

Caregiver Chronicle



Learn more about how you can be Parent Aware Rated by attending one of our information sessions

The deadline for applying to start in January 2020 is December 10, 2019!

Join Us on November 12, 2019

1:30-3:00pm &

6:30-8:00pm

Blaine Human Service Center
1201 89th Ave NE Suite 345
Blaine MN 55434

1:30-3:00pm

Woodbury City Hall
8301 Valley Creek Rd
Woodbury MN 55125

6:30-8:00pm

The Grove United Methodist Church
7465 Steepleview Rd
Room 208
Woodbury MN 55125

Please RSVP to:

Annette Borman
763-783-4711
aborman@accap.org

See page 2 for online Information Session Details

Contact Us:

Sydney Lindenfelser
763-783-4881
slindenfelser@accap.org

Doreen Jackson
763-783-4891
djackson@accap.org

Allison Frey
763-783-4823
afrey@accap.org

Stacy French
763-792-8759
sfrench@accap.org

Nadia Turner
763-783-4737
nturner@accap.org

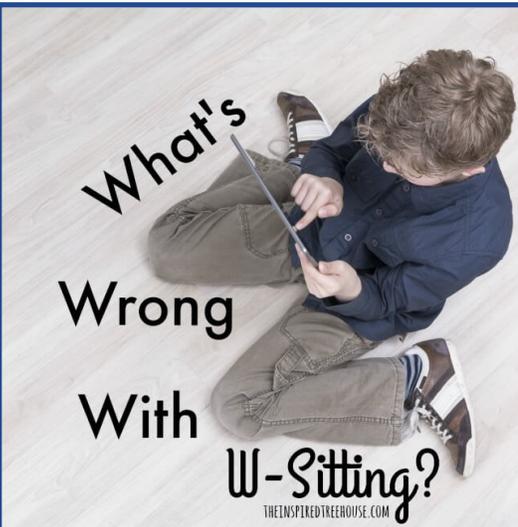
Ashley Skogen
763-783-4736
askogen@accap.org

Annette Borman
763-783-4711
aborman@accap.org

Terri Hoffman
763-324-2362
thoffman@accap.org

Inside this issue:

Fun Days in Nov	2
Fry Bread Recipe	2
Parent Aware	2
Help Me Grow	3
Professional Learning Community	3



Each time I walk into a classroom, I can find at least 3 children who are on the floor in the W-Sitting position...and they kind of remind me of melting snowman.

Their legs are wide around their bottoms, their trunk posture is often droopy and they aren't able to move their arms outside of their base of support to play. I am constantly saying "fix your legs" or "NO "W" SITTING!". What's so wrong with W-sitting? Let's explore.

(Continued on page 4)



A newsletter from ACCAP Child Care Support Services
Serving Anoka and Washington Counties

Volume 6, Issue 11
November 2019

Fun Days in November

- 3 Sandwich Day
- 5 U.S. General Election Day - **VOTE!!!**
- 6 Marooned without a Compass Day
- 6 Saxophone Day
- 9 Chaos Never Dies Day
- 10 Forget-Me-Not Day
- 11 Veteran's Day
- 12 Chicken Soup for the Soul Day
- 12 Young Readers Day
- 13 National Indian Pudding Day
- 13 Sadie Hawkins Day
- 13 World Kindness Day
- 14 Hindu Diwali Day
- 15 America Recycles Day
- 16 Have a Party With Your Bear Day
- 17 Homemade Bread Day
- 17 Take A Hike Day
- 19 Have a Bad Day Day
- 20 Absurdity Day
- 20 Universal Children's Day
- 21 World Hello Day
- 22 Go For a Ride Day
- 23 Eat a Cranberry Day
- 24 All Our Uncles are Monkeys Day
- 25 National Parfait Day
- 30 Stay At Home Because You Are Well Day
- Aviation History Month
- Child Safety Protection Month
- International Drum Month
- National Model Railroad Month
- Native American Heritage Month
- Peanut Butter Lovers Month
- Week 3 Game and Puzzle Week

Native American

Fry Bread

Ingredients

- 1 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup milk

Vegetable oil (or shortening for deep frying; enough to reach 1-inch depth)

Steps to Make It

1. In a deep cast iron skillet or heavy saucepan heat about 1 inch of oil to 350 F. If you don't have a deep-fry thermometer to attach to the pan, dip the handle end of a wooden spoon in the oil. The oil should bubble around it fairly steadily when it's ready. Another way is the popcorn method. Put a kernel of popcorn in the oil. It will pop when the oil reaches 350 F to 360 F.
2. Meanwhile, combine the flour, baking powder, and salt in a bowl; mix well to blend.
3. Add the milk and stir until the dough holds together. Knead 3 or 4 times on a floured surface.
4. Divide the dough into four uniform pieces and shape each into a ball.
5. Roll each ball of dough into a circle with a lightly floured rolling pin. Make a depression in the center of each round of dough.
6. Carefully slide one or two into the hot oil and fry for about 1 to 2 minutes on each side, or until lightly browned.
7. Remove the fried dough to paper towels to drain.
8. Serve and enjoy.

