

May 8th 2020 is Provider Appreciation Day!

CHILD CARE PROVIDERS
Change the World
ONE CHILD AT A TIME



Self-Care Challenge

Pick 3 things each day to recharge your batteries.

Self-care is essential for those who care for others. While care givers are wonderful at meeting the needs of others, they are not always the best (especially during stressful situations) at taking care of themselves. The following list provides ideas of ways to relax and recharge. A few minutes of personal time can make a BIG difference.

Take a walk, Read a book, Call a friend, Enjoy a favorite beverage, Take a bath, Meditate, Listen to music, Doodle, Paint, Bake, Cook a favorite recipe, Send a card or letter, Drink a glass of water, Polish your fingernails, Turn off your phone for a few minutes, Light a candle,

TAKE CARE



OF YOURSELF

Take a shower, Journal, Eat a favorite treat, Sing or play an instrument, Work on a puzzle, Pray, Exercise, Play a board game, Weed the garden, Do a facial mask, Soak your feet, Body lotion, Spend time with your pet, Look through old photos, Time alone, Take a nap, Knit, Crochet, Sew, Create something wonderful, Stretch your body, Watch a movie or program you enjoy, Spend time in Nature....

Fun Finger Plays

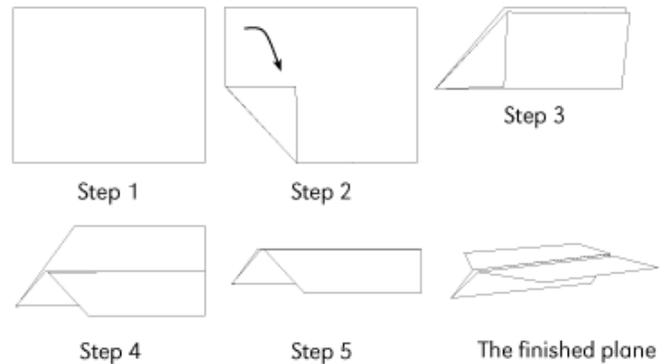
Almost any children's song can be made into a finger play by creating hand movements that go along with the words of the song. Old favorites like "Where is Thumbkin" are a good place to start when creating finger plays. Using rhyming words help children and adults remember the words and the actions you create can cue children to the words if they forget.

Here are a few of our favorites:

The Wheels on the Bus go Round and Round
The Farmer in the Dell
B - I - N - G - O was his Name-O
Baby Shark
Five Little Monkey's Jumping on the Bed
Twinkle, Twinkle Little Star
Do you know the Muffin Man?
The Itsy, Bitsy Spider
Little Bunny Foo-Foo
Bringing Home a Baby Bumblebee
Five Green and Speckled Frogs
The Ants Go Marching
Ten in a Bed and the Little One Said...
1, 2, 3, 4, 5 Once I caught a Fish Alive
Five Little Ducks Went Out to Play
Head, Shoulders, Knees, and Toes
We're Going on a Bear Hunt

Simple Paper Airplane Folding

Use brightly colored paper, or have children draw or color a design before they start folding. Take the airplanes outside to fly them together. We which plane goes the fastest, farthest, slowest, smoothest. Look up other designs online.



Resources from National CACFP 2020 Circus Acts: Lessons for Life Calendar

[May Parent Connections Link](#)
[May Circus Acts Child Activities Link](#)
[Monthly Motivation Poster Link](#)

Visit www.CACFP.org for more resources





CLAIMS

CORNER

We want you to receive the most money you can each month. Claims Corner has useful reminders and hints to help you do just that.

- COVID-19 has had a HUGE impact on child care programs. Wildwood is advocating to ensure you receive the largest reimbursement possible from CACFP during this challenging time. If you have questions, please give us a call or email your program representative or claim processor. We are here to help.
- If you are unable to purchase food to meet the meal patterns due to food shortages, please serve the healthiest options you can and document what you serve along with a note about missing components.

***The last day we can receive original March claims for processing is May 22, 2019.**

***The last day we can receive original April claims for processing is June 25, 2019.**

Referral Bonus! Do you know providers who are not participating in the food program? Help us make a connection by sharing your positive experience and referring them to your field representative or the Wildwood office. After your referral joins Wildwood and submits their first claim, you will receive your choice of 2 hours of training from our PAID courses as a Bonus. Together we help small businesses!

Happy Mother's Day!

Sending our appreciation to all the mother's in our lives, particularly those who care for the children of other people in addition to their own. You are important, you are essential, you are loved beyond measure.

Mother's Day is May 10th



NEW ONLINE SPRING TRAINING COURSES

We have a NEW course to meet the annual Nutrition Training Requirement for CACFP participation: **Ready to Eat Cereal**

We create additional courses each trimester which are FREE to Wildwood providers. Look for our latest course to help meet training hours for licensing. **Reducing Food Waste**

Standard Precautions Training Discount

To reward the actively claiming providers on the Wildwood Food Program, we are offering a special 50% discount on Standard Precautions training for 2020. Standard Precautions training is required for all Colorado providers annually.

To take advantage of this offer, call the office and ask for the ½ price special. We'll help place your order at the discounted price. This offer is only valid for child care providers participating on the Wildwood Food Program.

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, Its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.