

## Providers Playground

### What's for Snack..?

#### Breakfast Burrito Bites



These mini breakfast burritos are perfect for those kids who don't like to eat breakfast, yet you want to get a little healthy food in their bellies.

#### Ingredients :

- 3 TBL chopped bell peppers
- 1 tsp. olive oil, or spray pan with non stick cooking spray.

- 3 eggs (whipped slightly in a bowl)
- 1 TBLS of water
- 2 (8 inch) whole tortillas

So, the concept is easy enough. We

- sautéed some peppers.
- Cooked and egg.
- Rolled it in a whole wheat tortilla.
- And cut cross-ways like sushi.

#### Directions :

1. Cook peppers with oil or cooking spray

2. Remove peppers from pan.
3. Cook egg/water mixture over hot skillet, without scrambling them.
4. Move egg inward to cook although through, and flip, so you have a large "fried egg".
5. Cut in half. Place one egg on each tortilla.
6. Add peppers to the center of your tortilla and roll up.

Enjoy..!

<http://www.superhealthykids.com/healthy-kids-recipes/finger-food-breakfast-burrito-bites.php>



## Did you know..?

### Tips for Parents.

- ♦ **Parents control the supply lines.** You decide which foods to buy and when to serve them. Though kids will pester their parents for less nutritious foods, adults should be in charge when deciding which foods are regularly stocked in the house. Kids won't go hungry. They'll eat what's available in the cupboard and fridge at home. If their favorite snack isn't all that nutritious, you can still buy it once in a while so they don't feel deprived.

- ♦ **Food is not love.** Find better ways to say "I love you." When foods are used to reward kids and show affection, they may start using food to cope with stress or other emotions. Offer hugs, praise, and attention instead of food treats.
- ♦ **Quit the "clean-plate club."** Let kids stop eating when they feel they've had enough. Lots of parents grew up under the clean-plate rule, but that approach doesn't help kids listen to their own bodies when they feel full. When kids notice and respond to

feelings of fullness, they're less likely to overeat.

- ♦ **Kids do as you do.** Be a role model and eat healthy yourself. When trying to teach good eating habits, try to set the best example possible. Choose nutritious snacks, eat at the table, and don't skip meals.



# Down to Business...!!

## If you Move...

Relative care providers who plan to move must tell CMA **IN ADVANCE** in order to continue claiming. A new relative care self certification Form and FDCH must be completed. Also a monitor must complete a visit at your new residence to ensure the home is in compliance. Please keep in mind that all adults 18 years and older that live with the provider must submit a BCI. Licensed providers who

move, must obtain a new state license at their new address in order to continue claiming with CMA.

### Look for CMA mail!

CMA sends a lot of important information to providers through the mail. Please look for renewal paperwork and requests for information. With so much paperwork each month **CMA will not send more than ONE reminder to providers when paperwork is overdue.** If you see a letter from CMA it's important!



*Please remember, Claims are due the 4th business day of each month.*



## Activity Time

### **Paper Caterpillar**

Here's what you'll need..

- Construction paper
- Scissors
- Pipe cleaners
- Markers
- Pen or Pencils

Here's how to make it..

1. Cut different colored circles out of construction paper. Cut as many as you'd like, the more you cut the more colorful and long your caterpillar will be.
2. Using a pen or pencil, punch holes in the center of each circle and thread onto a pipe cleaner. Repeat until you have made your caterpillar as long as you would like it.
3. Fold the pipe cleaner on either end to secure the circles and draw on two eyes.



## **Claim Due**

<http://www.busybeekidscrafts.com/Paper-Caterpillar.html>

**Last Day for  
March Claims:**

**Friday, April  
4th**

**Last Day for February  
Claims:**

**Tuesday, April  
29th**

**Last Day for January  
Claims:**

**Tuesday, April  
1st**



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