



# UP-CLOSE

*A Look At Children Services*



Volume 85 SUMMER 2017

## There's Still Lots of Time ...

### Let Children Get Plenty of Fresh Air and Physical Activity

There's plenty of time left for fun-filled outdoor activities for young children as well as the entire family. Research shows that children today spend less time playing outdoors than any previous generation. Physical activity for young children is an important component of early brain development and learning. When adults model and teach the importance of physical activity, young children are more likely to adopt a lifetime of healthful practices and behaviors. Caregivers and parents should choose fun activities because when children have fun while exercising, they are more likely to continue enjoying it for the rest of their lives. It's never too early to start good habits!

#### The Significance of Physical Activity for Young Children: Four Tips to Make It a Family Affair



Try to focus on fun, not performance because not all children are natural athletes but all children can make physical activity a lifetime habit.



Parents, caregivers and family members should set a good example for preschoolers (they look up to adults) by using appropriate safety gear e.g. bike helmets, etc.



Learn more about your own physical activity needs and incorporate them into your family's activities.



Make physical activity fun for the entire family and involve children in the planning.





## Outdoor Activities for Preschoolers

As young children grow, their motor skills improve along with their coordination. Parents and caregivers influence a young child's behavior, attitudes, and future physical activity habits. There are many activities that preschoolers can do at certain ages and you can help. Following is a very general guideline of when a preschooler may be ready for certain types of activities:

**Age 2:** walking, running, galloping, jumping, swimming with adult help and supervision

**Age 3:** climbing, hopping, riding a tricycle or bicycle (with training wheels and a helmet) catching, throwing, bouncing, and kicking a ball

**Age 4:** skipping, playing tag, sledding, swimming, maneuvering an obstacle course

**Age 5:** riding a bicycle (wearing a helmet), somersaulting, rollerblading, gymnastics, soccer, virtual fitness games (such as Wii)

Take young children outside to play and tap into the various benefits of playing outdoors. Encouraging children to go outside, get moving, and connect with the natural world are all ways to reverse childhood obesity rates but the benefits certainly don't stop there. Experts agree that children who play outside tend to be happier, healthier, and stronger! According to current research children who play outdoors regularly:

- Develop stronger immune systems
- Become fitter and leaner
- Have more active imaginations
- Have lower stress levels
- Play more creatively
- Have greater respect for themselves and others

### A few things to note before taking children outdoors:

**Clothing** Children should wear clothes that maintain a comfortable body temperature in warmer months such as lightweight cotton.

**Beverages** Liquids help the body maintain a comfortable temperature. Water is the best. Avoid high-sugar content beverages and soda pop.

**Sunscreen** Use a sunscreen labeled as SPF-25 or higher. Read and follow all label instructions for the sunscreen product. Look for sunscreen with UVB and UVA ray protection. Sunscreen must be re-applied during the day.

**Shaded Play Areas** When outside, find shaded areas to protect children from the sun.

**Structure** Child care providers and parents need to structure the length of time for outdoor play for young children and let the children know in advance.

**Reminders** Young children need to be reminded to stop playing, drink a beverage, and apply more sunscreen. Be sure to watch for signs of children becoming uncomfortable while playing although they may insist they are not too hot because they are enjoying playtime.

### Rollin' Recreation Activity Van for the Family (Chicago Park District)

From now until August 12th, The Rollin' Recreation Activity Van offers summer fun for the entire family at a number of parks throughout the city. The vans wheel out tools to provide activities such as gymnastics, fitness, and sports. The whole family can stay active and engaged with each other as well as neighbors in your community when you join in the Rollin' Recreation fun. There is no advance registration required and all activities are free and open to all ages. Check the Chicago Park District website for a complete listing of specific parks, dates and times through August 12th.



