

# UP-CLOSE

*A Look At Children Services*

Volume 80 SPRING 2017

## LET'S CELEBRATE *National Nutrition Month!*

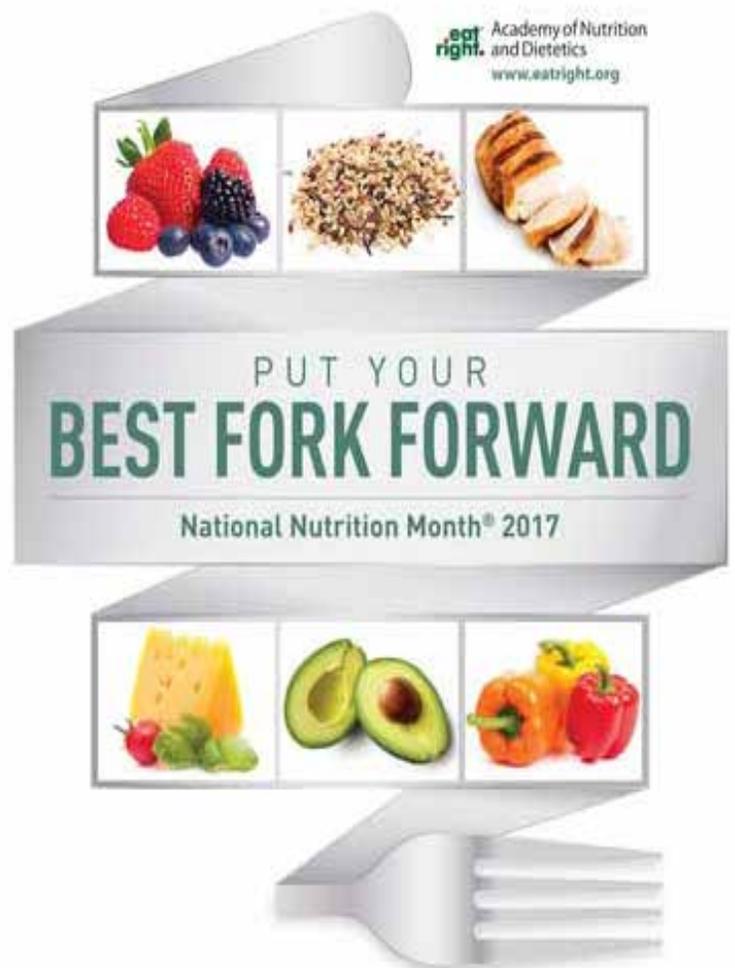
In March, the Academy of Nutrition and Dietetics promotes –

### **National Nutrition Month (NNM)**

which is an annual nutrition education and information campaign. Each year the campaign focuses attention on the importance of making informed food choices as well as developing sound eating and physical activity habits.

The theme for NNM 2017 is **“Put Your Best Fork Forward”** which “serves as a reminder that each one of us holds the tool to make healthier food choices. Making small changes during

National Nutrition Month and over time, helps improve health now and into the future.”



## Good Nutrition Is Particularly Important for Young Children!

Nutrition begins with your shopping list when you should plan what you're going to eat before you head for the grocery store. Good nutrition ends when prepared food is stored, frozen or tossed properly. For several years we have included nutrition advice and a variety of recipes in *Up-Close* on page six which is designated as our Nutrition Page in each monthly issue. In this NNM issue we have devoted most of the space to various aspects of good nutritional advice and how it impacts young children in particular as well as entire families.



### Define Proper Serving Sizes for Small Children

Very young children need the same variety of nutrient-rich foods as older kids and adults, just in much smaller quantities. As portions have gotten bigger, some parents and caregivers have developed a distorted view of the amount of food toddlers and preschoolers need. Feeding children becomes less frustrating and less complicated when adults know what kids need to grow well and be healthy. An appropriate serving size for children two to three years of age is about one-half an adult serving. This rule of thumb is based on serving sizes recommended by the latest Dietary Guidelines and MyPlate – not portions served in many restaurants.

