Our mission at the Center for Child Development is to serve and act on behalf of the needs, rights, and well-being of all children, their families and university students.

Greetings Families!

I LOVE/LIKE YOU Box

During the month of February, three I LOVE/LIKE YOU boxes will be placed in the main entrance to the Center, one for each classroom. Parents, teachers, students, and children are invited to write an I LOVE/LIKE YOU note to a child as frequently as you like.

- Blue hearts for the infants
- Pink hearts for toddlers
- Green hearts for preschoolers

Please place the child’s name on the note, name of person writing the note and your message. Then place your heart in the appropriate I LOVE/LIKE YOU box. Teachers will read the messages to the children on Friday of each week. On February 25, all I LOVE/LIKE YOU messages will be sent home with your child. We want each child to receive messages weekly. The children are extra proud of themselves after the notes have been read!!!

ASI Flex Benefits

NDSU Human Resources informed individuals using Child Care Flex benefits that a new ASI Flex benefit program was available to parents. After researching this new flex process, consulting with an ASI Flex representative and our accountant we have decided to not participate in this program.

The Center for Child Development will continue with the same Flex benefit process as in the past, of parents providing the completed monthly reports to the Director for signature and then placing the form above your child’s cubby the first of the following month.

As an NDSU employee, if you have questions about your ASI Flex benefits, please contact Maria Wingenbach-Benefit Specialist at 231-5602.
What Does Your Child Eat at The Center?
By: Bailey Jahner – Dietetic Intern

The Center for Child Development participates in the USDA Child and Adult Care Food Program (CACFP). The CACFP provides support to childcare programs by partially reimbursing the nutritious meals and snacks being served. Their goals include improving and maintaining the health and nutritional status of children while also promoting the development of healthy eating habits.

Our meals and snacks follow the requirements of the CACFP, which are based off the Dietary Guidelines for Americans and align with the recommended meal patterns of the USDA MyPlate. All meals and snacks served to children meet these requirements with serving sizes and meal components varying by age of child to meet their estimated nutrient needs for growth and development.

Throughout the day, our program typically offers:

- 3 servings of dairy
- 3 servings of grains
- 1 serving of meat or meat alternative
- 1-2 servings of vegetables
- 2 servings of fruits

The CACFP is also working to increase the amount of whole grain-rich foods in children’s diets and reduce the amount of sugar. To accomplish this, at least one grain product per day must be whole grain rich, with at least 50% of its contents being whole grain. These foods are identified on the monthly menu with an *. To reduce the amount of sugar in children’s diets, programs must select ready-to-eat cereals with no more than 6 grams of sugar per ounce and yogurt with no more than 23 grams per 6 ounces.

Our 6-week menu cycles must be evaluated by the USDA to ensure all components are present and approved before implementation. Providing children with a variety of healthy foods, serving and eating food family style, offering nutrition education, and receiving encouragement from teachers to taste new foods, all contribute to the development of healthy eating habits.
the readiness of the infant and working in partnership with parents, solid food is supplemented alongside infant formula or breastmilk to maintain proper nutrition. When serving food to infants, it is important to introduce them to a variety of flavors and textures and is best done by providing small amounts of each food. For example, serving sizes for soft foods such as fruits and beans is only a few tablespoons while a serving of bread is a half slice or less. Providing infants with small amounts of each food gives them the opportunity to taste a larger variety of foods.

What your child is being offered – following CACFP requirements

- **Breakfast & Lunch**: breastmilk/infant formula and a combination of infant cereal, meat, eggs, cheese, or yogurt, and a fruit and/or vegetable.
- **Snack**: breastmilk/infant formula and a combination of infant cereal, bread, crackers, or ready-to-eat cereal, and a fruit and/or vegetable.

**Friendship Day**

Monday, February 14th our classroom will celebrate Friendship Day. Teachers will talk with the children about what being a friend means, prepare and eat a friendship snack and focus on asking others if we can help them throughout the day. Traditionally the children have exchanged “Friendship Cards”. This is voluntary for each family. If you would like to participate, please send 11 cards with only your child’s name on it. The children will distribute them to their friends. Please no treats in the cards.

**Catch Your Cough and Sneezes**

As the cold and flu season continues; it is very important for toddlers to learn how to cover their coughs and sneezes. Teachers ask that parent’s model and practice with your child at home how to catch those germs in the elbow area. Our goal is to minimize the spread of germs that are transmitted through the air as well as the spray of sputum.

**Mary Taking Annual Leave**

Mary will be taking annual leave Friday-Tuesday, February 4 - 8. Parents will be informed of her substitutes as the date gets closer.

