

Baby Steps to Best Practices

Spring 2017

OFFICE HOURS

Monday-Friday
8:00am-5:00pm

CLOSED
May 28, 2017



STAY IN TOUCH

7 North 31st Street
Billings, MT 59101
406-869-2594
www.hrdc7.org

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6th Annual Early Childhood Spring Collaboration

Connecting Through Kindness, Music & Stories

With Special Guest

Stuart Stotts

Award Winning Singer, Author & Storyteller

April 29th

8:00am-4:00pm



EVERYBODY STARTED OUT SMALL:

Kindness is a touchstone for living. Although many of our children come to us with inherent tendencies shaped by their environment, teachers can explicitly teach kindness and foster a culture of compassion through a variety of activities, modalities and strategies. We'll try out some approaches and look at the underlying rationale behind encouraging kindness in us all. We will also explore what brain research tells us about connections between learning, literacy, emotion, and music. The morning will be filled with hands-on activities and ideas that participants can use immediately with their students

THE STORIES WE TELL

In the afternoon we will focus on storytelling and oral narrative as a way to engage students. We will practice the art form of story, learn resources and repertoire for the classroom, and reflect on how we can improve students' prospects to build foundations of literacy. We'll conclude the afternoon by exploring our professional goals, motivations, and challenges, as well as the importance of our work for children, and for society at large.

REGISTER TODAY

**More information and registration form on
the next page!**

CEU Credits Available

\$55

Early Registration

Late Registration \$65
after April 15th

HRDC Upcoming Trainings

April 2017

4/04/2017	Yoga for Kids, 6:30pm-8:30pm
4/06/2017	Lions, Tigers and Child Care, Oh My!, 6:30pm-8:30pm—Miles City
4/06/2017	Mindfulness Practices to Decrease Stress & Improve Focus, 6:30pm-8:30pm
4/08/2017	Making Sense Out of Sensory, 9:00am-3:30pm—Miles City
4/11/2017	Child Development Conception to One, 6:00pm-9:00pm
4/15/2017	Adult & Pediatric First Aid/CPR/AED, 9:00am-3:00pm
4/17/2017	Adult & Pediatric First Aid/CPR/AED Part 1, 6:00pm-9:00pm
4/18/2017	Adult & Pediatric First Aid/CPR/AED Part 2, 6:00pm-9:00pm
4/18/2017	Program Management Essentials, 10:00am-12:00pm—Miles City
4/18/2017	Early Childhood Essentials, 12:30pm-3:30pm—Miles City
4/19/2017	Program Management Essentials, 9:00am-11:00am
4/19/2017	Early Childhood Essentials, 11:30am-2:30pm
4/29/2017	Connecting Through Kindness, Music & Stories, 8:00am-4:00pm—Northern Hotel

May 2017

5/02/2017	Sparkling Kids Curiosity, 5:30pm-8:30pm—Miles City
5/03/2017	Gardens Are Fun, 6:00pm-9:00pm
5/04/2017	MT Pyramid Model: Blended Module 1 Part 1, 6:00pm-9:00pm
5/04/2017	MT Pyramid Model: Blended Module, 9:30am-3:30pm—Miles City
5/08/2017	Adult & Pediatric First Aid/CPR/AED, 3:00pm-9:00pm
5/09/2017	Exploring the Outdoors, 6:30pm-8:30pm
5/11/2017	Baby Sign Language I, 6:00pm-9:00pm
5/16/2017	Program Management Essentials, 10:00am-12:00pm—Miles City
5/16/2017	Early Childhood Essentials, 12:30pm-3:30pm—Miles City
5/17/2017	Program Management Essentials, 9:00am-11:00am
5/17/2017	Early Childhood Essentials, 11:30am-2:30pm
5/18/2017	MT Pyramid Model: Blended Module 1 Part 2, 6:00pm-9:00pm
5/20/2017	Adult & Pediatric First Aid/CPR/AED, 9:00am-3:00pm
5/23/2017	Child Development One to Two Years, 6:00pm-9:00pm
5/24/2017	Circle Time, 6:30pm-8:30pm
5/31/2017	Ants in Their Pants, 6:00pm-9:00pm