Tips

- Fry dough can also be spiced and sweetened with sugar and then served with syrup or honey.
- Serve the bread as a base for taco salad, or cut hot fry bread into wedges and serve with salsa or a dipping sauce.



What is Diwali?

Diwali is the Indian “festival of lights,” a holiday that celebrates the triumph of good over evil. Though technically religious, it’s also become a cultural event in North America—celebrated with sweets and special foods.

Parent Aware Online Information sessions

Saturday, November 16, 2019 at 9am

This online information session will be held by webinar.

To RSVP please contact **Tanisha Lungelow** at **651-233-2297** or **tlungelow@gmail.com**.

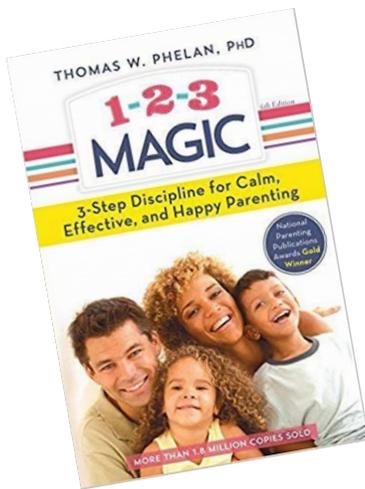
Please RSVP at least one day prior to the session to get a link emailed to you to join the session.



Encouraging Healthy Development - 6 Months

Incredible growth occurs during the first three years of a child's life. There are many things you can do to support and nurture healthy development during this time. Below, we've listed some specific activities to help a 6-month-old baby develop and grow.

<http://helpmegrowmn.org/HMG/HelpfulRes/EncourageHealthDev/6Months/index.html>



Join Us for Our November Professional Learning Community Meeting

We welcome Lori Hameister, to help us understand what *1-2-3 Magic* is all about.

Hope to see you there!

Please RSVP to: Annette Borman
763-783-4711
aborman@accap.org
(Please specify date)

RSVP by noon
on 11/13 and
get a free copy
of the *1-2-3
Magic* book!

Tuesday, November 19, 2019

6:30-8:30pm

Blaine Human Service Center

1201 89th Ave NE

Room 204

Blaine MN 55434

Thursday, November 21, 2019

6:30-8:30pm

Jerry's Food Store

7760 Hargis Parkway,

Room 2

Woodbury MN 55129

If you need an interpreter, please contact us seven (7) days before the event

W-Sitting (Continued from page 1)

What is W-Sitting?

W-sitting looks like this: a child sits on the floor, his bottom is between their legs, and his knees are bent with legs rotated away from the body – if you stand above him and look down, it looks like his legs are forming a “W”. All children have the potential to begin the W-sitting habit.

In this position, a child’s base of support is wider and his center of gravity is lower, allowing for increased stability through the hips and trunk. It’s a convenient position for play because they do not have to work on keeping their balance while also concentrating on toys.

Why is W-Sitting Problematic for Kids?

In this position, a child cannot achieve active trunk rotation and cannot shift his weight over each side making it difficult to reach toys that are outside of their immediate reach. It is so important for kids to be able to weight shift and rotate in order to develop adequate balance reactions, for developing the ability to cross midline, and to have access to the movement needed to attain other important developmental milestones.

How to Correct W-Sitting

If a child is frequently in a W-sitting position, core strength may be an issue, which may lead to poor posture, delayed developmental skills, and over-compensation of other muscle groups. If your child is a W-sitter, there are a few things you can do to help him correct his sitting.

First and foremost, encourage other ways to sit on the floor. Side sitting (to either side), long sitting (legs out in front), pretzel sitting, playing in all fours, or sitting on a low bench or stool. Consistency is important!

If you find that your child has difficulty maintaining any other position than W-sitting, it may be worthwhile to seek the advice of a pediatrician or physical therapist for suggestions on how to correct his position and for treatment of any underlying strength deficits or muscle tightening that has resulted.

If you’re a therapist or teacher who frequently encounters children who are W-Sitters, share a copy of our printable W-Sitting handout with parents and caregivers!

Read more about the W-Sitting Controversy and hear how others are weighing in on the W-Sitting Debate!

Check out all of our best therapy tools here!

We love this post about W-Sitting from Rachel at CanDo Kiddo – such a well rounded review of the related issues and when W-Sitting is really a problem for kids.

Our Favorite Core Strengthening Activities for Kids

Simple Core Strengthening With a Playground Ball

Core Strengthening Through Everyday Play

Flying Feet Core Strengthening Activity

Crab Crossover Core Strengthening Activity

Our Most Popular Core Strengthening Exercises for Kids

Creative Core Exercises With DIY Materials

Crab Walk Core Strengthening Ideas

Body Bridges: Core Strengthening Through Play!

Inchworm Core Strengthening Idea

Core Strength & Independent Dressing

Other Core Strengthening & W-Sitting Information

Side Effects of Weak Core Muscles

How to Tell if a Child Has Weak Core Muscles

A Surprising Cause of Attention Issues in Kids

A Physical Therapist Explores W-Sitting [FREE Printable]

We hope the ideas and information here is helpful to you in your classroom, home, or therapy practice!

Claire & Lauren

<https://theinspiredtreehouse.com/>