

Caregiver Chronicle

Why Play Matters

The importance of how children learn through play

Learning through play

It helps to build self worth by giving a child a sense of his or her own abilities and to feel good about themselves. Because it's fun, children often become very absorbed in what they are doing. Play is very important to a child's development, it is an integral part of a child's Early Years Foundation Stage and supports their learning journey too. Young children can develop many skills through the power of play. They may develop their language skills, emotions, creativity and social skills. Play helps to nurture imagination and give a child a sense of adventure. Through this, they can learn essential skills such as problem solving, working with others, sharing and much more.



In turn, this helps them develop the ability to concentrate. Providing children with a range of playthings will help them learn in a number of ways:

- Sand and water play can be an early introduction to science and math, e.g. learning that water is fluid, not solid, and that it can be measured in different sized containers.
- Playing with dough or clay, drawing and painting pictures, dressing up, playing with dolls can encourage creativity, imagination and expression of feelings.
- Building blocks, jigsaw puzzles, and shape sorters can help with recognizing different shapes and sizes, putting things in order and developing logic.

(Continued on page 4)

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Parent 
Aware

Learn more about how
you can be Parent Aware
Rated by contacting one
of our coaches

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

Inside this issue:

Help Me Grow	2
Professional Learning Community	2
Easy Meatloaf Muffins	3



A newsletter from
ACCAP Child Care Support Services
Serving Anoka and Washington Counties
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Baby milestones – When Babies Sit Up, Roll Over and Crawl

Babies experience some of the most rapid development, as every day they learn something new. Frequently asked questions around baby development include when babies typically sit up, roll over and crawl. These milestones are all part of a baby's motor, or physical, development.

<http://helpmegrowmn.org/HMG/HelpfulRes/Articles/BabyMilestones/index.html>



Attend our December Professional Learning Community!

Join us for a conversation about The Arts

What does the Arts domain
of the ECIPs cover?
We will explore what it means to
include Arts into your program.



Tuesday, December 17, 2019

6:30-8:30pm

Blaine Human Service Center

1201 89th Ave NE

Blaine MN 55434

Thursday, December 19, 2019

6:30-8:30pm

Jerry's Food Store

7760 Hargis Parkway,

Woodbury MN 55129

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

**Attend in December and be entered into a drawing for a free
5-week Eager to Learn class of your choice!**

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

Professional Learning Community meetings are not Develop approved training events. These meetings are an opportunity to learn with, and from, your fellow early childhood educators about various topics. This learning opportunity may sometimes be supported by guest speakers. Participants will receive a letter confirming their attendance. Please check with your licenser regarding whether they will accept this letter towards your annual training requirements.

Easy Meatloaf Muffins

These tasty meatloaf muffins are a nice change from the everyday meatloaf, and they're sure to be a hit with kids.

One of the great things about meatloaf is its amazing versatility. It's easy to "hide" grated carrots or other vegetables in the meat mixture or sprinkle in some cheese when you add the ketchup topping. Meatloaf muffins can be served along with chips or fries—for extra fun, try putting them in small buns for meatloaf sliders! Got some extra time? Make mashed potato "frosting" for the tops.



Ingredients

- 1 tablespoon extra-virgin olive oil
- 1/2 cup onion (finely chopped)
- 1 clove garlic (finely minced)
- 1 1/2 pounds ground beef (ground chuck)
- 1/2 cup soft fine bread crumbs
- 1 cup ketchup (divided)
- 1 teaspoon Worcestershire sauce
- 1 large egg (beaten)
- 1/2 teaspoon dried leaf thyme
- 1/2 teaspoon dried leaf oregano
- 1/2 teaspoon ground black pepper
- 3/4 teaspoon salt

- Total: 50 mins
- Prep: 20 mins
- Cook: 30 mins
- Yield: 12 Servings

Nutritional Guidelines (per serving)

209	Calories
10g	Fat
10g	Carbs
20g	Protein

Steps to Make It

1. Gather the ingredients. Heat the oven to 350 F (180 C/Gas 4). Lightly grease a 12-cup muffin pan or spray with nonstick cooking or baking spray.
2. In a large skillet, heat the olive oil over medium heat. Add the onion to the pan and sauté until lightly browned and tender.
3. Add the finely minced garlic and cook, stirring, for 1 minute longer.
4. Combine the ground beef with the bread crumbs, 1/2 cup of the ketchup, the Worcestershire sauce, the beaten egg, thyme, oregano, ground black pepper, and salt.
5. Add the sautéed vegetables, mixing until well-blended.
6. Then pack the meat mixture into the prepared muffin cups.
7. Bake the meatloaf muffins for 20 minutes.
8. Top each meatloaf muffin with a few teaspoons of the remaining ketchup and return to the oven and bake for about 5 to 10 minutes longer.
9. The meatloaf muffins should register at least 160 F on an instant-read thermometer inserted into the center of one.