June 2017

6/01/2017	MT Pyramid Model: Blended Module 2 Part 1, 6:00pm-9:00pm
6/03/2017	MT Pyramid Model: Blended Module 2, 9:30am-3:30pm—Miles City
6/06/2017	Child Development Two to Three Years, 6:00pm-9:00pm
6/07/2017	Child Care Collaboration, 6:30pm-8:30pm
6/08/2017	Adult & Pediatric First Aid/CPR/AED, 3:00pm-9:00pm
6/10/2017	I am Moving, I am Learning, 8:00am-4:00pm—Miles City
6/12/2017	Wage & Labor FAQ's, 6:30pm-8:30pm
6/17/2017	Adult & Pediatric First Aid/CPR/AED, 9:00am-3:00pm
6/20/2017	Program Management Essentials, 10:00am-12:00pm—Miles City
6/20/2017	Early Childhood Essentials, 12:30pm-3:30pm—Miles City
6/20/2017	Exploring Nutrition with Kids, 6:30pm-8:30pm
6/21/2017	Program Management Essentials, 9:00am-11:00am
6/21/2017	Early Childhood Essentials, 11:30am-2:30pm
6/22/2017	MT Pyramid Model: Blended Module 2 Part 2, 6:00pm-9:00pm
6/24/2017	MT Pyramid Model 3: Overview, 10:00am-12:00pm—Miles City
6/27/2017	How to Make Letters Come to Life, 6:00pm-9:00pm
6/28/2017	Transitions: Terrible or Terrific?, 6:30pm-8:30pm

Mini Grants

\$2000 for a group/family

\$3000 for a center

Submission Deadlines:

June 1st 2017

September 1st 2017

December 1st 2017

Why Apply?

Mini grants are administered by the local Child Care Resource & Referral office to ensure flexibility in awarding amounts consistent with the needs of providers. Generally, mini grants should be used for the purposes of:

- New providers to become fully registered/licensed
- Licensing compliance such as balance of funds needed for full year of insurance, egress windows, play equipment, etc.
- Professional Development, particularly courses taken in preparation to meet STAR One requirements and to assist with year one professional development plans, etc.
- Practitioner registry fees for caregiver not in STARS formally
- Business equipment such as a computer to manage CACFP claims and customer billing
- To assist in continual quality improvement or to meet additional requirements

What's New?

Purchases and activities for a grant application will take place during the **six (6) months AFTER** the grant is awarded.

How to Apply

Visit http://hrdc7.webfactional.com/media/cms_page_media/48/mini%20grant%20cover%20letter.pdf

for more details.

Contact **Jeri Fowler** at **406-869-2583** or jfowler@hrdc7.org for more information, questions and technical assistance.



With Special Guest
Stuart Stotts
Award Winning Singer, Author & Storyteller

Connecting Through Kindness, Music & Stories

\$55

Early Registration

Late Registration \$65
after April 15th

8:00am-4:00pm | Saturday April 29th, 2017

The Northern Hotel

2nd Floor

South Ballroom

*Complimentary Valet & Self Parking in the Empire Parking Garage (11N Broadway)

Check in begins at 8:00am

- 8:00am-8:45 am Registration Check-in with Lite Breakfast
- 9:00am-12:00pm Everybody Started Out Small
- 12:00pm-1:00pm On Site Catered Luncheon
- 12:45pm-1:00pm Door Prize Drawings
- 1:00pm-4:00pm The Stories We Tell
- 4:00pm-4:15pm Certificates & Evaluations

6 Training Hours CEU Credits Available

*Parking validation ticket available from The Northern Hotel's front desk in the lobby

In collaboration with:



Billings Chapter
Montana Association for



EVERYBODY STARTED OUT SMALL: EXPLORING KINDNESS, MUSIC & BRAIN DEVELOPMENT

Kindness is a touchstone for living. Although many of our children come to us with inherent tendencies shaped by their environment, teachers can explicitly teach kindness and foster a culture of compassion through a variety of activities, modalities and strategies. We'll try out some approaches and look at the underlying rationale behind encouraging kindness in us all. We will also explore what brain research tells us about connections between learning, literacy, emotion, and music. The morning will be filled with hands-on activities and ideas that participants can use immediately with their students.

THE STORIES WE TELL ORAL NARRATIVE WITH CHILDREN AND OUR ROLE IN THE EARLY CHILDHOOD PROFESSION

In the afternoon we will focus on storytelling and oral narrative as a way to engage students. We will practice the art form of story, learn resources and repertoire for the classroom, and reflect on how we can improve students prospects to build foundations of literacy. We'll conclude the by exploring our professional goals, motivations, and challenges, as well as the importance of our work for children, and for society at large.