### Foods that Young Children Need

Experts indicate that most two to three-year-old children need to consume about 1,000 to 1,200 calories per day. The following shows how to distribute those calories in a healthy eating plan:



**Grain Group:** About three to four ounces of grains per day, preferably half of them whole grains. For example, that is one or two slices of bread plus one cup ready-to-eat cereal and ½ cup cooked rice or pasta.



**Vegetable Group:** one to one and a half cups of raw or cooked vegetables per day. Just like adults, young kids need variety such as mashed sweet potatoes, broccoli with low-fat dip or tomato sauce for pasta. Try to make vegetables interesting and different so that they will eat them.



**Fruit Group:** One cup fresh, frozen, canned, or dried fruit every day. Do limit juice for young children to four to six ounces a day (offer water instead). Emphasize whole fruits rather than juice. Try to make fruit interesting such as serving melon balls, mandarin oranges (fresh or canned in juice) and frozen berries.



**Meat and Beans Group:** Two to three ounces total from this group every day. Options include lean meat, poultry, fish, an egg, cooked beans (e.g. black, pinto, and kidney) and peanut butter.



**Milk Group:** Two to two and a half cups per day of milk. Whole milk is recommended for children younger than two years old. Older children can have lower-fat, calcium-rich choices such as fat-free or low-fat milk, yogurt and cheese.



**Oils:** About three teaspoons per day of liquid oil or margarine.

## Education Milestones

### MARCH

- Complete and submit WINTER Outcome Analysis Report 3/18/17
- Complete Classroom Observation and provide feedback.
- Review lesson plans using criteria for child appropriate planning and implementation of curriculum and provide feedback
- Review Gold Documentation Report (for quantity)
- View documentation (for quality)
- Review COPA and Teaching Strategies GOLD information to ensure data entered is accurate for: teacher/classroom match, funding sources, color bands, Home Language survey, primary language, children with IEPs and HR
- Plan & schedule for Week of the Young Child.
- Share completed Outcome Analysis report and share with parent and policy groups.
- Review 2016-2017 Creative Curriculum, GOLD Assessment, CLASS activities and/or training schedule for the month of April and May
- Register new staff into Gateways within 30 days of hire
- Verify GOLD Assessment preliminary markings
- Webinar: Delegate agency Education Data Analysis discussion with ED/PD and Ed Coordinator
- SLOT REALLOCATION – new slots awarded to delegate agencies
- New partner sites on GOLD
- Review and compare COPA #601/970 staffing patterns with GOLD staffing patterns and email to DFSS Education Support Service Coordinator

## SNACKS ARE IMPORTANT FOR YOUNGSTERS

It's best to plan two to three small snacks at set times during the day. This will help to refuel small, active bodies and keep them going. Choose foods from the MyPlate food groups. Try to make small servings of sweet drinks and desserts "sometimes" foods and/or for special occasions.

## Breakfast Offers the Key for Growing Healthy Children!

Breakfast is an important meal for growing children and studies show that breakfast eaters tend to have higher school attendance, less tardiness and fewer hunger-induced stomach aches in the morning. It's also been shown that their overall test scores are higher; they concentrate better, solve problems more easily and have better muscle coordination. When children skip breakfast, their brains and bodies suffer all day long. Also based on modern science breakfast is an extremely vital meal because research shows breaking an overnight fast with a balanced meal can make a major difference in overall health and well-being, especially for young children and teens. It's important that whether they eat at home or at child care or school, be sure your children eat a nutritious breakfast every day. A good nutritional breakfast will get them started and keep them going.

**Note:** *If you are planning a trip or an outing and there's no time to eat at home – pack your breakfast to go. You can plan a nutritious option to eat in the car or bus.*

### A Few Ways to Make Cooked Cereal More Interesting

You can enhance flavor and nutrition to cooked cereals (regular or instant), such as oatmeal, cream of wheat, grits, or brown rice and serve a great nutritional grain breakfast to young children. Try these alternatives:

- Use fruit juice such as apple, orange, or other 100-percent juice or low-fat or fat-free milk as the cooking liquid.
- For cooked cereal, blend in grated cheese, chopped fruit (apple, peach, banana), dried fruit (chopped apricots, dates, raisins) or nuts.
- Fortify cooked cereal with dry milk for more calcium.
- Liven it up with spices: cinnamon, nutmeg, or allspice.
- Top it with fresh fruit of any kind.