Serve and enjoy!

Tips

- If the muffin cups are a little over-filled, put a rimmed baking pan or sheet of foil under the muffin tin to catch any overflow.
- Make a big batch of meatloaf muffins and freeze them for future lunches or dinners. To do this, bake the meatloaf muffins without a topping. After baking, place the muffins on a baking sheet and move them to the freezer. When they are frozen solid, transfer them to freezer bags. Label with the name and date and freeze for up to three months.
- Reheat meatloaf muffins in a 350 F oven for about 35 to 45 minutes, or until they register 165 F (the minimum safe temperature for leftovers). Add a ketchup topping just before they are ready and enjoy!



Why Play Matters continued from page 1

- Playing ball games, dancing, running, and climbing all help to develop body movement, strength, flexibility and co-ordination skills.
- Games help with turn taking, sharing and mixing with others.
- Singing, playing simple music instruments help to develop rhythm, listening and hearing.

It's important that learning is fun at this age. It needs to be about doing things with them that they like. They might find unusual ways of doing things - for a toddler, building blocks aren't just for making towers, and paint can be used without a brush! Show them how things work, but if they want to experiment, let them.

Children learn through all their senses through taste, touch, vision, hearing and smelling. They will watch those around them and copy language and behavior. Don't push your child too hard. Children develop in their own ways and in their own time. Try not to compare them to other children. You can also encourage reading, by reading to and with them. Look at the pictures together; this will help younger children make sense of the words.

It's also good to talk to them a lot, about everyday things while you are cooking or cleaning. This will give you a chance to teach them how things work and they will be able to ask you questions. Get ready for lots of "why's?"

Setting the scene

Anyone who spends any amount of time with young children understands that providing them with opportunities for play provides so much more than a few minutes or hours of 'fun'. Play also allows children to relax, let off steam, develop social skills such as concentration and co-operation, encourages the development of the imagination, develops motor skills and teaches self expression.

Sarah Owen, founder of 'Pyjama Drama' – drama, music, movement and play for pre-school children says, *'Many children seem to be born with a natural ability to play, but some children find it more difficult and need to 'learn' how to play well and this is where parents can make a big difference. Whilst it is very important that children play with their peers and are given opportunities for unstructured play, children who also play with a loved adult can benefit greatly –*

the benefits of having fun together cannot be underestimated!'

Adults have a role within play by making time and space available with the relevant resources. Think about creating play ideas that help support and extend learning and development.

Dramatic play, aka, role play

Dramatic play is essential to a child's social (or emotional) development and can play a large part in their physical development too. Children make sense of the world in which they live by acting out situations before they happen and by copying what they see around them. Pretend (or dramatic) play contributes to a child's emotional development as they learn to see life from a different viewpoint and allows them to 'trial' situations before they happen.

Most children are naturally imaginative and will happily talk away to someone on their toy phone or drive the sofa to the shops, and this creativity should be actively encouraged! This type of play also develops children's imaginations which are closely linked to intellectual development.

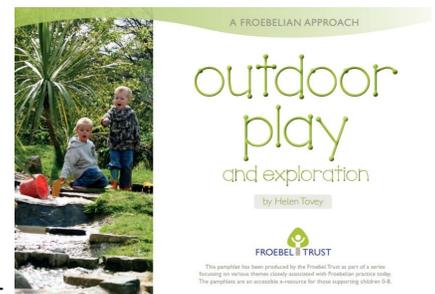
Outdoor play and exploration

Encouraging your young child to explore outdoor play is extremely beneficial and necessary for their development. Outdoor play helps them to learn lots about the ever-changing environment and gives them the opportunity to use their whole body and develop their gross motor skills. It can meet their multi-sensory needs and can give them a love for the outdoors. Whether it is messy play, creative or role play, it is an essential part of learning.

Froebel Trust have produced an informative pamphlet talking about outdoor play with lots of ideas and advice. Click [here](#) to download this.

Social and emotional development

We look at ways to support your toddler's development, helping them to be more resilient and emotionally aware through playing games and getting out and about for valuable social and learning experiences.



<https://www.familylives.org.uk/advice/early-years-development/learning-and-play/why-play-matters/>