



August 2009

Issue 2

Connecting Children to Nature

"Children are born naturalists. They explore the world with all of their senses, experiment in the environment, and communicate their discoveries to those around them."

- The Audubon Nature Preschool

Get Moving Outdoors

Warm Weather is fun, so get moving outdoors...

- **Create sidewalk art.** Use colored chalk or "paint" with water and brushes.
- **Chase shadows** in the summer sun.
- **Play hopscotch.** Young children can jump from square to square. Older children can hop, stoop and bend.
- **Play parade!** Dress up the children and decorate wagons, tricycles and buggies.
- **Splash** in a sprinkler or water table.
- **Blow bubbles.** Safely follow wherever they go!
- **Plan a picnic.** Have the children plan too.
- **Play catch.** Use a rubber ball or Frisbee.

Most of all, have fun!

Nibbles for Health, Number 34, USDA, Food and Nutrition Service.



Outdoor Safety

- **Always stay with the children.** You will have fun playing together.
- **Protect skin with sunscreen,** even on a cloudy day.
- **Drink water.** We lose water through sweat, so we need to replenish our bodies by drinking plenty of water.
- **Check the safety conditions** of the outdoor area and the conditions of both stationary and mobile play equipment.



What's New on DCD

The NC Child Care Commission is proposing rule changes in the areas of children's health and nutrition, enriching outdoor activities and quality school age care based on research reviewed on outdoor learning environments, quality activities for school age care and preventing obesity in young children. Changes to the definition of 'health care professional' are also being made as a result of legislation approved during the current General Assembly session.

For more information visit the following website:

<http://ncchildcare.dhhs.state.nc.us/general/whatsnew.asp>

Teaching Good Food Habits

Give children enough table time. Do the children in your classroom seem to dawdle at the table? That is normal. Young children do not have the muscle development or skills to eat as fast as adults. They still need to practice with eating utensils. Allow children to eat at a pace that lets them enjoy their food. It takes about 20 minutes for the stomach to feel full. Rushing through a meal only leads to frustration for you and the children.

Nibbles for Health, Number 15, USDA, Food and Nutrition Service.

Be a Good Role Model

Children watch what you eat. If you eat and enjoy fruits and vegetables, chances are the children in your care will try them too—if not now, then most likely later. It is not just what you say, it is also what you do. As children grow, the adults in their life are role models. Remember most children want to grow up doing what others do.



Nibbles for Health, Number 15, USDA, Food and Nutrition Service.

Challenging Behaviors: Where to Begin?

Louise B. Biller & Associates provide Technical Assistance Training for childcare providers that address challenging physical, social/emotional, and/or behavior needs. To schedule a Technical Assistance Training in your child care facility call (910)347-7994.