MORNING

AFTERNOON

Connecting Through Kindness, Music & Stories

PRE-REGISTRATION IS REQUIRED

Saturday April 29th, 2017 | 8:00am-4:00pm | The Northern Hotel

MAIL IN COMPLETED FORM AND FEE ASAP

PO BOX 2016

\$55 Early Registration

\$65 Late Registration

Payments Postmarked after April 15th

Name: _____ PS#: _____

Address: _____ City: _____

Phone: _____ Email: _____

Program: _____

If registering additional staff please fill in the following information:

PS#	Name	Email
_____	_____	_____
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Number of persons registering _____ X \$ _____ = \$ _____

I am interested in CEU's for this event

Please register as early possible as space is limited!!
No refunds or credit for this event! For more information, call Crystal at 406-247-4750 or email at chill@hrdc7.org



FARM TO PRESCHOOL

Local Food and Learning in Early Child Care and Education Settings



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FARM TO SCHOOL isn't just for K-12 institutions; an increasing number of early child care and education providers are engaging in farm to preschool activities. The term "farm to preschool" encompasses efforts to serve local or regionally produced foods in early child care and education settings; provide hands-on learning activities such as gardening, farm visits, and culinary activities; and integrate food-related education into the curriculum.

Why Farm to Preschool?

Serving local foods and offering related hands-on activities can increase children's willingness to try new foods. In fact, farm to preschool is recognized by the Centers for Disease Control and Prevention as an opportunity to increase access to healthy environments for improved early eating habits and obesity prevention in early care and education. With daily opportunities to serve local products through the Child and Adult Care Food Program (CACFP), farm to preschool benefits local and regional farmers, ranchers, and fisherman, as well as food processors, manufacturers, and distributors by providing another market for their products. Incorporating seasonal and locally produced foods is included as a best practice in the CACFP meal pattern final rule.

Buying Local in the Child and Adult Care Food Program

Institution versus facility

When buying food for CACFP, the federal procurement rules differ for "institutions" versus "facilities." "Institutions" must follow federal procurement rules; whereas "facilities" do not enter into a direct agreement with a state agency and thus are not required to follow federal procurement regulations. If unsure whether your program operates as an institution or a facility, check with your administering state agency.

What is the Child and Adult Care Food Program?
The Child and Adult Care Food Program is a federally-funded program that provides aid to child care institutions and facilities for the provision of nutritious meals and snacks that contribute to the wellness, healthy growth, and development of young children.

Sourcing local foods

Local foods span the entire meal tray, from produce to dairy, grains, meat, eggs, and beans. CACFP providers can define "local" however they choose. Definitions vary widely depending on the unique geography and climate, as well as the abundance of local food producers, in the region. CACFP operators can find local products through the same sources that K-12 schools use to source locally: directly from producers, or through food hubs, distributors or a food service management company. In many preschool settings, purchasing volumes are small, opening the door to purchasing seasonally from farmers' markets, community supported agriculture programs, or local producers that may not have the volume to meet the needs of a typical school district. Preschools may also be able to grow enough in a garden to meet some of their food needs.





Tips for Growing Your Program

Start small

Special events are a great way to start serving local foods. Consider starting with one local item each month and grow from there. Create a monthly newsletter to celebrate the harvest and share with children, parents, and caregivers.

Tap into parents

With robust parental involvement during the early child care years, tap into parents to help model healthy eating at meal time, lead an activity, or organize a garden to enhance your farm to preschool program.

Invest in an edible garden

CACFP funds can be used to purchase items for gardens such as seeds, fertilizer, watering cans, rakes, and more as long as the produce grown in the garden will be used as part of the reimbursable meal and for nutrition education activities. Centers using garden produce in their CACFP reimbursable meals should document the weight and/or volume of the produce.

Dig into menu planning

Find out what grows in your region and allow flexibility in the regular menu cycle to spotlight seasonal items and incorporate them into healthy recipes. When you serve local foods, be sure to highlight them on your menu for parents to see! Reach out to your local cooperative extension agency or department of agriculture for help with synching your menu with seasonal availability.