### Have a Variety of Foods Available for Picking and Choosing



Young children like to create unusual combinations by mixing, stacking and organizing a variety of ingredients. How about peanut butter on a waffle or yogurt with nuts and fruit or dried cereal? Let children come up with their own nutritious combinations when you provide a number of choices. Let everyone get involved getting the foods to the table and then let them make choices about what they want to eat. The following are easy to stock up on, to store and offer many possible combinations:

- Waffles or Pancakes (fresh or frozen)
- Peanut butter
- Low-fat or fat-free yogurt
- Cottage cheese
- Variety of dry cereals
- Variety of berries and sliced fruit
- Cooked apples or other fruit compote
- Chopped nuts
- Raisins and dried cranberries
- Low-fat or fat-free milk

## Family and Community Partnerships Milestones

### MARCH

- **FCP:** Update follow-up documentation in COPA (goals, referrals/services and case notes) documentation must support families' priorities
- **FCP:** Enter and/or follow-up on documentation in COPA (goals, referrals/services and case notes). All documentation must support families' priorities
- **FCP:** Complete documentation of parent volunteerism and enter in COPA
- **FCP:** Develop and/or follow the transition plans of children transitioning to HS and/or Kindergarten
- **FCP:** Submit an improvement plan based upon the second quarter PIR analysis for any areas less than 75% to CSD
- **FCP:** Conduct monthly parent meetings
- **FCP:** Ensure two home visits and parent teacher conferences are conducted during the program year. Visits are to be conducted by classroom teachers. Family service workers will conduct visits as needed
- **FCP:** Complete list of parent and community volunteers and distribute to agency staff
- **FCP:** Submit Delegate Agency Health/FCP monthly report to CSD

### BREAKFAST PREPARATION TIP

Get yourself organized the night before and make a breakfast plan as you clean up from dinner. Set the table with bowls and spoons for cereal. Get out a pan for pancakes or a blender for smoothies. Prepare muffin or waffle mix so it's all ready to cook in the morning. If it's not past their bedtime, give small children an assignment for preparing for the next day.



## Lots of Ideas to Get Staff and Parents Involved with NNM

March is an excellent time to have an event in honor of National Nutrition Month (NNM) at your center. Get staff and parents involved in the planning, preparation and execution of whatever is needed for the event. Following are suggestions of a variety of things to do:

- Plan a cooking demo or nutrition event. Invite a dietitian, restaurant chef or local culinary school to conduct a cooking demo combined with a brief nutrition presentation. Provide copies of recipes to take home.
- Contact the local library and schedule a story time, nutrition program or a poster coloring contest for kids. Provide activity sheets for children and Eat Right nutrition tip sheets for adults available on the MyPlate website.
- Organize a food donation campaign for a local food pantry or shelter.
- Ask families at your center to commit to trying a new fruit or vegetable each week during National Nutrition Month.
- Ask families to plan and make a special effort to eat more meals together as a family during National Nutrition Month.
- Create a “nutrition question of the day” contest sent by email or posted on a display for parents/guardians. Draw the name(s) of a daily winner(s) from those who provided the correct answer and post it and/or email the winners the following day.
- Offer a selection of fruits (AM) and/or vegetables (PM) cut into bite-sized pieces for parents when they arrive.
- Start a school vegetable garden by planting seeds indoors or in the ground.
- Assign a classroom project that involves children (in groups) learning about one of the food groups. Allow each child to explain a food from that food group and what nutrition it provides.
- Organize and sponsor a “Healthy Lunchtime Challenge” for your staff.
- Develop a coloring project that involves kids drawing and creating a meal based on MyPlate, using the Choose MyPlate Coloring Page.
- Highlight ethnic and cultural food traditions. Offer special menu items from international cuisines (Asian, Mediterranean, Mexican, etc.) or regional foods of the United States.
- Organize a “healthy recipe” contest among employees. This can be combined with the “Healthy Lunchtime Challenge” for staff.
- Organize a healthy potluck for staff and/or parents, making sure each of the food groups are represented at the meal.
- Host a “Lunch and Learn” session on healthy eating for staff.
- Work with a local grocery store to promote NNM with a special promotion for neighborhood residents.
- Offer a nutrition education session that offers suggestions on “How to Eat Healthy on a Budget.”



