



## ASSOCIATION FOR BETTER CHILDCARE

Serving the Bismarck-Mandan Area

<http://www.abc4bisman.org>

March 2010 Issue

ABC Trainings will start promptly at 7:00 PM. Please arrive by 6:45 to allow for check-in and plan accordingly. The business meeting will follow the training and is not mandatory but as a member of an organization, according to the By-Laws, it would be your duty to attend. ABC plans to go "Green" - Newsletters will be E-Mailed. Sign up for the Newsletter Mailing by sending an E-Mail to: [abc@bis.midco.net](mailto:abc@bis.midco.net) \*\*If you do not have internet, please inform the Door Greeter @ 255-7868\*\*

### Need Affordable Creditable Childcare Training? ABC Can Help

**\*\*\*\*\*Monday, March 15, 2010\*\*\*\*\***

"Learning to Detect Neglect, Physical and Sexual Abuse" .  
(when and where to report)

Speaker: Shannon Hilfer - Child Advocacy (Medcenter One)

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

NOTE: SCHEDULED TRAINING MAY BE SUBJECT TO CHANGE

**\*\*\*\*\*Monday, April 19, 2010\*\*\*\*\***

"Having Fun With Science - Geared For Ages 3-5"

(different science experiments to do with children—hands on experiments to try)

\$1 Per Person (This will be paid for by ABC)

One & One Half Hour Training @ Gateway To Science Center (1810 Schafer St)

NOTE: SCHEDULED TRAINING MAY BE SUBJECT TO CHANGE

**\*\*\*\*\*Monday, May 17, 2010\*\*\*\*\***

"Happiest Baby On The Block" - (Birth To 7 Months) - Calming Techniques

Speaker: Shannon Hilfer - Child Advocacy (Medcenter One)

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

**\*\*Election Night\*\*** - Everyone please plan to stay for the business meeting.

**\*\*\*\*\*Monday, June 21, 2010\*\*\*\*\***

"Helping Providers Help Children Fit In" - Poverty & Multicultural Diversity Issues

Speaker: Theresa Snyder (Co-Owner of Okiciya Consulting)

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

NOTE: SCHEDULED TRAINING MAY BE SUBJECT TO CHANGE

# The President's Korner

Greetings from your Vice-President (due to technical difficulties the President is having).

The past nine months have brought about some nice changes for ABC. Here are some that I have noticed:

- 1) Our membership has grown to the highest we have ever had and attendance at monthly meetings has also increased.
- 2) Our trainings have become more pertinent, fun, and enjoyable.
- 3) The chance to try to move our meetings to the end of the evening is being tested per the request of members.
- 4) There have been monthly social gatherings open to all members....I have not been able to attend, but have heard great things from those who have!
- 5) The Christmas "meeting" was a well-attended nice evening out.

These are just a few of the new things going on at ABC. I know that BiBi is always looking for new ways to make our organization better. Her brain is always working. I am very happy to be able to work alongside her and the rest of the board to make our group the best it can be. I look forward to getting to know you all better as we work our way through these next few months. I am excited for SPRING to finally arrive and give us new life to enjoy the little sweethearts we are blessed to work with. THANK-YOU for doing what you do. You probably don't hear that enough, but you need to KNOW just how important you are!

Blessings, Jo Wilson

## More Websites To Check Out!

- [www.abc4bisman.org](http://www.abc4bisman.org)  
(ABC Web Site-Printable Newsletters Available Online)
- [www.babybumblebee.com/company/freebies.cfm](http://www.babybumblebee.com/company/freebies.cfm)  
(lots of FREE downloads)
- [www.parents.com](http://www.parents.com) (info galore)
- [www.facebook.com](http://www.facebook.com)  
(ABC is on Facebook-Keep Updated)
- <http://familyfun.go.com/st-patricks-day>  
(St Patrick's Day Recipes and Crafts)



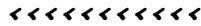
## 13 Fun Easter Facts—Sunday, April 4

1. 90 million chocolate Easter bunnies are made for Easter each year.
2. Each day, five million marshmallow chicks and bunnies are produced in preparation for Easter.
3. 16 billion jelly beans are made (that is enough to completely fill an 89 foot high and 60 foot wide plastic Easter egg - about the height of a nine-story office building!)
4. 82 percent of Americans say they would prefer a chocolate or candy bunny for Easter, while only 4 percent say they would prefer a live rabbit.
5. 63 percent of Americans would most like to receive a chocolate bunny on Easter morning, followed by marshmallow bunnies (10 percent).
6. The world's largest jar of jelly beans weighed 6,050 pounds.
7. 75 percent of kids are willing to do extra chores for extra Easter candy.
8. According to the Guinness Book of World Records, the largest Easter egg ever made was just over 25 feet high and made of chocolate and marshmallow. The egg weighed 8,968 pounds and was supported by an internal steel frame.
9. 88 percent of adults carry on the Easter tradition of creating Easter baskets for their kids & 90 percent of adults hope for their own treat from the Easter Bunny.
10. The first chocolate eggs were made in Europe in the early 19th century and remain among the most popular treats associated with Easter.
11. Kids first grab for chocolate bunnies when checking out their Easter baskets, followed by the marshmallow treats, malted milk balls/eggs and jelly beans.
12. When it comes to knowing which types of bunnies please the palate, the majority of Americans say a solid chocolate bunny first and foremost, followed by a hollow chocolate bunny, marshmallow bunny and other types of Easter bunny candy.
13. Red jelly beans are kids' favorite.

