



November 2016

# Communication Tips

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

## What does it mean to communicate?

Communication with children can be both verbal and nonverbal. Babies and older children communicate in different ways. For example:

- Babies and children communicate through non-verbal means like eye contact, facial expressions, gestures and movement, as well as using sounds such as crying, laughing, gurgling, and babbling.
- Older children also use words and phrases to communicate.

All behavior conveys a message, regardless of whether or not it is intentional, and can be considered as communication.

## Why is it important?

Using communication styles that have a positive impact on children (positive communication) supports and promotes social and emotional wellbeing and future mental health. Encouraging children's early attempts at communication can support the development of a positive self-concept.

The self-concept is a mental image of how we see ourselves, and how we think others view us, and can range from being positive to negative. Having a positive self-concept can lead to the development of self-esteem and positive social and emotional wellbeing throughout later life. Children learn by imitating others and receiving feedback on their behavior.

When adults model positive communication with others, children are more likely to learn good social skills and to foster positive relationships, which are supportive of wellbeing. Early childhood educators and caretakers play a key role in supporting children through this process.

## What can educators and caretakers do?

- Use positive communication at all times with adults and children;
- Use open-ended questions or statements which encourage children to communicate their thoughts, feelings and ideas;
- Smile and use positive facial expressions and other forms of non-verbal communication;
- Use supportive words and gestures to encourage the child;
- Get down to the same level as a child to gain their attention while talking to them;
- Keep instructions simple and specific when asking children to do something;
- Talk with children, not at them, and be patient as they communicate with you;
- Use more positives than negatives e.g. More "Do's" than "Don'ts";and
- Respect the feelings and opinions of all children, regardless of their age.

Source: Communicating with children Fact Sheet. [www.responseability.org](http://www.responseability.org)

## Program Reminders/ Updates

### Closures for CACFP

- *We will be closed for Thanksgiving on 11/24/2016-11/25/2016. Please let your consultant know of any closures for your daycare.*

### State Audit

- It's time for another state audit. They will be coming to conduct visits to daycare homes in November. As always we would like to remind you that you need to maintain menus and daily attendance each day before 12 midnight. You also must enroll all children in your daycare into the CACFP. Please have documents ready for review. Good Luck!

## Menu Ideas – Meatless Mondays

### Breakfast

English muffin	Oatmeal	WW Tortilla & eggs	Granola	French toast
Banana & PB	Persimmons	Tomato & Avocado	Mixed fruits	Mixed Berries
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

### Lunch or Dinner

HB eggs	Steak strips	Turkey	Cottage cheese & PB	Chicken salad
Corn bread	WW pasta salad	Maccaroni	WW bread	WW Pita bread
Tomato bisque soup HM	Tomato & bell peppers	Baked potato wedges	Caprese tomato salad	Sugar snap peas
Carrot slices	Melon	Mixed vegetables	Grapes	Persimmons
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

### Snack Am or Pm

Black bean dip	*HM carrot muffins*	Chedd. Cheese	Cucumber slices	Broccoli
WW Crackers	Milk 1%	Apple slices	Yogurt dip	HB eggs

### \*\* Carrot Muffins \*\*



#### Ingredients:

1 egg	1 cup orange juice
¼ cup vegetable oil	½ cup sugar
2 cups flour	½ tsp. salt
1 tsp. baking powder	1 tsp. cinnamon
½ tsp. baking soda	1 tsp. vanilla
2 cups finely grated carrots	

#### Instructions:

1. Beat eggs in a large bowl. Add orange juice, oil and sugar to bowl and mix together.
2. Add flour, baking powder, baking soda salt, cinnamon and vanilla to egg mixture. Stir together. Stir in grated carrots.
3. Spoon the batter into a muffin pan lined with baking cups. Fill each cup about 3/4 full. Bake at 400° F for 15-20 minutes.

Yield: 12 muffins

1 muffin = one serving bread/bread alternative for a 6-12 yr old & ½ muffin for a 1-5 yr old

Source: Access Community Action Agency, April 2014 Newsletter

### Activity Corner

**Dia de los Muertos** “Day of the Dead” (Mexico, Latin America). The celebration occurs on the 2<sup>nd</sup> of November to commemorate family and friends who have died.

**World Kindness Day** is on November 13<sup>th</sup> 2016. Be sure to do something nice for someone all 364 other days too.

**Fall leaf activity:** Take kids out for a hike/walk to collect leaves. Talk about the different kinds of trees that lose their leaves here (oak, birch, maple, etc...), then have the kids create fun fall motifs, animals, or whatever their minds imagine.



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