## Health/Developmental Screening Services Milestones

### MARCH

- **Medical/Dental:** Submit an improvement plan based upon second quarter PIR Analysis for any areas less than 90% compliance.
- **Medical/Dental:** Complete referral and follow-up for children with identified needs and enter into COPA
- **Medical/Dental:** Replace toothbrushes
- **Medical/Dental:** Complete required child screenings, including vision/hearing and submit COPA documentation within 45 days
- **Medical/Dental:** Monitor health services screening (including hearing and vision) reports in COPA and update COPA health case notes
- **Medical/Dental:** Prepare the health services transition packets for children in EHS/HS
- **Developmental Screenings:** Ensure developmental screenings are completed by 45th day
- **Developmental Screenings:** Children who scored within the referred categories must be sent to disabilities coordinator within five days
- **Medical/Dental:** Replenish first aid kit supplies
- **Medical/Dental:** Complete Monthly Health Report and forward to assigned Health/FCP SSC by the 5th of the month
- **Medical/Dental:** provide health requirements overview to enrolling parents

## Safe Environments Milestones

- Complete playground equipment safety check
- Conduct monthly fire drill.
- Submit facility improvement plans as needed
- Conduct tornado drill\* (only completed twice a year)
- Complete daily, weekly and monthly checklist
- Submit five samples of daily health checks (consecutive) to CSD per Grantee request
- Replenish First Aid Kit supplies

## Essential Information About Chicago's Community-Based Early Learning Alignment and Consolidation

### Vision

Chicago's children from birth to age five have access to high quality, full day programs that address their educational needs and provide comprehensive services to their families. Operations and oversight of City-administered early education and care programs are aligned, efficient, effective and of high quality.



### Goals

- Cohesive vision of quality with progression of excellence criteria
- Full day high quality early childhood education city-wide supported by maximum resources
- City-agency alignment to achieve true collaboration
- Greatest use of all resources

### Expected Results and Benefits

- Coherent enrollment process: FULL enrollment
- Paperwork for families reduced
- Alignment across community-based and school-based processes
- Reduced administrative overhead for CBOs
- Program monitoring streamlined and quality focused
- Advancing toward a cost that funds quality
- Advancing toward comprehensive supports for families

## Program Governance Milestones

### MARCH

- Support parents in convening their monthly parent committee and policy committee meetings and maintain record keeping systems for securing meeting materials
- Present and provide written monthly reports to the Policy Committee and Board: Meals/Snacks/Enrollment/Attendance/Fiscal/PIR Summaries
- Submit/Upload February's Certification of Personnel Actions
- Present 2nd Quarter Child Outcome Analysis to the Policy Committee and Board
- Conduct Agency's Annual Self-Assessment
- Ensure/provide CPPC report to the Policy Committee
- Submit updated Letter-of-Certification and Policy Committee Membership List

Look for additional information on Chicago's Community-Based Early Learning Alignment and Consolidation in up-coming issues of *Up-Close*.

## King Center Training Room Named in Honor of Vanessa Rich

*"Throughout a career spanning more than 40 years, Vanessa remained a remarkable early learning advocate – embracing and pursuing professional opportunities that would fuel her passion to expand opportunity for vulnerable children and families."*

In mid-February 2017, the King Center Training Room (lower level) had a small ceremony to name the room to honor Vanessa Rich. Chicagoland lost Vanessa Rich on December 27, 2015 and she left an indelible print like no other on the entire Head Start community locally and nationally. She was the Chairman of the National Head Start Association (NHSA) Board of Directors at her untimely passing. At that time she worked for the City of Chicago's, Department of Family & Support Services (DFSS) for 11 years and during that period the city's Head Start and Early Head Start programs earned national recognition and access to quality early learning was expanded to thousands of the city's most vulnerable children. As the Deputy Commissioner of the Department of Family and Support Services, she was responsible for the oversight, policy development and implementation of the City of Chicago's Head Start programs. "Throughout a career spanning more than 40 years, Vanessa remained a remarkable early learning advocate – embracing and pursuing professional opportunities that would fuel her passion to expand opportunity for vulnerable children and families." Vanessa's passion for her work, family and friends were unmatched. We join the City of Chicago in celebrating her extraordinary life with this special honor.



