

Chatham Child Care News

Monthly Newsletter

January 2002

Breastfeeding Mothers and Child Care Providers: Partnering for Healthy Babies

The American Academy of Pediatrics recommends breastfeeding infants for at least the first 12 months of life. With over 70% of mothers with children under age 5 in the workforce in North Carolina and the average maternity leave being a mere 12 weeks, many mothers are returning to work soon after the birth of their babies. Many times they choose to forego breastfeeding when their baby begins care outside of the home. As child care providers, you are in a unique position to encourage and support continued breastfeeding during the first year.

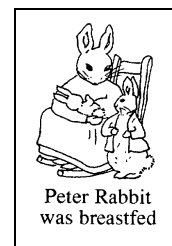
There are many reasons to promote continued breastfeeding. First, mother's milk is the best food for babies. Breast fed babies are less colicky, spit up less, have diapers with a milder odor, and get sick less often than their formula-fed peers. In addition, breastfeeding promotes healthy bonding between a mother and her baby, resulting in a happier, more secure toddler. Finally, mothers (and fathers) feel better about the transition to child care when they can continue to nurse their child.

Here are some ways you can support breastfeeding mothers in your infant classroom or family child care home:

- ◆ Learn more about the benefits of breastfeeding.
- ◆ Educate yourself about the safe handling and storage of expressed mother's milk. (Visit <http://www.cdc.gov/ncidod/hip/abc/policie8.htm> for more information.)
- ◆ Find out how breastfed babies differ from formula-fed babies in terms of bowel movement consistency and frequency, eating patterns, burping, etc.
- ◆ Include a discussion of breastfeeding in your parent orientation –

- Discuss the importance and benefits of continued breastfeeding.
- Provide written information on working and breastfeeding and the expression and storage of mother's milk.
- Explain how your program supports the breastfeeding mother and child and how you are prepared to handle expressed mother's milk.
- Offer referrals to lactation consultants, breast pump rental and loan programs, etc.
- ◆ Invite mothers to visit during their workday to nurse their baby when possible.
- ◆ Prepare a private or semi-private space where mothers can comfortably nurse.
- ◆ Time feedings to fit the mother's schedule when possible.
- ◆ Discuss feeding patterns with parents, especially during the first few weeks in your program. Breastfed babies may initially take little milk from a bottle during the day and nurse more frequently at night.
- ◆ Communicate with parents by providing written notes of the day's feeding times and amounts as well as diaper changes.
- ◆ Praise mothers for providing their babies with the best start.

For more information on how you can encourage and support breastfeeding mothers in your child care program, contact your local WIC office, area lactation consultant, or your child care health consultant. And if you are on the Food Program, talk to your consultant about reimbursement for breast milk.



NOTICE:

CCN has learned that some child care providers have decided not to apply for 2-5 star licenses because they have heard that if they got more stars they would not be eligible for any type of Smart Start funds, including WAGE\$, T.E.A.C.H., and so forth. **THIS IS NOT TRUE! Only quality improvement grants have restrictions of this type, and only 4 and 5 star programs are ineligible for grants. Health and safety (playground) consultations don't involve grants this year, so they are available to everyone that hasn't received this service in the past. For more information, call Marilyn Grubbs or Brenda Foxx.**

EMPLOYMENT OPPORTUNITY

Do you enjoy building sand castles? How about long walks in the country? Do you like hugs, kisses and bedtime stories? I have the perfect opportunity for you. Five children need a full time, patient, loving caregiver. My home is currently a licensed family day care home. I need a qualified individual to take over. Enrollment is full - three full time and two part time preschool children. Interested persons please call 742-9285.

-Denise Pickett

TODDLER ITEMS FOR SALE

The Learning Center is downsizing and closing its toddler site. As a result we have a surplus of classroom equipment ready to sell at 50% of the original price. These items were purchased new in March and are in very good condition. If you are interested in any of the following please call:

- ◆ Toddler size shelving
- ◆ Manipulatives
- ◆ Step 2 stove and refrigerator
- ◆ Infant/toddler swings
- ◆ 6'x9' carpet with bound edges (blue)
- ◆ Streets rug (from Kaplan)
- ◆ Vinyl crawly mat (Kaplan's)
- ◆ 3'x5' solid wood table
- ◆ ten 8" prima chairs (Kaplan's)
- ◆ 10 hook coat hook unit
- ◆ water table (One Step Ahead)
- ◆ mat sheets (Kaplan's)
- ◆ classroom odds and ends

Call Meg at 919-942-1971

**Subsidy News:
NO VOUCHER NO PAY**

Most of you have heard "no voucher no pay" a thousand times, but it bears repeating. If you do not have a completed voucher, Child Care Networks, Inc. (CCN) cannot pay for child care provided to a child in your child care home or center.

The primary purpose of the voucher is to allow a parent (or other responsible adult) to select the child care arrangement they prefer for their child; however, it can only be issued after an Application For Child Care Services has been completed by the parent/responsible adult and approved by the CCN family service counselor. In Chatham County, DSS social workers do not have the authority to issue child care subsidy vouchers.

