FAMILY DAY CARE NETWORK

OCT, Nov, Dec. 2021

FDCN NEWSLETTER UPDATES



Annual Training

THANK YOU to everyone for getting their annual training completed by the deadline! If you have not received your certificate of training, please contact us. We plan to continue to offer both in-person training in Sioux Falls, as well as online training next year to meet the annual training requirement of the food program.

Monitor Visits

Monitor visits will continue to be done in person and/or over the phone. The USDA has granted the CACFP waivers that allow for sponsors to use their discretion on safety measures. FDCN staff will continue to wear personal protective equipment when conducting in-person visits. Please make sure you answer your phone or respond to your voicemail. We have had some situations where it has been very difficult to reach providers. We will have to consider disallowing meals if that continues to be an issue.

Holidays

Christmas Day and New Year's Day fall on a Saturday this year. The FDCN office will be closed on December 24th and December 31st. Providers are not able to claim on the days that the FDCN office is closed.

Updates

Please continue to keep the FDCN office updated with any days you are closed. This makes our job much easier as we plan monitoring visits! Also, please keep us updated with closures due to illness.

Meet the Staff

ECE REGION 5 DIRECTOR Dianna Rajski

CHILD SERVICES MANAGER
Terra Johnson

ADMINISTRATIVE ASSISTANTS

Rachelle Borah Rebecca Hinton Lisa Oligmueller

COMMUNITY PROGRAMS SPECIALIST Sharon Schmidt

FOOD PROGRAM EDUCATOR Sarah Boese

SANFORD CHILDREN'S CHILD SERVICES

5015 S Western Ave Suite 120 Sioux Falls, SD 57108 Phone: (605) 312-8390

CHILD SERVICES OFFICE HOURS

Monday-Friday 8 a.m. – 5 p.m.

EMAIL

Sharon. Schmidt@sanfordhealth.org Sarah. Boese@sanfordhealth.org

WEBSITE

www.sanfordhealth.org/ keyword: Family Day Care Network



FDCN Creditable Snacks

- Egg salad on cucumber rounds
- Green pepper strips and cottage cheese
- Pretzels and sliced grapes
- Watermelon and roll
- String beans and tortilla chips
- Pancakes and strawberries
- Tortilla with refried beans
- Hard boiled egg and toast
- Bananas and peanut butter
- Pretzels and hummus



Stages of Infant Development and Feeding Skills (healthy, full-term)

Developmental milestones are used as markers to ensure that infants and toddlers are growing in a healthy direction. During early years, a child's relationship with food is crucial for his or her health and development. Learning the physical stages that relate to feeding is important to understanding this

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Next there is learning tongue control and movement that will eventually lead to chewing. With the introduction of complementary foods at around six months, infants learn how to open their mouths in response to food, start learning how to bite soft foods, and how to hold and bring it to their mouths. Every movement from bringing food to mouth, opening mouth, biting, moving tongue to chew food and then swallowing are all learned skills.

Within the first few days of life, an infant has to first learn the coordination of sucking, breathing and swallowing.



Visit cacfp.org for more helpful tools. Adapted from USDA/WIC Infant Nutrition and Feeding Guide

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