**Classroom Assessment Scoring System (CLASS)**

The toddler CLASS tool describes two broad domains of effective teacher-child interactions: Emotional and Behavioral Support and Engaged Support for Learning. Within each of the two domains are dimensions that focus on different aspects of effective teacher-child interactions. Each of these dimensions includes a set of effective teaching practices.

Within the Engaged Support for Learning Domain is the “Facilitation of Learning and Development” dimension.

**What is it?** Supporting children’s development by setting up hands-on learning opportunities, participating in activities along with children, and encouraging them to think as they explore the world.

**Why is it important?** Toddlers learn through whole body exploration. Having an adult support them as they learn, allows children to maximize learning from classroom activities.

**What Does My Child Eat at the Center?**

By: Bailey Jahner – Dietetic Intern

Under the requirements of the CACFP, children ages 1-2 years receive 4 fluid ounces or ½ cup of milk at each meal and snack throughout the day. Children ages 1 year receive unflavored whole milk as it contains more fat, which is necessary for healthy brain development. When children turn 2 years old, they no longer require the high amounts of fat found in whole milk, so they transition to skim milk. It is recommended to transition from whole milk to skim milk gradually, adding a little more skim milk than whole milk each day. Introducing children to foods should always be a gradual, repetitive process. During the toddler years, children begin to develop eating habits and preferences, making it especially important to provide them with a variety of healthful foods such as the following.

What your child is being offered – following CACFP requirements

- **Breakfast**: 4 fl oz milk, ½ oz equivalent of grains, and a ¼ cup serving of fruit and/or vegetables.
- **Lunch**: 4 fl oz milk, 1 oz meat or meat alternative, ½ oz equivalent of grains, and 1/8 cup of both fruits and vegetables.
- **Snack (any 2 of the following)**: 4 fl oz milk, ½ oz meat or meat alternative, ½ cup fruit, ½ cup vegetables, or a ½ oz equivalent of grains.
Movin’ & Groovin’ Starts February 2nd

Wednesday mornings from 9:00-9:50 the HNES 257 class will be encouraging preschoolers to get moving with some fun large motor/movement activities. This class gives students experience working with young children in developing their large motor skills, balance and coordination. We will be walking to the Benson Bunker Fieldhouse gym, weather permitting, as a large group or to our large motor (room 319) in two separate groups for 20 minutes of movement per group. A preschool teacher will stay with the children during entire activity time.

Friendship Day

On Monday, February 14th we will be celebrating Friendship Day. Teachers will focus on what makes a kind friend, why we need friends and how we show someone they’re special to us. We will be playing cooperative/team building games that day also. As part of this celebration, we will:

- **Wear Red, Pink & Hearts** clothing.
- **Exchange Cards** - Preschoolers will have a Friendship card exchange, optional participation. If you would like your child to give a Friendship card, your child will personally place their card in their friends’ collection box.
- **Eat a Friendship Snack** - Each child will be asked to bring an unopened, snack size food for our Friendship Trail Mix. Please have the snack item NOT be candy or nuts, per our healthy eating practices. Dried fruit, cereal, pretzels, and mini crackers are good choices. The children will be mixing it together to share.

Friendship Finger Plays and Songs!

**The More We Get Together**
Sung to: “Did You Ever See a Lassie?”
The more we get together, together, together
The more we get together, the happier will be.
For your friends are my friends,
And my friends are your friends,
The more we get together, the happier will be.

**Friend of Mine**
Sung to: “Mary Had a Little Lamb”
Will you be a friend of mine,
Friend of mine, friend of mine?
Will you be a friend of mine
and (choose an action) around with me?

The following are a few songs about friendship and being a good friend. They can be found on YouTube.

1. **Best Friends** by Charlie Hope
2. **The Sharing Song** by Raffi
3. **K-I-N-D** by Stephanie Leavell

What Does My Child Eat at the Center?

By Bailey Jahner-Dietetic Intern

Under the requirements of the Child and Adult Care Food Program (CACFP), children ages 3-5 years receive 6 fluid ounces or ¾ cup of unflavored skim milk at breakfast and lunch. Throughout the day, preschoolers receive the nutrients needed to fuel their busy and growing bodies through a variety of healthful foods served. Providing a balanced and healthy diet to preschoolers promotes optimal physical and mental development.

What your child is being offered – following CACFP requirements:

- **Breakfast**: 6 fl oz milk, ½ oz equivalent of grains, and a ¼ cup serving of fruit and/or vegetables.
- **Lunch**: 6 fl oz milk, 1 ½ oz meat or meat alternative, ½ oz equivalent of grains, and ¼ cup of both fruits and vegetables.
- **Snack (any 2 of the following)**: 6 fl oz milk, ½ oz meat or meat alternative, ¼ cup fruit, ½ cup vegetables, or a ½ oz equivalent of grains.

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