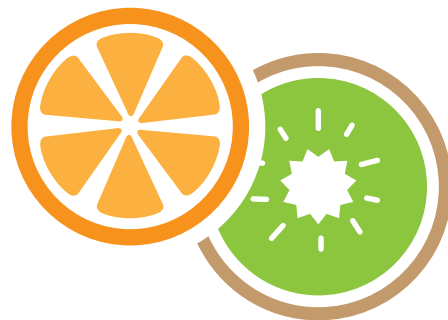
Learn More

We're here to help! Visit USDA's Office of Community Food System's **Farm to Preschool page** to learn more about farm to preschool policies and FNS and partner resources that will help you bring the farm to preschool.

The National Farm to School Network (NFSN) supports the work of local farm to preschool programs all over the country by providing free training and technical assistance, information services, networking, and support for policy, media and marketing activities. NFSN's **Farm to Preschool page** features facts sheets and links to farm to preschool e-news and archives.

For federal procurement regulations and guidance on local purchasing and allowable costs in CACFP, check out the following resources:

- **CACFP Financial Management Instruction**
- **Local Foods in the Child and Adult Care Food Program with Questions and Answers** [CACFP 11-2015]
- **Procuring Local Foods for Child Nutrition Programs**



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For more information, and to sign up for the bi-weekly e-letter from the Food and Nutrition Service's Office of Community Food Systems, please visit www.fns.usda.gov/farmtoschool.

Questions? Email us at farmtoschool@fns.usda.gov.



CELEBRATE

naeyc
WEEK of the **YOUNG CHILD™**



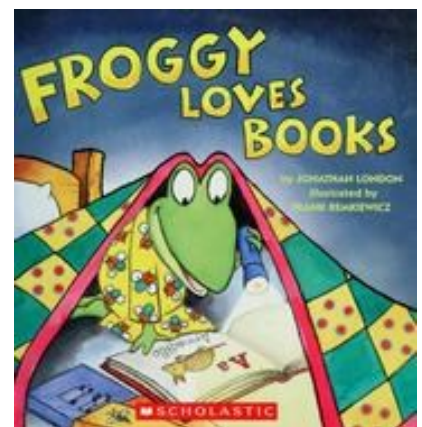
The Week of the Young Child™ is an annual celebration hosted by the National Association for the Education of Young Children (NAEYC) celebrating early learning, young children, their teachers and families. *For fun ideas on how to celebrate each day of the week, go to

www.naeyc.org/woyc

April 22nd - 29th, 2017!

Check out these fun ideas and community events that will help you celebrate the Week of the Young Child with your families!

- April 22** 11am: Storytime with **Froggy** at the Billings Public Library
Sponsored by: Billings AEYC
- April 23** 1pm: Story time with **Froggy** at Barnes and Noble
- April 24** **Music Monday:** Sing, dance, celebrate and learn*
- April 25** **Taco Tuesday:** Focus on healthy eating and fitness*
- April 26** **Work Together Wednesday:** Work, build and learn using science and math
- April 27** **Artsy Thursday:** Think, problem solve, create*
- April 28** **Family Friday:** Share family stories*
- April 29** **Early Childhood Spring Collaboration:**
Connecting Through Kindness, Music & Stories
Featuring Stuart Stotts
Award Winning Singer, Author & Storyteller
9:00am-4:00pm, Pre-Registration is required



350 copies of this public document were printed at an estimated cost of \$0.87 per copy, for a total estimated cost of \$304.50. 325 copies were distributed for a total estimated cost of \$35.43. Montana State Department of Public Health and Human Services, Human and Community Services Division contracts with HRDC Community Action Agency as the state authorized Child Care Resource and Referral Agency for Big Horn, Carbon, Carter, Custer, Fallon, Golden Valley, Musselshell, Powder River, Rosebud, Stillwater, Sweet Grass, Treasure, Wheatland and Yellowstone counties. This project is funded (in part) under a contract with the Montana Department of Public Health and Human Services. The statements herein do not necessarily reflect the opinion of the Department.



District 7
Human Resources
Development Council
7 North 31st Street
PO Box 2016
Billings, MT 59103

Non-Profit Org.

U.S. Postage

PAID

Billings, Montana

Permit No. 912

HRDC'S 2017
PLAY
DATE
AT THE ZOO

Save the Date

June 15, 2017
1:00pm~7:00pm

Join us at Zoo Montana for some fun and games! Come learn about HRDC and our programs, visit the animals and play games!

ADMISSION IS FREE