

KIDBIZ NEWSLETTER
April 2012

A Newsletter for Early Childhood & Child Care Professionals

Brought to you by:
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In this issue:

1. No Bake Treats Kids Can Make
2. Tips & Tricks
4. In The News
5. This Month's Sale Item
6. Upcoming Events

Just returned from Alaska – what a GREAT place to do child care! There's conversations these providers have that in 25+ years in this field I've never heard before, such as: "We couldn't play outside yesterday because the bears were in the backyard again." "We took a walk to the park last week but had to take the long way to get back home because the moose came into the park and we couldn't get past them the same way." Or "I took the kids outside to play, but when the 4 yr old ran out she only got about 10 feet away from me and she sunk into the snow and disappeared!" I think it would be a blast to deal with these issues! Thanks to all the great providers at the Alaska Family Child Care Association Conference, can't wait to come back again!

I've finished writing my Tea Parties Teach book, and it's off to editing. This month's article is just a tiny tidbit from the section on getting treats for the tea party, you can use these ideas for any snack – enjoy!

*Hug a kid for me!
Patricia*

No Bake Treats Kids Can Make

Perhaps your facility doesn't have the equipment for the children to bake, or you are constrained by how involved in the process children can be due to licensing rules and would prefer not to do baking with the children. There are many ways to create treats, and get the social, mathematical, cognitive and small motor advantages without baking.

Start with a store bought base such as cookies, vanilla wafers, graham crackers or saltine crackers. Then provide a variety of items for creating something new: a can of frosting, peanut butter, jelly or flavored cream cheese spread. A few jars of colored sprinkles, fruit pieces or sprigs of herbs and you are ready to create!

The process is simple: let the children stack two of the bases, using the topping to hold them together. A little dollop of the topping on top, a few sprinkles or other extras and they have a miniature cake or hors d'oeuvre! Let the children experiment with different bases, fillings and toppings. Anything that is small can be used. What makes it fun is letting the children dress up what you have. They can get as creative as they like, but I'd advise against making these several layers high since it will make it more difficult for them to be eaten in a delicate and polite manner! This could again become an assembly line activity, getting the children to work together for each creation.

For this snack, you can go the sweet or the savory route. Here's some mix and match examples:

Sweet

Base: Cookies, vanilla wafers, graham crackers, prebaked pastry shells

Filling: frosting, peanut butter, honey, strawberry flavored cream cheese

Toppings: Sprinkles, berries, powdered sugar, cocoa

Savory

Base: Crackers, flat bread, tortillas

Filling: cream cheese, cheese spread, veggie dips

Toppings: olives, grape tomatoes, parsley sprig, grated parmesan cheese, pickle slices

Use these lists to mix and match, and ask the children for their ideas too! It's an easy way to let them get their creative juices flowing and experiment with food.

Whenever possible, break it down so they can be the ones to create the snack. Many foods are easily cut with small plastic knives. Kitchen gadgets such as small choppers, either electric or hand choppers, come in very handy as well (see sidebar).

While creating these no bake snacks, use the same techniques as you did with the sandwiches, fruits and vegetables to discuss shapes and colors. This is also a good time to explore taste. You can set up all the options then blindfold the children and place two options in front of them to taste. Have them identify which is sweet and which is sour or savory.

And don't forget the manners! Imbedded in every aspect of a great tea party is the opportunity to practice good manners. Saying "Please pass the frosting" and "Thank you" should become the routine. Also encourage the children to compliment each other's creation, and use details in their comments such as saying how much they like the color, shape, texture, combination, taste, or presentation of each snack.

Whether you are going the baking, or no-bake route, there is a wide variety of snack options for your tea party! Collect books on appetizers to find new and interesting foods for the children to try. Ask the families to share their favorite recipes and ideas for snacks too. This is once again an opportunity to tap into the children's lives outside of child care by having them share a family favorite, or something from their family's

history or culture. It's also a great way to build on your child care family culture by having the children write down creations they've prepared and putting them together in a cookbook. Add photos of the children creating the snacks and photos of the finished snacks, and you've got a very special record of your time together.

A tea party does not need to always include a wide variety of snack options either. Sometimes it can be as simple as one item and the tea, and that's fine! The amount of food you want to offer will depend on the time of day and how it fits into your meal schedule with the children. And it's fun to have it change as well, doing it as a small snack one week, then for a full lunch the following week.

The beauty of tea party celebrations is that it takes a simple activity such as sharing food and drink, and kicks it up a notch! It becomes magical and special. It opens up opportunities for learning that would not have occurred by simply sitting down to quickly eat a snack. It does take time to prepare, but in most cases the preparation work is half the fun (and learning)! That's why it works to spread the preparation out over several days as well. There's something special to work on each day, leading up to the big finale at the end of the week! Or, it can pack one entire day with fun and learning. It's up to you. Tea party celebrations are entirely flexible opportunities for learning and fun!

Can't wait for my book to come out? (Me either!) Get it hot off the press by pre-ordering at only \$16 (final price will be a minimum of \$20), go to www.patriciadischler.com to preorder yours today!

Tips and Tricks

Found some great cookbooks for kids while doing research for the Tea Parties Teach book, check these out:

Pillsbury Kids Cookbook, 2005, Wiley Publishing, Inc., Hoboken, NJ.