## A Few Tips for Getting Young Children to Eat Vegetables

Many children are initially resistant to eating and/or trying new vegetables. Get creative by trying the following suggestions:

### Serve Salsa

Salsa (with tomatoes, beans or other veggies) can be served with pita bread, bagel or tortilla chips and it won't seem like a vegetable. Make the servings sizes small and let young children dip and spread as they prefer.

### Blend Vegetables into Food

Try putting shredded carrots in mashed potatoes, or mix them with potatoes for a twice-baked version; chopped broccoli in macaroni and cheese; layered zucchini in lasagna, or shredded spinach in slaw.

### Make Wraps

You can hide veggies in a tortilla wrap, under pizza cheese or at the bottom of a pita.

### Serve One-dish meals

If dinner is basically a one-dish meal it can be full of protein, vegetables and pasta/grains. This means that no one at the table can push away the vegetable side dish.



## IT'S IMPORTANT TO MAKE FAMILY MEAL TIMES A PRIORITY

It is known that sometimes a very simple act can have important, long-lasting benefits. According to parenting and health experts, that is the case with family meal times. Eating and talking together as a family helps to:

- Foster family unity.
- Give families an opportunity to talk and interact.
- Prevent behavior problems at home and school.
- Enhance academic success.
- Improve nutrition.
- Promote healthy weight for kids.

Additionally according to experts, with this impressive list of benefits, it's worth making the time and effort to enjoy more family meal times each week. Look for easy ways to add just one family meal to the schedule. If evenings seem too hectic for family dinners, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, you can add another family meal each week. Before you know it, you will be eating together on most days.



## GET YOUNG CHILDREN INVOLVED IN NUTRITION—WHENEVER POSSIBLE!

You can get small children involved in nutrition in a variety of ways. Every trip through the supermarket can be a nutrition lesson because young children can learn to categorize food into groups: grains, fruits, vegetables, milk foods and meat/beans. They can choose new foods that they want to try, including picking out a new fresh, frozen, canned or dried fruit each trip. As children get older, they can help plan the menu at home and then pick out the foods to match the menu items while shopping.

### Parents Set the Standard

Parents are the most important influence in their children's lives. Preparing healthy food daily and encouraging physical activity are two things you can do to share your value for healthy living with your children.



## A Nutrition Suggestion— Start with the Main Source and Give Your Kitchen a Makeover!

Here's something to consider if you really want to change your family's eating habits --- you need to start with the source and build a healthy kitchen. Here are a few specifics on how to give your kitchen a makeover:

### MAKE A GROCERY LIST

Determine what foods would you like to ensure are always in your house? Make a list and take it to the grocery store. Buy the things on your list and remember to shop carefully, look for sales and discounts.

### CONSIDER HOW TO MAKE SOME BASIC CHANGES

Can you buy whole-wheat bread instead of white? How about low-fat milk instead of whole milk? You don't have to make every change right away if you're not ready. Again, make a list and see if you can make one change a week for a month to start out. You can slowly ease yourself and your family into healthier products and ingredients one at a time. They may not even notice the difference.

### LOOK AT THE MATH BEFORE YOU SHOP

Start with how many people are in your family? If each person should eat a minimum of two pieces of fruit per day and there are three in your family, that means you need six pieces of fruit in your house for each day. That's quite a bit of fruit in a week so consider other options (see below). Do the same calculation with other food groups (such as protein, vegetables, grains, etc.) so you know approximately how much to buy and can avoid waste.

