



ASSOCIATION FOR BETTER CHILDCARE

Serving the Bismarck-Mandan Area
PO Box 182
Mandan, ND 58554-0182

November 2009 Issue

Upcoming Meetings and Trainings

Beginning in January 2010, ABC Trainings will start promptly at 7:00 PM according to CST Cell Phone Time. At 7:01, the door will be locked. Please arrive by 6:45 to allow for check-in. This change will be on a trial basis. The business meeting will follow the training and we ask that you please stay for it. Your input is very important. The May business meeting will be mandatory for election night.

*****Monday, November 16, 2009*****

"H1N1 Precautions" - How To Stay Healthy

(Update on Illnesses & When To Refuse Care)

Speaker: Kathy Lampman, RN (CCR&R)

One & One Half Hour Training @ Morton County Courthouse - North Door - Downstairs

*****Monday, December 7, 2009*****

****6:30 PM**** "ABC Christmas Party—Rap Session" ****6:30 PM****

(See Insert Enclosed For Menu/Registration Form - Dinner Must Be Paid In Advance)

ABC Members Present

One Hour Training @ Seven Seas - Mandan

*****Monday, January 18, 2010*****

"How To Find & Keep Reliable Employees/Helpers"

(Guidelines To Finding Safe and Responsible Employees - Information on Background Checks)

Speaker: John Brammel (North Dakota Job Service)

One & One Half Hour Training @ Morton County Courthouse - North Door - Downstairs

*****Monday, February 15, 2010*****

"Keeping Kids Fit & Still Having Fun"

(Getting Kids Moving With Kid-Size Exercises and Movements)

Speaker: Donna Hartze (Aim Physical Therapy)

One & One Half Hour Training @ Bismarck Public Library - Downstairs

NOTE: SCHEDULED TRAINING MAY BE SUBJECT TO CHANGE

The President's Korner

As president of ABC, I would like to thank all of our current and new providers who have recently joined ABC. I feel that ABC is a bridge for all of us who work with children and adults who want to do their best in the job God has given them the opportunity to do. ABC's trainings help us do our job successfully along with providing support to one another. Having this type of fellowship between ABC Members allows us to make new friends, support providers we know and encourage new providers to come as well.

I am excited about our upcoming Christmas party. The ABC Executive Board invites each and everyone one of you to come and enjoy a night filled with fun and relaxation. I would encourage you to bring someone with you whether it be your husband, friend, uncle, brother or significant other.

(Please don't let my husband be the only man there.)

Blessings to each and everyone one of you during this Holiday Season from the ABC Executive Board.

President BiBi Mehring

More Websites To Check Out!

- www.abc4bisman.org
(The Association For Better Childcare)
- www.dltk-teach.com
(Educational Activities for Children)
- www.gettingreadyforschool.com
- www.facebook.com
(ABC is on Facebook-Keep Updated)
- www.kidshealth.org/kid - H1N1 Information
- (Recipes for Kids With Diabetes, Cystic Fibrosis, or Lactose Intolerance)



How To Make Pasta Christmas Garland With Kids

Christmas is a wonderful time to spend making memories with children. Although gifts are soon put away, a memorable activity is something treasured forever. A great way to spend time with children at Christmas is making decorations for the tree, such as a pasta Christmas garland.

Things you will need: Yarn, Tapestry Needle, Pasta in Various Shapes, Paints, Paint Brushes, Glitter

1. Gather all the necessary supplies. Select different shapes of pasta. Any pasta with a hole works well. Also get some yarn, a tapestry needle, acrylic paints, paint brushes and a dish of water for rinsing the brush.
2. Spread out newspapers or paper towels on the work surface to make cleanup easy.
3. Give the kids paint brushes and let them paint the pasta shapes. Use any colors; there are no rules. Sprinkle on some glitter before the paint dries for a little extra sparkle. Let this dry before continuing.
4. Measure out the desired amount of yarn. Add on extra length for tying off later.
5. Thread the yarn onto the tapestry needle. Slide the first piece of pasta onto the yarn. Go back through the pasta shape a second time in the same manner to make a loop and pull it tight to hold the pasta on the yarn. This keeps the project from sliding off the yarn. Knot it off, if necessary.
6. Hold the tapestry needle while letting the kids put the pasta shapes on. Use this as an opportunity to teach smaller children patterns with colors and shapes.
7. Make another loop through the final piece of pasta just like with the first piece, then tie it off with 1 or 2 knots.

Enjoy making this with a child.

www.ehow.com

New Years Eve Fun

A new years project I have done before, is take toilet paper rolls, let the kids decorate the outside of it however they want, paint, stickers, crayons, etc. Tape one end closed with clear packing tape, fill with some rice, or beans, something noisy, but not too much! Then, tape the other end and you have a noise maker for midnight!

Submitted by: Angie Neigum

Need CPR & First Aid?

It has come to ABC's attention that Custer Health District will host CPR and First Aid Classes for childcare providers on scheduled Saturday's from 8 AM - 3 PM for a cost of \$20.00 for both and it is good for 2 years. For more information call Melanie at the Custer Health District @ 667-3370. A minimum of four is needed to have a class with a maximum of nine. Call and get your name on a list today. Classes fill fast!