[www.lilduckduck.com](http://www.lilduckduck.com)



### Provider Appreciation Day



Download and print this flyer for free @ [providerappreciationday.org](http://providerappreciationday.org)

### Need CPR & First Aid? (Price increase April 1)

Custer Health District will host CPR and First Aid Classes for childcare providers on scheduled Saturdays from 8 AM – 3 PM. CPR/First Aid Classes through Custer Health are good for 2 years. For more information call Melanie at the Custer Health District @ 667-3370. A minimum of four are needed to have a class with a maximum of nine. Call and get your name on a list today. Classes fill fast! Dates and cost are as follows:

- ★ Saturday, March 27th Cost: \$20.00 (last \$20.00 class)
- ★ Saturday, April 17th Cost: \$30.00 (increase in price)
- ★ CPR only: 8 AM - Noon Cost: \$20.00
- ★ First Aid only: Noon - 3 PM Cost: \$20.00

Contact Melanie @ 667-3370—Call today!



Kids R Worth It!

"Our children are counting on us to provide two things: consistency and structure. Children need parents who say what they mean, mean what they say, and do what they say they are going to do."

Barbara Coloroso

## Eggs Are Brain Food

*Why nutritionists say eating eggs may boost your child's growth and development.* By Colleen Pierre, R.D.

Easter eggs aren't just tons of fun for kids to dye: The yolks are packed with the nutrient choline, critical during your child's first six years to ensure full development of the brain's memory center. Go out of your way to give eggs to young children. One yolk has about 200 mg of choline, which exactly meets the daily requirement for 1-3 year olds and comes close to the 250 mg that 4-8 year olds need.

Added benefits: Egg yolks are loaded with other nutrients important to a child's growth and development, including vitamin A, iron and folate. There is no reason to worry about eggs' cholesterol or fat content to a growing child who isn't overweight.

\*In fact, it's fine for kids to eat one egg per day.\*

## April Fools Day (April 1)

**Have A Drink!** Prepare a package of Jell-o whichever color or flavor your family likes. Pour into drinking glasses and insert a straw in each glass. Let set in the fridge. These look like drinks but when you try to drink them -- April Fools!

Sent in by Megan Rundquist

**Hot Chocolate Havoc!** Leave this "accident" on the carpet or couch this April Fools Day and listen to everyone exclaim, "Not me!" for a bit before letting your clan in on the secret: dried paint and glue make a believable mess. This project needs to be made several days in advance, but the payoff is well worth it. Mix 2 tablespoons of tacky glue with about 1 tablespoon of brown acrylic paint (remember that the shade will darken as the glue dries). Drizzle some of the mixture down the inside of a disposable cup, then lay the cup and a plastic spoon on a cookie sheet covered with plastic wrap. Pour the rest of the mixture near the cup's edge and onto the spoon, adding a few mini marshmallows (snipped in half for a partially melted look) if you like. Allow the mess to dry for about 3 days, then remove it from the plastic wrap and let it air-dry completely on a protected surface.

Search for this at <http://familyfun.go.com>



## Mother's Day (May 10)

### Pumpkin French Toast (Fit For A Queen)

#### Ingredients:

6 large eggs - 3 T. canned pumpkin puree  
1/2 t. cinnamon - 1/2 t. ground nutmeg  
8 slices French or Italian white bread  
3 T. chopped walnuts - powdered sugar - butter

#### Directions:

Preheat the grill and melt 1 tablespoon of butter. Meanwhile, combine the eggs, pumpkin puree and spices in a shallow dish. Whisk until frothy. Dip the slices of bread into the egg mixture, turning to coat both sides. Grill for 3 minutes, until the French toast is crisp and brown on the outside. Sprinkle with the walnuts and powdered sugar. Serve immediately with maple syrup.

Can be found at [www.recipes.holidays.net](http://www.recipes.holidays.net)

## Kitchen Secrets "Coffee Filters"

- Cover bowls or dishes when cooking in the microwave. Coffee filters make excellent covers.
- Clean windows, mirrors and chrome. Coffee filters are lint-free so they'll leave windows sparkling.
- Protect a cast-iron skillet. Place a coffee filter in the skillet to absorb moisture and prevent rust.
- Hold tacos. Coffee filters make convenient wrappers for messy foods.
- Put a few on a plate and put your fried bacon, french fries, chicken fingers, etc on them. It soaks out all the grease.
- Keep in the bathroom. They make great "razor nick fixers."
- Use them as a spoon rest while cooking and clean up small counter spills.
- Use them to remove fingernail polish when out of cotton balls.
- Use coffee filters as blotting paper for pressed flowers. Place the flowers between two coffee filters and put the coffee filters in a phone book.
- Use as a disposable "snack bowl" for popcorn, chips, etc.
- Put baking soda into a coffee filter and insert into shoes or a closet to absorb or prevent odors.

Thanks to Lois Mongeon for these tips!

## Father's Day (June 21)

### A Cheesy Gift for Dad (from familyfun.com)

#### Ingredients:

6 rectangular crackers - pepperoni - yellow mustard - cheese slices - scallions - red or green bell pepper

#### Directions:

For each shirt, top a cracker with a rectangle of cheese. Next, cut shirt details, such as a collar, pocket, tie, or button seam, out of cheese, peppers or pepperoni. Use thinly sliced scallions or dots of yellow mustard for buttons. For a fun presentation, wrap Dad's treats in a small box lined with waxed paper.



