



# August 2016

## The early bird catches the worm!

[www.communitybridges.org](http://www.communitybridges.org)

### What to do when a parent arrives early?

A parent knocks on your door with their child thirty minutes early. They texted you late the night, but you hadn't read the message and now they are at your front door.

What do you do? One of the biggest benefits of being a family child care provider is that you are the boss. You can set whatever rules you want with parents (other than illegally discriminating based on race, sex, religion, national origin, ethnic background or disability).

You have two options on how to handle this situation:

- One: Do what the parent wants. Accept the child early and not make a fuss.
- Two: Do what you want.
  - You can refuse to accept the child until your regular opening time. "I'm sorry, but I can't care for your child for another half hour. Please return then."
  - You can accept the child and charge the parent an early drop off fee. If your contract includes such a fee, enforce it. "I will accept your child now, but you will owe me an early drop off fee of \$\_\_\_ according to our contract." You can set whatever fee you want in your contract.
  - If your contract doesn't have such a fee, you can impose one on the spot. "I will accept your child now, but you will have to pay me a fee of \$\_\_\_ for me to do so. If you won't agree to pay this fee, I can't care for your child for another thirty minutes."
  - Or, you can say, "I will accept your child now, without charging you a fee. But, in the future I will enforce the early drop off fee or I will start charging you a fee."

Sometimes providers can get caught off guard in this situation and might accept the child without thinking it through. Later, you might wish you had acted differently. It's okay to tell the parent at the end of the day, "I was surprised when you showed up early today and I agreed to accept your child. After thinking about it, I need to: a) Charge you the early drop off fee according to our contract, or b) Let you know that I won't agree to this in the future. If it happens again I'll charge you a fee of \$\_\_\_\_\_ or refuse to accept your child."

How to avoid this problem? Obviously, you want to try to avoid this problem. If you won't accept children early under any circumstances, make this clear in your contract. You may also want to have a list available to give to parents of names of other providers who may be willing to take children early in the morning in an emergency.

It's reasonable to require the parent to notify you in advance about an early drop off. A 24-hour notice seems reasonable, unless there is an emergency. You may want to insist that the parent call, rather than send a text or email, to be sure you receive the message in a timely manner.

Whatever approach you take, I recommend that you handle it in a non-judgmental manner. If you do what the parent wants, do so without anger or resentment. If the parent's behavior makes you angry or upset, don't give in. Instead, enforce your own rule or set a new rule on the spot.

Source: <http://tomcopelandblog.com/parent-arrives-early>

### Program Reminders/ Updates

#### School-Aged Children:

- Document the date when school starts so that you can be reimbursed until the last day of vacation.
- Do you have a child starting Kindergarten, or do you have one about to start first grade? Be sure to update their schedule to include school times.

## Menu Ideas – Meatless Mondays

### Breakfast

Granola	WW Toast	WW Waffles	Oatmeal	Tortilla
Banana	Oranges	Strawberries	Blueberries	Spinach & Avocado
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

### Lunch or Dinner

<b>**Red Lentil stew**</b> HM	Chicken strips HM	Beef meatballs	Chicken sausages	Pork pozole
Brown Rice	Tortillas wrap	Spaghetti noodles	Dinner roll	Corn tortilla
Sweet Potato & Carrots	Tomato & lettuce	Artichoke	Mashed Potatoes	Cabbage
Cantaloupe	Grapes	Watermelon	Apples	Strawberries
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

### Snack Am or Pm

Mozzerela Cheese stick	Hard Boiled Egg	Ched. Cheese cubes	Graham crackers	*Froz. Bananas bite*
Apples	Nectarine	Carrot sticks	Watermelon	Yogurt

### \*\* Red Lentil Stew \*\*



#### Ingredients:

- |                           |                   |
|---------------------------|-------------------|
| 2 cups red lentils        | 1 onion, chopped  |
| 4 celery stalks           | 2 Tbsp. olive oil |
| 4 sweet potatoes, chopped | 1 tsp cumin       |
| 6 carrots, chopped        | 1 tsp paprika     |
| 1 box vegetable stock     |                   |
| 2 Tbsp cilantro chopped   |                   |

#### Instructions:

1. Sautee onion, celery, carrots, oil and spices until tender (about 5 min.)
2. Add stock, lentils and sweet potatoes and cook until soft (about 30 min.)
3. Add beans, corn, tomatoes and onion.
4. Add fresh cilantro, serve.

Yield: 6 servings for 3-5 year olds

Meets requirement: vegetable and meat/meat alternate at lunch or dinner.

### Activity Corner

#### Frozen Banana Bites

##### Ingredients:

- 1/2 cup banana per child
- 1 Tbsp peanut butter



Have children slice bananas & help them spread PB on them, freeze, serve later as a snack with yogurt.



#### Creating Obstacle Courses

Build a backyard obstacle course with hula hoops, jump ropes, even a hose, then time the kids.

#### Make Some Goop

Mix up a bowl of Oobleck, a mysterious matter that kids can shape into balls or let ooze from their fingers. Here's how:

- \* Pour one cup water into a large mixing bowl.
- \* Add a few drops of food coloring (any color).
- \* Slowly stir in two cups of cornstarch (use a spoon at first, but you may eventually find it's easier with your hands).



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