## Things to Do with Children – While You Wait

There are many summer activities and events that may require waiting in line for admittance; arriving early to get a good spot and/or seat or simply waiting for the activity or event to begin. Even adults can get fidgety, cranky and impatient when waiting a long time, particularly outside in warm weather. Young children in particular need to be engaged when they have to wait. Also remember to have an adequate supply of sunscreen, water and snacks. Following are some ideas for keeping children happy whether you're in a car or actually standing in line. Remember, if standing in line be aware and considerate of the people around you.

### Talk to Each Other

- Create a story together (good family activity). One of you starts it with a sentence or a few lines. Then everyone else takes turns adding a sentence or a few lines until "The End." Or try retelling a favorite story or reciting a favorite poem together.
- While you wait, try asking your child, "What are you thinking?" Take it from there by having a conversation and talking it through.



### Sing Repetitive Songs

- Look for song lyrics and poems with lots of repetition. The repetition can help your child learn sounds and language patterns.
- Try writing the alphabet on a piece of paper so your child can follow along as you sing the Alphabet Song together.
- Sing along with CD's you have in your car (let children help make the selection)
- Let children decide what songs they want to sing – take turns with siblings.



### Take a Note

- "Brainstorm" lists with your child: books you want to read, foods you need to buy, things you see around you, or ways to solve a problem.
- Let your child make up a story while you write down the words. If possible and space permits, let them draw pictures to go with it.

### Have Books Available

- Try to have two or three small children's books available in your purse, backpack, or diaper bag. If children are prone to motion sickness don't let them read in a moving vehicle.
- Whenever possible, stop at the library when you run errands with your child and let them help select books.



### Look for Familiar Things

- Help your child identify the letters, words, numerals, or symbols you see. Children quickly learn to recognize road signs, colors of cars and company logos.
- When your child actually knows some letters, numerals, and/or symbols you can play the game "I Spy."

### Move to Music (in a car)

- Pretend to play band instruments with the music
- Tap, clap, sway in time with music
- Try finger plays, clapping games, and songs to get hands moving.

### Make Sounds (when it doesn't disturb anyone)

- Make sound effects with voices, fingers or familiar objects
- Imitate animal voices or machinery sounds
- Make up repetitive sound patterns for each other to copy
- Make up a song about where you are going and what you will do when you get there
- Take a break and practice being totally silent (make it a game).

## Safe Environments Milestones

### AUGUST

- Conduct playground equipment safety check
- Conduct monthly fire drill
- Submit electronic copy of completed Fire Drill Certification Log for program year to CSD via email to Support Service Coordinator
- Submit to CSD the bi-annually Health and Safety Checklist
- Submit facility improvement plans as needed
- Conduct tornado drill\* (only completed twice a year)
- Complete daily, weekly and monthly checklist
- Replenish First Aid Kit supplies

## Standing in Line...

Let children wiggle their fingers and toes, stretch their neck, and march in place. Challenge children with easy games such as – stand on one foot while I count to ten or let's see who can be quiet the longest, how many colors do you see and can name, close your eyes and tell me what you hear, let's count, etc.







## It's Unfortunate – This Story Must Be Repeated Every Year!

There have been repeated headlines all over the country this summer about “hot car deaths”. The average number of child heat stroke deaths in the nation is approximately 37% each year or one every nine days. Most people think that this could never happen to them. However, it has been reported, “In an overwhelming majority of child heat stroke deaths, it was a loving responsible parent or caregiver that unknowingly left a sleeping baby in a car.”

Eighty-seven percent of children who have died from “hot car death” are age three and younger. Fifteen percent of heat stroke deaths in vehicles involved children age one and younger. Research also indicates that rear-facing child safety seats don't look any different to a driver if they are occupied or empty. This can cause a driver to think the child is no longer in the car with them. There are also hundreds of near misses where children were rescued before becoming a fatality.

### The “Greenhouse Effect” in Vehicles

- The inside of a vehicle heats up very quickly. Even with the windows cracked the temperature inside a car can reach 125 degree in minutes.
- The large increase in the temperature in a closed car happens in the first ten minutes.
- Cracking the windows doesn't slow the heating process or decrease the maximum temperature.
- Young children have died from heatstroke in cars in temperatures as low as 60 degrees.

