UCA’s Big Event visits CAPCA

The Big Event at the University of Central Arkansas is a student-led volunteer event that is one big day of service to say thank you to the community. CAPCA was blessed to be a community participant and would like to say a huge thank you to the students who cleaned and organized our Conway and Southside Head Start centers and our Administrative Office for your time and service. We could not be more grateful for your hard work and giving spirits!
Head Start

Fun themes at Beebe
The new semester at Beebe Head Start kicked off fun new themes to explore! First was a study of sports balls that included a “Football with Dad” Parent and Child Together (PACT) activity. For the activity, students and their families decorated footballs with their favorite football team logo. The students then began February learning about Martin Luther King Jr. and Maya Angelou as part of Black History Month. The next theme focused on the 100th day of school! Several students dressed up as 100 year olds and each child brought 100 food items to combine as a yummy snack! Mid-month, the students of Beebe celebrated friendship at their PACT activity by exchanging cards and making “friendship ice cream sundaes”! Toward the end of February, nursing students from ASU Beebe organized a “Teddy Bear Clinic” to conduct “health exams” on the children’s stuffed animals. Stations consisted of admissions, x-rays and even surgery!

Bald Knob Head Start Center enjoyed participating in the “Reading is Electric” Fatherhood Read-A-Thon while also celebrating Dr. Seuss Week! Festivities included retired Army veteran Mr. Eric Throckmorton reading *Sam and the Firefly* by Dr. Seuss that encouraged the children to read all by themselves with simple words and illustrations providing clues to their meaning. The book also taught the importance of words and how they can be used in the wrong or “write” way. In the afternoon, Ms. Kathy Jones, representative of the Bald Knob Early Childcare Center, visited as Cat in the Hat to read to the children and cause mischief. The students had a wonderful day and no doubt felt the encouragement to love reading strengthened by their special guests.

Green Eggs and Ham at Greenbrier
The Greenbrier Head Start Center children are enjoying a fun year full of activities! The students especially loved discovering, exploring and investigating facts on balls. The nutrition experience to go with this theme was a hit! With the help of UACCM student volunteer Ms. Emma, the children dove into forming Rice Crispy treats into balls for a special snack. Transitioning into “Dr. Seuss Week” brought lots of fun reading from *The Foot Book* while wearing mixed-matched socks to *Green Eggs and Ham* and discovering that most of the class really does like eating green eggs with ham! “Pajama Day” was also included with a reading of *The Lorax* followed by a Dr. Seuss themed snack and a picture with Foster Grandparent Ms. Shirley.

The Greenbrier parents have also been busy raising in-kind! Through their active involvement, the Greenbrier Center won first place for the amount of in-kind raised in January. Parents and children alike are looking forward to a fundraiser for their upcoming graduation ceremony and year end celebration planned by the Parent Committee.
Sweet memories at England Center

England Head Start Center celebrated PACT with a Sweetheart Dance for their families! Starting off the night by marching in wearing silly hats, the children taught their parents the “I wish you well” dance learned through their Conscious Discipline curriculum. The night also featured “do-it-yourself” stations for crafts and games. Parents and children tore colored construction paper and glued the pieces into the shape of a heart at the “I Love You to Pieces” station. The “Valentine Tic-Tac-Toe” station gave families the opportunity to create the game out of graham crackers, white chocolate and candy hearts. Tasty! The children then made silly hearts out of stickers, googly eyes and goofy noses at the final “Silly Heart” station. These craft stations were designed to stimulate positive communication and interaction between the parents and their children. Thanks to the planning of the England Head Start staff, the night was filled with fun, laughter and memories!

Ode to Dr. Seuss

Teachers at Searcy Head Start strive to create stimulating activities that make their students want to come back for more! Together they created a poem to express how they felt after celebrating Dr. Seuss week.

“Exploring Dr. Seuss has most certainly been pleasant,
Just ask Searcy Center where the fun is transparent.
They played, built, painted and read galore,
They’ve learned so much and are yearning to know more!
When it comes to Dr. Seuss you can do no wrong,
The lessons you learn can be applied all year long.
The children at Searcy come ready to play,
They come eager and ready for an eventful, active day.
They love to make friends; it’s quite easy you see,
For their teachers to teach them love
and teach it abundantly.
So next time you’re in Searcy be sure to stop by,
For they are truly enjoyable, and this you can’t deny!”