### CANNED GOODS CAN BE A REASONABLE ALTERNATIVE

Many canned foods retain as much nutrient value as their fresh or frozen counterparts. Choosing canned fruits, vegetables, beans and meats can lighten the burden on your pocketbook especially when you find them on sale. It's a good idea to make sure that healthy canned foods are on hand in a pinch.

### STORE FOOD OUT OF SIGHT

It's a smart idea to keep food out of sight until mealtime or snack time. The mere sight of food makes many children (and adults) want to eat --- even though they may not be hungry at the time. Remove easy-to-eat and reach foods from the kitchen counter. Is the cookie jar easily accessible? Move the cookie jar to a hard-to-reach spot in the pantry or cupboard.

### CHANGE YOUR KITCHEN ENVIRONMENT

When you bring groceries home, make sure that healthy foods are more visible and inviting. Keep healthy foods where they will be easy to access. Fill a fruit bowl with fresh fruit you just purchased and place it where it is easy to see and accessible. Clean and cut fresh vegetables right away and put them in plastic bags so they are convenient to grab and eat. Have a few low-calorie dips on hand -- small children like to dip food. A few other great foods to keep on hand are baby carrots, single-size fruit cups and low-fat yogurt.



## Nutrition Milestones

### MARCH

- **Nutrition:** Document IMIL implementation
- **Nutrition:** Follow up on nutrition assessments
- **Nutrition:** Monitor Nutrition services reports in COPA
- **Nutrition:** Document Nutrition education weekly
- **Nutrition:** Document Food experience
- **Nutrition:** Complete referral and follow-up for children with identified needs and document into COPA
- **Nutrition:** Plan for parent nutrition workshops (at least 2 per year)

## Can You Believe It? March Is the End of the First Quarter of 2017!

Needless to say time does fly and soon it will be spring in Chicago and then we'll be looking forward to the summer season and the special issue of "Things to Do in Chicago in the summer." It's time to take a quick survey at your center. Does everyone have a subscription and/or access to *Up-Close*? Everyone means all staff and/or parents as well as your community leaders and businesses. The information in *Up-Close* each month is valuable for anyone that cares for or cares about young children. We are asking for your assistance to make sure that every staff person and parent in your center receives *Up-Close* each and every month. It's very easy to do — simply:

- Distribute the website information for signing up for a subscription to staff and parents.
- At your next staff meeting make a computer available and let staff sign-up on line for their own subscription (it takes less than two minutes). You can also do this at a parent conference meeting and/or parent event.
- Make copies of the issue each month and distribute them to staff and parents.
- Make copies of specific articles that you think will be of interest to either staff and/or parents each month.
- Let staff and parents know that they can find previous issues of the newsletter with loads of information on-line ready for downloading at the website.

**UP CLOSE NEWSLETTER**

This newsletter is specifically designed to keep you informed and up-to-date on the many initiatives, activities, training sessions and events occurring within the Children Services Division.

Full Name \*

Title

Email Address\*

Organization

You can subscribe to *Up-Close* on-line and it's very quick and simple. Go to the CSD website and fill out the form (see above). Every month a link to the newsletter is delivered directly to your inbox.

**Distribute or E-mail this Link to parents and staff for this issue as well as previous issues of *Up-Close*: [www.childrenserviceschicago.com](http://www.childrenserviceschicago.com)**

### *Do You Know That Your Center Can Be Featured in our Monthly Newsletter?*

If your particular center has never been featured and/or mentioned in an issue of *Up-Close*, it's not too late. Your center can be headlined in a special feature! Over the years *Up-Close* has presented a special feature in a number of issues entitled Focus On. The Focus On story highlights a specific DFSS delegate agency and includes information on the agency's Early Head Start/Head Start programs as well as the agency mission, special initiatives and other agency programs along with photos. We're still waiting to make your center a feature in *Up-Close*! We extend a special invitation to all Early Head Start – Child Care Partnership (EHS-CCP) agencies to submit information about their agency and success stories with their partnerships. If you are interested in having your center highlighted in your monthly newsletter please contact Julie Ellis via e-mail at [jaepro@sbcglobal.net](mailto:jaepro@sbcglobal.net)



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