### Contributing Factors to the Problem

- A change in daily routine, lack of sleep, stress, and simple distractions are things that parents and caregivers experience and are just some of the reasons children have been unknowingly left in vehicles.
- Children, especially babies often fall asleep in cars and they are very quiet.
- Adults may not realize that a child's body overheats three to five times faster than an adult body.

### Prevention and Safety Tips

- Create a reminder to check the back seat.
- Put something you'll need for example, a cell phone, employee ID, brief case or purse in the back seat. Use something that you have to retrieve before leaving the car.
- To remind yourself that a child is in the car, keep a stuffed animal in the car seat. When the child is buckled in, place the stuffed animal in the front with the driver.
- Be especially careful during busy times, schedule changes and periods of crisis or holidays. This is when many tragedies occur.
- Keep vehicles locked at all times, even in driveways and garages. Ask home visitors, child care providers and neighbors to do the same.
- Never leave a child alone in a car, not even for a minute. Use drive thru services for restaurants, banks, drug stores, dry cleaners, etc. when they are available. Pay for gas at the pump.
- If you see a child alone in a vehicle – get involved. Call 911 immediately. If the child appears to be hot or sick, get them out of the vehicle as quickly as possible.
- Set the alarm on your cell phone or computer calendar as a reminder to drop your child off at childcare.
- Make sure that you have a policy in place with your childcare provider about daycare drop-off.
- When you drop off your child, make a habit of calling or texting all other caregivers, so all of you know where your child is at all times.

## Mental Health Services Milestones

### AUGUST

- Complete cooperative agreements for mental health services and upload signed document to DFSS electronic file cabinet and submit to governing bodies/management.
- Complete mental health schedule for the next Program Year and submit to governing bodies/management.
- Review Mental Health Activity Record to ensure the mental health consultant completes services
- Show Evidence that Social-Emotional Screening Meeting (SESM) occur for children in the Refer category of the ASQ:SE
- Conduct the Mental Health Planning Meeting
- Complete the Mental Health Activity Record
- Follow up on referred children and services provided
- Parent and staff workshops are conducted according to training plans
- Update COPA case notes
- Monitor Mental Health services reports in COPA

## Program Governance Milestones

- Support parents in convening their monthly parent 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 July's Certification of Personnel Actions
- Conduct Parent Orientation Session inclusive of educating parents on policy committee service and parent committee involvement and expectations
- Present 4th Quarter Child Outcome Analysis to the Policy Committee and Board (full year programs)
- Implement activities for establishing the program year's newly elected /re-elected policy committee
- Ensure/provide CPPC report to the Policy Committee

## In the Summer — Let Children Try New Foods



Particularly in the summer there are plenty of fruits and vegetables in season. It's a great time to try a seasonal abundance of delicious flavors and textures. It's also a great time to introduce new fresh vegetables and fruits to young children – as well as the entire family. Try the following fruits and vegetables this summer.

### Lots of Berries

Berries such as strawberries, blueberries, raspberries and blackberries can give a child's immune system and overall health a good boost by providing vitamin C and antioxidants. They're also a good source of fiber — with raspberries leading the way at eight grams of fiber per one cup serving. Berries are the perfect finger foods for children because they are easy to eat and make little to no mess. Try making Berry Cubes by mixing berries with seltzer water and fresh mint to make berry ice cubes.

### Introduce Avocados

Avocados are a versatile food and they contain heart-healthy monounsaturated fat as well as fiber, vitamin E, potassium and vitamin C. Try introducing and serving them to children by adding them to tacos or as a thin spread with grilled cheese sandwiches.

### Tomatoes

Tomatoes provide fiber, vitamins A and C, potassium, and other important vitamins and minerals. Available in a variety of colors and sizes, their naturally high water content makes tomatoes a hydrating choice for hot days. Add them to sandwiches, make fresh salsa, slice tomatoes and serve with a little olive oil, basil, salt and pepper or, chop them up and toss them into salads and pasta dishes.



