almost even. This cuts down on the amount of fat and MSG the kids will take in.



The MHDCCA would like to recognize the following child care professional...



Pam has worked at the Salvation Army Rise N Shine Daycare for the past 10 years. Always a team player, Pam is quick to help out wherever and whenever she is needed. She is a whiz on the computer, very organized, super knowledgeable and a definite asset to the center!

A fun, simple approach in encouraging children to use appropriate language has recently come to our attention. Salvation Army Rise 'N' Shine Daycare and two other daycares in Medicine Hat are currently using (and loving) this program. Here is a condensed version of the social story that can be used to introduce it to the children in your center.

Green Words and Red Words

Let's talk about the words we use when we talk to our friends, teachers and family. When we are happy and calm, we usually use green words. Green words help us stay happy, calm and friendly. Some examples of green words are like, fun, share, favorite, great, easy, good, and proud. Green words are everywhere. My teachers will be proud of me when I use green words.

But there are many red words out there, too. Red words make us feel bad, sad, and angry. Red words are not friendly. Some examples of red words are hate, stupid, and can't. My teacher doesn't like red words.

Now we know about green words and red words. Let's try to use more green words everyday!

This information is thanks to Victoria Motil (SLPA- Speech and Language Works)

For the full social story, including pictures...



www.thewatsoninstitute.org

Click on Resources for Parents, professionals and pre-professionals/
Teacher Resources/Behavior Stories/Talking/Green and Red Words