

Child Management Associates Providers' Playground



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Teddy Bear Toast

Ingredients	Directions
-Bread	-Toast bread in the toaster
-Peanut butter	-Spread peanut butter on toast
-Bananas	-Cut banana slices for ears/snout
-Raisins	-Add raisins as eyes/nose

<http://www.craftymorning.com/teddy-bear-toast-healthy-kids-breakfast/>



CMA will be closed on
Labor Day
Monday, Sept 5

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Eat a Rainbow

Fruits and vegetables come in a variety of different colors. These colors represent different nutritional components, such as beta carotene in carrots and the anthocyanins in strawberries. MyPyramid for Kids recommends kids

eat more dark green and orange vegetables. Kids should try to eat a different colored fruit and vegetable every day and make it goal to eat a rainbow of colors each week.



<https://cookingfortinytots.wordpress.com/>

<http://www.livestrong.com/article/149288-fun-nutrition-facts-for-kids/>

Serve This

Not That

<i>Coconut water</i> -still sweet but filled with nutrients	<i>Soda (of any kind)</i> -you're basically drinking sugar & will quickly damage your teeth
<i>Sweet potato fries</i> -provides more nutrients & even better if baked	<i>French fries</i> -full of sodium and fat
<i>Hummus</i> -this dip goes with almost everything & is packed with protein & fiber	<i>Ketchup</i> -main ingredient is usually sugar/corn syrup (not tomatoes)

The food you eat can be either the safest & most powerful form of medicine

OR

The slowest form of poison.

-Ann Wigmore

<https://www.babble.com/kid/12-worst-foods-and-12-alternatives/>

Let's Get Moving



Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

Shake your whole body.	Hold your arms out at your side and make circles with them in the air.	Reach behind you and try and hold your left foot with your right hand without falling over.
Jump up and down.	Hop on your left foot 10 times.	Lay on the floor and stretch out as far you can for 10 a count of 10.
Spin around in circles.	Hop on your right foot 10 times.	Pretend to shoot a basketball 10 times.
Do a cartwheel.	Hop around like a bunny.	Pretend to jump rope for a count of 10.
Do a somersault.	Balance on your left foot for a count of 10.	Pretend to ride a horse.
Wave your arms above your head.	Balance on your right foot for a count of 10.	Pretend to milk a cow.
Walk like a bear on all 4s.	Bend down and touch your toes 10 times.	Take 5 of the biggest steps forward that you can.
Walk like a crab.	Reach behind you and try and hold your right foot with your left hand without falling over.	Pretend to lift a car.
Hop like a frog.	Show off the muscles in your arms.	Scream.
Walk on your knees.		
Lay on your back & pedal your legs in the air like you are on a bike.		
Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.		

<http://theysmell.com/keeping-kids-healthy-active/>

Craft Time—Foil Fall Tree Art

Supplies:

- Paint in fall colors
- Foil
- Paper
- Paint tray



Directions:

- Crumble up a piece of foil to make your paint tool
- Mix paint colors (ranging from red to yellow) on tray
- Dip foil in paint colors and stamp onto paper
- When finished with leaves, paint brown trunks and branches to finish

****Try reading some fall books while your paintings dry. Some great ones are:**

- Autumn is Here! by Heidi Pross Grey
- Red Leaf, Yellow Leaf by Lois Ehlert
- When Autumn Falls by Kelly Nidley

<http://munchkinsandmoms.com/foil-printed-fall-tree-art/>

Business Corner

Referrals

Are you referring your friends and family to CMA? If you know anyone that might benefit from the program please let us know.

Daycare Hours

If you changed your hours for the summer, please make sure to update CMA if you are changing them again for the new school year.

Moving

Relative care providers who plan to move must notify CMA **in advance**. Monitors must complete a visit at your new residence to ensure the home is in compliance before you will be able to claim again.

School Schedules

With school starting again, it is important to make sure that CMA has the correct school information for all of your school-aged daycare children, including what district, track, and type of kindergarten they are in (if applicable). Please check your "CIF" form to ensure the proper school information is listed for each child. You may also contact the CMA office to verify all child information. Doing this **before** submitting claims will help to ensure that all meals claimed are correctly reimbursed!

Claim Due Dates

July Claims	August Claims	September Claims
Friday, September 30	Monday, October 31	Thursday, October 6

This institution is an equal opportunity provider and employer