### Fruit and Vegetable Safety at Home (Year Round)

#### Wash

- Wash your hands before and after preparing fruits and vegetables.
- Wash or scrub all fruits and vegetables under running water before eating, cutting, or cooking.
- Fruits and vegetables labeled “prewashed” do not necessarily need to be washed again at home.

#### Keep Cold

- Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, or within two hours. Refrigerate within one hour if the temperature outside is above 90°F.

#### Separate

- Store fruits and vegetables away from, and not next to or below, raw meat, poultry, and seafood. These items can drip juices that may have germs.
- Use a separate cutting board for fruits and vegetables that is never used for cutting or preparing raw meats, poultry, or seafood.
- Wash cutting boards, counter tops, and utensils with hot, soapy water before and after preparing fruits and vegetables

## Nutrition Milestones

### AUGUST

- **Nutrition:** Complete updated nutrition assessment for returning children.
- **Nutrition:** Cycle menus are approved, distributed and posted.
- **Nutrition:** Child Care Food Program (CCFP) contract is completed, approved and submitted to governing bodies/management.
- **Nutrition:** Document IMIL implementation
- **Nutrition:** Plan IMIL activities for upcoming program year.
- **Nutrition:** Monitor Nutrition services reports in COPA
- **Nutrition:** Complete cooperative agreements for nutrition services and submit first and last page to CSD, governing bodies/management (if not completed)
- **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)

### FUN recipes you can try:

#### Easy Parfait:

Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.

#### Quick Smoothie:

Blend low-fat milk, frozen strawberries and a banana for 30 seconds for a delicious smoothie.

#### Frozen Pops

Combine one quart of orange juice, two cups of strawberries, three tablespoons of sugar one cup of vanilla yogurt into a blender and blend until smooth. Pour into molds or cups and freeze (makes approximately 24 Strawberry/Orange frozen pops).

## Outdoor and Indoor – Water Safety at Home



### Home Pool Safety

Parents and caregivers must watch children closely at all times. Make sure that doors leading to the pool area are closed and locked. Young children can quickly slip away and into the pool. Always actively supervise children in and around water. Avoid distractions of any kind, such as reading, talking on the phone, texting or going inside for just a moment for anything.

- A swimming pool is a lot of fun for young children. Make sure backyard pools have four-sided fencing that's at least four feet high and a self-closing, self-latching gate to prevent a child from wandering into the pool area unsupervised. Make sure you know where the manual cut-off switch is for the pump.
- When using inflatable or portable pools, remember to empty them immediately after use. Store them upside down and out of children's reach.
- Teach kids never to go near or in water without an adult present. Remember that things such as water wings, noodles and other items can create a false sense of security for children and should not be used in place of life jackets.
- Make sure your home pool or spa has a proper drain cover or shut-off function to prevent long hair, loose clothing or body parts from getting trapped. Older children should swim with a partner, every time.
- Place tables and chairs well away from the pool fence to prevent children from climbing into the pool area.
- Keep toys away from the pool area because a young child playing with the toys could accidentally fall in the water.
- Remove steps to above ground pools when not in use.
- Keep rescue equipment by the pool.
- Keep emergency numbers at the closest poolside telephone.
- Learn Cardiopulmonary Resuscitation (CPR).

### Additional Home Water Hazards for Young Children

Children must be watched by an adult at all times when in or near water. Always, stay within an arm's length of your child. Each year many young children drown in swimming pools but also other bodies of water, and standing water around the home such as ice chests with melted ice, toilets, hot tubs, whirlpools, irrigation ditches, wells, fish ponds and fountains. Following are helpful tips for around the house:

- Keep toilet lids closed and use toilet seat locks to prevent drowning. Keep doors to bathrooms and laundry rooms closed.
- Empty all buckets, pails, and bathtubs completely after each use — do not leave them filled and unattended.
- Keep young children out of the bathroom unless they are closely watched.
- Teach others in the home to keep the bathroom door closed. Install a hook-and-eye latch or doorknob cover on the outside of the door.
- Never leave a child alone in a bathtub or in the care of another child, even for a moment.
- Use a rigid, lockable cover on a hot tub, spa, or whirlpool, or fence in all four sides as you would for a swimming pool.
- Set your water heater thermostat so that the hottest temperature at the faucet is 120°F to avoid burns.
- Throw away or tightly cover water or chemical mixtures after use.
- Watch children closely when they are playing near wells, open post holes, or irrigation or drainage ditches.
- Fill in empty holes or have fences installed to protect your child.
- Keep emergency numbers posted for all family members, caregivers and/or babysitters.

