



May & June 2015

Communicating with Parents

www.communitybridges.org

As a child care provider, you soon discover that parents and children are a two-for-one deal: Developing positive relationships with parents is critical to providing the best care possible to their children.

Sometimes you may already have a relationship with the child's parents—they may be related to you, live in your neighborhood, or are friends or acquaintances. This can be a real benefit since you might already share an open, trusting relationship with the parents. But this familiarity can also raise some challenges when you are caring for their children. Even when your relationship with a parent(s) is warm and positive, sharing the care of a young child often stirs up strong feelings.

Communicating With Parents: 3 Key Steps - When you have a challenging encounter with a parent you can use the steps below to get things back on track in order to provide the best care for the child you all care so deeply about.

Step 1: Notice how you are feeling.

Tuning in to your feelings is very important. When you're not aware of them, they often rear their ugly heads in ways that can interfere in building strong, positive relationships with parents.

Step 2: Look at the interaction from the child's point of view.

Tuning in to the child's experience can reduce tension and lead to joint problem-solving. Take the example of a child throwing a tantrum when his parent comes to pick him up. This situation can naturally make a parent feel incompetent and embarrassed. But if you look at it from the child's point of view, you can reframe the issue in a way that doesn't make the parent feel bad and that also helps him or her understand the complexity of the child's behavior: "It seems like Stephanie is trying to tell you, *I'm having so much fun with the dollhouse that I need a little time to adjust to the idea it's time to leave for the day.*"

Step 3: Partner with parents.

Developing a plan together with parents on how to handle a child-rearing issue helps you move forward as partners, instead of competitors. For example, if you are trying to teach children not to hit when they are angry, but the parent hits her child to discipline her at home, you can:

- **Use "I" statements:** *I know we are both concerned about Erica hitting other kids when she's here. I really work with the kids on finding other ways to show angry feelings. I don't hit them because when adults hit children when they are angry, it teaches children to hit as well when they are mad.*
- **Ask for the parent's perspective:** Clarify the parent's feelings and beliefs on the issue. Ask questions to learn, not to pass judgment: *"What are acceptable ways to you for Erica to express her angry feelings? What do you do at home? What do you find works? What doesn't work? Would you be open to finding ways to discipline her other than hitting?"*

Menu Ideas – Meatless Mondays

Breakfast

WW English Muffin	Kix cereal	WW Waffles	Cream of Wheat	HM Carrot Muffin
Fresh fruit cup	Sliced pears	Blueberries	Banana	Mandarin
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Lunch or Dinner

Three bean chili	Turkey meat loaf	Shredded chicken	Beef strips	Chicken Burgers
Brown Rice	Elbow pasta	Tostada	Rice noodles	WW Burger bun
Corn on cob	Steamed broccoli	Avocado & tomato	Stir fry vegetables	Avocado
Apples	Pineapple	Mango	Kumquats	Sweet Potato Fries
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Snack Am or Pm

Low-fat yogurt	Celery sticks	Peaches	HB egg	Almond butter
blueberries	hummus	Cottage cheese	Baby carrots	Sliced apples

State Audit

The state auditors will be visiting our area starting in June 2015. Please remember to continue to:

- Maintain records daily by 11:59 p.m.
- Serve meals at your scheduled meal times
- Serve all components together
- Have kids wash hands before eating
- Have records available from past 4 years

Program Reminders/ Updates

Enrolling children

- Fill out a new enrollment form for every child
- Returning children need a new enrollment form
- Web provider: Enroll all children as if new
 - If can't enroll returning child, then print child form, and send to consultant. In meantime document child in food messages for all meals you want to claim, when child present.

Chicken Avocado Burgers

Ingredients:

- | | |
|--|--------------------------------|
| 1 pound ground chicken | 1 chopped clove of garlic |
| 1 large ripe avocado - cut into chunks | 1 egg slightly beaten |
| WW hamburger bun | Lettuce, tomato, onion, cheese |
| Salt and pepper to taste | |



NOTE: If your ground chicken or turkey is considerably moist, add about 1/3 cup almond meal as a binder

Instructions:

1. Add all ingredients to a large bowl and toss gently.
2. Shape into desired size patties and grill inside or out!
3. Add pattie, lettuce, tomatoes, onion and cheese to your whole wheat buns and enjoy!

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