Every job is a self-portrait of the person who did it. Autograph your work with excellence. Anonymous



Kids R Worth It!

"We need to encourage members of this next generation to become all that they can become, not try to force them to become what we want them to become. You and I can't even begin to dream the dreams this next generation is going to dream, or answer the questions that will be put to them."

Barbara Coloroso

Needed:

ABC Members to join the Calling Tree to make 'Reminder' calls. Contact Valerie at 255-7868 or E-mail abc@bis.midco.net Thank You

Quick, Edible Thanksgiving Turkeys

You Will Need:

2 Double Stuff Oreos
Candy Corn
Raisinettes

Instructions: Open one Oreo. The half that has the filling will be the base for your turkey to stand on. Eat the other piece, if desired. Place the other Oreo on the filling standing upright. This is your turkey body. Carefully place five candy corns into the filling on the upright Oreo. These are the feathers. Place a raisinette in front of the turkey body. This is the head. Place on your table as a decoration, or gobble it up! Recipe found at www.recipes.kaboose.com

Thanksgiving Pie Craft

Paint the edge of a paper plate brown, paint the rest orange. While the paint is wet sprinkle on pumpkin pie spice. Cut into pieces, glue a cotton ball to each piece. You now have a Slice of Spice.

Submitted by: Sandy Fix

Kitchen Secrets "Bananas"

- Bananas are rich in fiber, potassium and other vitamins and minerals.
- Store bananas at room temperature. To ripen bananas quickly, place them in a brown paper bag with an apple or tomato overnight. The two will work together to speed each other's ripening. An even quicker way to ripen bananas is to wrap them in a wet paper towel and then place in a brown paper bag. When your bananas have turned the color you want, but you can't use them right away, store them in your refrigerator. The skin will darken, but the bananas will stay fresh for up to two weeks.
- Available all year round, bananas should be plump. The skin of the banana should be free of bruises as well as black and brown spots. Bananas should be purchased green and allowed to ripen at home.
- Banana chips are usually fried in coconut oil and is not a good nutritious snack like a banana or fried banana chips.
- Americans consume 25 lbs. of bananas per person annually.
- Bananas contain less water than most other fruits.
- Bananas are the largest plant in the world without a woody stem.

United Way has flyers available for Dolly Parton's Imagination Library. This is a book club that mails out 1 book per month for children from birth - 5 years. The books are FABULOUS! All the parents have to do is fill out the flyer and mail it in, or register online. Then watch the mail for these awesome books to arrive. To register online and answers to questions available at <http://msaunitedway.org> - Click on the Dolly Parton area.

Moments For You:

"The best way to cheer yourself up is to try to cheer somebody else up." - Mark Twain

Love Bug Valentine Card Holder Craft for Kids

What you will need: Dinner-sized and snack-sized paper plates, fun foam hearts (or cut from construction paper), tissue paper, pipe cleaners, paper, hole punch, ribbon, and glue.

What to do:

1. Cut one dinner-sized paper plate in half. Glue one half to another dinner-sized paper plate to make a pocket.
2. Fold a snack-sized paper plate almost in half, then fold back the two upper corners to make the face shape. Fold a pipe cleaner in half and tape it to the back of the head for the antennae. Glue hearts to the end of the antennae. Glue the head to the large paper plate pocket.
3. Draw eyes on the head. Cut legs from black construction paper and glue them to the bug's body.
4. Cut wing shapes from tissue paper and glue them to the body.
5. Cut out a tongue from pink paper and glue it inside the mouth.
6. You can also glue heart shapes with love phrases written on them on to each of the bug's legs.
7. Use a hole punch to punch a hole at the top of the bug and tie a ribbon to the hole to hang the love big card holder.

The craft and picture for this can be seen by going to:

<http://www.daniellesplace.com/HTML/valentine.html>

Elephant Valentine's Day Picture with Tissue Paper Nose Craft for Kids

What you will need: Colored tissue paper (the kind you use to wrap presents), colored pencils or markers, glue, large paint brush or pencil (about 1 cm wide), candy, and card stock.

What to do:

1. Draw an elephant without a trunk.
2. Color the elephant with crayons, markers, or colored pencils.
3. To make the trunk pick out a matching tissue paper color. Cut the tissue paper into a 7.5" x 7.5" square.
4. Roll the tissue paper around the paint brush or pencil. Wet the exposed edge with your tongue or damp sponge and press it to the rolled tissue to secure. Do not make it too wet.
5. Scrunch the tissue paper down the paint brush to the end so that it is all scrunched up into about one inch at the bottom of the brush just like you would to get the paper off a drinking straw.
6. Glue the tissue paper trunk to the face of the elephant, and then glue a piece of candy to the trunk.
7. To finish fold the bottom half of the paper back and then make another fold about 2 1/2" from that fold and then fold back half an inch at the end. Glue the 1/2 inch end to the back of the elephant picture to form a stand for your picture.

The craft and picture for this can be seen by going to:

<http://www.daniellesplace.com/HTML/valentine.html>