Lots of photos, descriptions of cooking terms and techniques, tool and utensils, safety, and includes recipe for a Teapot Cake with Tea-Cupcakes that is very cute.

Mom and Me Cookbook by Annabel Karmel, 2005, DK, London, UK.

Lots of photos make this very user friendly for children! Includes kitchen items/uses, kitchen techniques and simple recipes broken into easy steps.

Green Eggs and Ham Cookbook, Recipes inspired by Dr. Suess, Concocted by Georgeanne Brennan, 2006, Random House, New York, NY.

What a great literary tie-in! Book is filled with silly recipes all inspired by Dr. Suess characters and books.

Usborne Activities: Chocolates and Candies to Make by Rebecca Gilpin and Catherine Atkinson, 2004, EDC Publishing, Tulsa, OK.

Easy recipes, great directions with drawings that are easy for children to follow, nice treats for a special occasion tea party.

Williams-Sonoma: The Kids Cookbook, General Editor Chuck Williams, Oxmoor House, Menlo Park, CA.

Great basic skills section with photos and directions, an equipment glossary with photos, a glossary of terms, good basic recipes.

Paula Deen's My First Cookbook, by Paul Deen with Martha Nesbit, 2008, Simon and Scuster, New York, NY.

Includes glossary and safety with drawings, directions for measuring different types of ingredients correctly, how to set the table, good manners and great basic recipes.

If you have some great tips to share, send them to: contact@patriciadischler.com to be included in the next newsletter!

IN THE NEWS

Kauai Child Care Conference 2012 – Don't miss this opportunity to combine a fantastic vacation with some quality training! Plan now to attend August 9-11 at the beautiful Kauai Beach Resort in Lihue, Hawaii. My good friend Marva Lyons organizes this amazing conference each year, to learn more contact her at 510-521-3997 or happymarva57@yahoo.com.

Start now to plan to attend the 2012 NAFCC Conference – Join me in Atlanta, Georgia! Easy layaway plan available, check it out at: www.nafcc.org. We just booked a FABULOUS keynoter you won't want to miss – Jason Kotecki who will cure every attendee of their "Adultitis" and get you re-energized to continue the important work you do. Check him out now here, www.KimandJason.com, read of his books, and I'll see you in Atlanta!

THIS MONTH'S SALE ITEMS

April Sale Item: No Regrets Pregnancy Counseling Booklet Packs – 20% Off

This booklet is an excerpt from my adoption book, *Because I Loved You*, including the chapters on how to make a decision in an unplanned pregnancy you can live with without regrets. It's a low cost way to get the information in the book into the hands of everyone who comes to your agency. Stock up now, these only go on sale once a year!

Regular Price: \$40 for a set of 10 Sale Price: \$32 for a set of 10

May Sale Item: 101 Tips & Tricks - \$2 Off

Filled with 101 ways to save money, time, make your job easier, and make fun stuff for the kids, this book is a compilation of all the great tips and tricks I've learned and accumulated over the years. One of my most popular workshops and guaranteed to give you lots of creative ways to do things differently.

Regular Price: \$8 Sale Price: \$6

Order yours today at: www.patriciadischler.com or www.KIDBIZResources.com!

UPCOMING EVENTS

April 13-14, 2012

Anchorage, Alaska

Alaska Family Child Care Association State Conference

2 Lunch Keynotes: Teaching Outside the Box

4 Workshops each day: To be announced

For more information visit: www.alaskafcca.org

April 21, 2012

Springfield, Illinois

Provider Appreciation Brunch

Keynote: Teaching Outside the Box

For more information visit: www.cccconnect.org

April 28, 2012

Oshkosh, Wisconsin

CCR&R Provider Training

Full Day Training, topics:

Creating an Inspirational Child Care Environment

Professionalism

NAFCC Accreditation

For more information contact Lisa Smith, 920-886-1211.

May 4 & 5th, 2012

Family Child Care Professionals of South Dakota State Conference

Sioux Falls, South Dakota

Keynotes: *Teaching Outside the Box, Professionalism*

Workshops: *Teaching the 3 Cs, Controlling the Crazy's, Crazy for Kids*

For more information visit: www.sdchildcare.org

May 10-12, 2012

Wisconsin Family Child Care Association State Conference

Wisconsin Dells, Wisconsin

Preconference Day Training: *NAFCC Accreditation*

Workshops: *Marketing & Interviews, Teaching the 3 Cs, The Parents Can't Hear Me!*
For more information visit: www.wisconsinfamilychildcare.org

May 19, 2012

Providers Empowering Providers (PEP) Conference
Cheyenne, Wyoming

Keynote: *Crazy for Kids*

Workshops: *Filling Openings vs. Finding Partners, Creating a Parent Handbook, The Parents Can't Hear Me!*

- NEW! I've been doing school bookings for awhile, but getting more organized with it because it's something I love to do! To learn more about bringing me to your child's school to inspire the emerging writers there check out www.patriciadischler.com/school.htm
- If you are a member of a group planning a training event and would like to book one of my keynotes or workshops, visit the Lecture page on my website and contact me for availability. Visit www.patriciadischler.com/lecture.htm.

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Patricia Dischler
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and *The Patty Cake Kids & The Lost Imagination Cap*.
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