There are times when a DSS social worker may be the responsible adult, and will need to place a child in a child care facility. Occasionally they may contact a provider directly to place a child. The correct procedure is the social worker must submit a written referral to a caseworker at CCN that justifies the need for child care. Just as a parent would do, the social worker must meet with the CCN caseworker, and complete an application, and a voucher is issued. Payment for the care of a child in Child Protective Services (CPS) and/or foster care is administered by CCN.

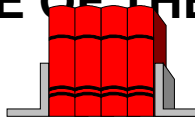
If you should receive a call from a Chatham County social worker wanting to place a child in your facility, be sure to ask about the voucher. If she or he doesn't have one, ask for the name of the CCN caseworker that will be handling the case. Remember "no voucher, no pay". You can always call us to inquire about the voucher. DSS is very good about contacting us when they need to place a child; however, it is in your best interest to ask questions, and to be sure all necessary paperwork is in place BEFORE you accept a new child.

If you get a call for space from a social worker from another county, which has custody of a child, you should expect to get a voucher from that county. According to our Subsidy Policy Manual, "when a child is in foster care outside the county which has custody, the county department of social services that has custody of the child has responsibility for payment".

Remember also, the voucher must be returned to CCN no later than 30 days from the date it was signed by the caseworker and parent/responsible adult. Please call us at any time if you have questions about a voucher you have received or been promised.

-Claudette Womble

FEATURE OF THE MONTH



This month's feature:
THE SNOWY DAY
 By Ezra Jack Keats

No book has captured the magic and sense of possibility of the first snowfall better than *The Snowy Day*, winner of the Caldecott Medal. Universal in its appeal, the story has become a favorite of millions, as it reveals a child's wonder at a new world, and the hope of capturing and keeping that wonder forever. Waking up to a world of snowy white---what could be better? Young Peter can't wait to jump in his snowsuit and run out to explore. There are snowmen to build and snowballs to pack, mountains to climb and snowbanks to collapse in—to carve a snow angel! And when the day is done, there's a dark night of dreams and drifting snow, and a new snowy day to wake to.

Our Resource Library is available to Chatham County child care providers. To check out items, call Brenda Foxx at 542-6644, extension 16 or Marilyn Grubbs at extension 21. We may be able to deliver items if you have trouble coming to pick them up.

Items in the Resource Library were purchased with funding from the Chatham County Partnership for Children.



CPR or First Aid classes are taught by Sue Morrow, RN, monthly at Child Care Networks. Here is the upcoming schedule:

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|--------------|-----------|-------|
| • January 7 | First Aid | \$15* |
| • February 5 | CPR | \$22* |
| • March 5 | First Aid | \$15* |
| • April 4 | CPR | \$22* |

*Classes are \$3 each for programs currently on contract to upgrade their quality. Funding for this reduced fee is provided through Chatham County Partnership for Children.



All classes begin at 6:00 p.m. at our office, 117 E. Salisbury Street in Pittsboro. **Call Brenda Foxx to register for classes. Register early, since classes fill up quickly.**

In addition to the training listed here, we have information about workshops in nearby counties sponsored by other agencies. Call Marilyn Grubbs at 542-6644, extension 21 for this information.

CORRECTION AND APOLOGY

In our list of child care programs with 2 – 5 stars last month, we inadvertently left out Sarah Dixon (Riverside Day Care), a five-star family child care home. Congratulations, Sarah!

CPR AND FIRST AID STATE MONITORING REVIEW

A special thank you to the providers who have been visited by Margaret Paulson from the Nutrition

Branch Service in Raleigh. Thank you for allowing her into your home and child care. I have received a report of her visits and I am happy to report that she didn't find any serious problems. There is one finding that seemed to be consistent at most homes she visited: providers are not filling out their meal count and menu sheets on a daily basis. I encourage you to take the time to complete your paper work daily. Your case manager will call and schedule a follow-up visit with you.

-Pat Alston

FOOD GUIDE PYRAMID

The Food Guide Pyramid is the perfect tool for teaching healthful eating in child care settings. The following activities are some ideas for teaching the children in your care.

Name That Food: Review food names by holding up pictures of different items from the food guide pyramid, and ask the children to identify the names of each. Use the pictures in a sorting exercise. For example, direct children to pick green items, round items, etc.

Color Your Plate: Have children draw a pyramid on a paper plate, then have them draw the foods and beverages they had for breakfast in the correct place on the pyramid. Do the same for lunch, dinner, and snacks. Are the plates balanced?

Foods From Around the World: Explain that there are many different foods and that what we eat depends on where we live and what we grow. Show them pictures of unfamiliar fruits and

vegetables from around the world. Create a pyramid for that culture. Go a step further: plan and prepare an ethnic meal that uses foods from all five food groups.

-Developed by NC Nutrition Education and Training Program

The Child and Adult Care Food Program is operated in accordance with the U.S. Department of Agriculture policy. The USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Ave., SW, Washington, DC 2050-9410 or call (202) 720-5964.

CHATHAM CHILD CARE NEWS is a resource publication for caregivers, parents, and other persons interested in child care. It is published monthly by Child Care Networks. Suggestions, information, and articles are welcomed and printed as space permits. Mail information to:

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or call (919) 542-6644, extension 21.

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