



CHILD CARE CORNER

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Cooking Abilities of Young Children

Helping prepare and cook foods is a great way for children to:

- Learn,
- Have fun, and
- Try nutritious foods

What activities your child will be able to help with will depend on her or his age. Keep the following in mind when including young children in cooking activities.

Two-year olds are learning to use the large muscles in their arms. Try activities such as:

- **scrubbing** vegetables and fruits
- **carrying** unbreakable items to the table
- **dipping** foods
- **breaking** bread into pieces

Three-year-olds are learning to use their hands. Try activities such as:

- **pouring** liquids into batter
- **shaking** a drink in a closed container
- **spreading** butters and spreads
- **serving** foods

Four and Five-year-olds are learning to control small muscles in their fingers. Try activities such as:

- **juicing** oranges, lemons, and limes
- **peeling** some fruits and vegetables and
- **pressing** cookie cutters



I UNDERSTAND

Learn to say

“I’m sorry that didn’t work out”

or

“The same thing happened to me once”
(rather than “I told you so”.)

-Lansky, Vicki

101 Ways to Tell Your Child “I Love You”

Kids Fun Snack Balls

Chefs.com

Preparation Time 5 minutes

4 servings

Ingredients:

½ cup corn flakes cereal, or wheat cereal

¼ cup creamy peanut butter

1 sheet waxed paper

Instructions:

Crumble the cereal in a bowl. Mix in the peanut butter, stirring thoroughly. Form mixture into small balls. Place on wax paper and put in freezer for 10 minutes or until hardened. Serve.

Reminders

- ▶ Write “school holiday or minimum day” on appropriate date line if applicable.
- ▶ For “year round” students, please specify when there are any “off track” days.
- ▶ If changes need to be made, cross off the incorrect information & initial the correction. White Out is not allowed to be used on any of our forms. If white out is used, the form will be returned, along with a blank copy. The form will need to be recreated and turned in.
- ▶ Forms need to be filled out with a **blue or black ink pen only**. Pencil in forms will be returned for corrections.



- ▶ To avoid lost check stubs in the mail, please send copies instead of originals whenever possible.

Changes

- ▶ Revised reimbursement/ timesheet forms will be out soon. Please read the new form and complete all applicable questions.
- ▶ On the first working day of the month, a Child Care forms quick drop off table, is available. The table is now located in the Family Services entrance, on the first floor. There will be a person at the table available to review your payment request forms.



Important Notice

The State has advised us not to make child care payments if monthly time sheets are not completed correctly. To review how time sheets are to be completed, refer to the StanWORKs Child Care Parent & Provider Handbook published 7/1/05 (if you don't have one, you can request one by calling 558-2332). **Exact times and signatures MUST be completed DAILY by the parent/guardian.** Hours written in the **TOTAL HOURS** column should be rounded to the nearest quarter hour.

Stanislaus County Board of Supervisors

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