## Family and Community Partnerships *Milestones*

### AUGUST

- **FCP:** Complete all (new/ongoing/in progress) goals, referral and services for families
- **FCP:** Enter and/or follow-up on documentation in COPA (goals, referrals/services and case notes). All documentation must support families' priorities
- Begin the family partnership process as early after enrollment as possible. Document efforts in COPA
- **FCP:** Renew/Complete linkage agreements/Community Partnership Agreements
- **FCP:** Complete and distribute package of information to parents for transitioning children
- **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:** Publish revised parent handbook and community resource handbook
- **FCP:** Complete plans for parent involvement activities and submit to governing bodies/management
- **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 Delegate Agency Health/FCP monthly report 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

### FACT:

Nationally, drowning is the fourth leading cause of death to children under five. Never leave a child unattended around water. This may sound strict but there is no room for compromise because babies can drown in as little as one inch of water.

## Special August Activities in Chicago

### Morgan Park House & Soul Music Festival

Free Admission

August 5th Ada Park  
11250 S. Ada St.  
Chicago, IL 60643 1-8pm

The Morgan Park Roots House & Soul Music Festival is a free community event designed to promote Peace, Love & Unity.

### The 59th Annual Chicago Air & Water Show

Free Admission

August 19th -20th 10:00 AM-3:00 PM  
Both days North Ave. Beach

Over the years, the Chicago Air and Water Show has featured some of the top civilian and military pilots and aircraft in the country. The Air & Water show can be viewed from Fullerton to Oak Street, with North Avenue Beach as the focal point. With Chicago's Skyline as a backdrop, audience numbers reach two million annually, making this show the largest free admission air and water exhibition of its kind in the United States.

### Glenwood Avenue Arts Fest

Free Admission

August 19th -20th Glenwood and Morse Avenues  
Chicago, IL 60626 11am-9pm

You can experience art of all disciplines, music, theater, food and drink on the cobblestone streets of the Glenwood Avenue Arts District in Chicago's Rogers Park neighborhood.

### Logan Square Food Truck Social

Free Admission

August 25th - 27th Humboldt Blvd. between Armitage Ave. & Bloomingdale Ave.  
Chicago, IL 60647 Friday, 5-10pm,  
Saturday & Sunday, 11am-10pm

The Food Truck Social brand returns to Logan Square for the second consecutive year. This year's event promises more of the best mobile eats and great live music.

## Spread the Word – It's Easy to Subscribe to Up-Close

For our EARLY HEAD START-CHILD CARE PARTNERSHIPS (EHS-CCP) please take the time to spread the word about *Up-Close*. Make sure that parents and staff have access to this helpful issue as well as all of the past issues of 2017. The newsletter is absolutely free and therefore everyone in your agency as well as friends and family and community leaders can have a subscription. Distribute or E-mail this Link to parents and staff for *Up-Close*: [www.childrenserviceschicago.com](http://www.childrenserviceschicago.com)

Additionally, parents and staff can subscribe to *Up-Close* on-line and it's very quick and simple. Go to the CSD website and fill out the form. Every month a link to the newsletter is delivered directly to the subscriber's inbox.



### Share Your Center's Summertime Stories

Let us know about any special summertime events, field trips, community affairs or special activities that were held at your center this summer. Simply send a brief description and/or photo. *Up-Close*, A Look at Children Services is your newsletter and we certainly want you to be involved and share your activities and events with our community.



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