Donuts with Dad

In January the Southside Center held their first male involvement PACT activity of the year. Sixteen fathers joined their children for a gleeful morning of sweet treats and even sweeter bonding opportunities. Before breakfast, the dads participated in the kids’ morning activities of writing names, washing hands and interacting with friends. Then the real fun began with a delicious waffle and donut breakfast. Sticky fingers were everywhere! The kids loved spending the morning with the great Southside dads and can’t wait to do it again!
Health in action at Mills Migrant and Seasonal

Migrant and Seasonal Head Start (MSHS) began their new program year in February with health conscious themes! Dental health was the first topic studied with the help of dental hygienist Ms. Elliot Scarbrough who demonstrated to the students how to brush their teeth using a giant plastic model of the mouth and a variety of animal teeth including a large elephant tooth! Following dental health, the students gladly danced their way into heart health to the tune of the “I am moving. I am learning” curriculum to wellness. Mid-month, the dads visited the center and helped their children create pretty Valentine's Day boxes to coordinate with the preschoolers' new study on buildings and box art. Moving forward with the new program year, Mills MSHS cannot wait to continue to learn, enjoy the spring weather and receive visitors, especially “Library Lady” Ms. Amber Duncan!

IDA expands Self-Reliance

*Ava Johnson is a single parent of two children who decided to further her education to meet the needs of her household and become more self-sufficient. She was a recipient of the Single Parent Scholarship of Cleburne County. The Cleburne County Support Office (CCSO) then contacted Ms. Johnson as a candidate for the Individual Development Account program (IDA). The IDA program is a matched savings account that will match every dollar saved by the enrollee with $3.00 to be used towards the purchase of a home, home repair, starting a small business or continuing education. Ms. Johnson enrolled in the program and exceeded the IDA requirements! The money she saved combined with the amount matched by CAPCA paid for her school tuition in full for a semester. Ms. Johnson completed her bachelor’s degree in nutrition in December 2016. She was accepted into the Masters of Art in Teaching (MAT) program, and plans to take the licensing exam and apply for a teaching position in Family and Consumer sciences. CCSO is truly embodying the CAPCA mission by enhancing lives and helping the community expand self-reliance!*

*Name changed to protect confidentiality

CONGRATULATIONS!

CONGRATULATIONS In-Kind Winners!
- Greenbrier Head Start Center - First Place January 2017
- Lonoke Head Start Center - Second Place January 2017
- Lonoke Head Start Center - First Place February 2017
- Conway Head Start Center - Second Place February 2017

CONGRATULATIONS Safety Incentive Winners!
The following employees were selected in the Safety Incentive Drawing for no worker's compensation claims during the October-December 2016 quarter!
- Rocio Arujo
- Lynde Biggs
- Ashley Bowmaster
- Martha Farmer
- Lily Farfan
- Forrest McPeake
- Sandra Timm
- Amber Tarlton
- Jessica Tucker
- Angela Walker
Ms. Kelley Klein  
MSHS/RHSII Education Coordinator  
Administrative Office  
January 2017

“Kelley has been active in the community assessment, revising the School Readiness Plan, and providing feedback and guidance to teachers. She is dependable and arrives for work on time. Kelley has good organizational skills and makes good use of her time in completing tasks on time. Kelley always has a cheerful attitude and is willing to step up and help other coordinators any way she can. She has participated in many CAPCA activities to serve clients and the community. She was also instrumental in organizing ECO Fest.” —Nominator

(Pictured from left: Ms. Janiece Lasley, Education Specialist and Ms. Kelley Klein)

Ms. Candie Corona  
RHS ERSEA Coordinator  
Administrative Office  
February 2017

“I would like to nominate Candie because she is a great person to work with and work for. She tries different ways to make our jobs easier while also making sure to keep our families’ needs first. She works with us making sure we do everything possible to get our children enrolled and making sure their families have their needs met. She goes further than just enrolling or dropping children. She makes sure they are accounted for and that we are constantly in the know of their whereabouts. She is by far one of the greatest ERSEA coordinators that I have worked with. And she does just that. She works with us! I love the fact that she isn’t afraid to voice her thoughts and ideas about Head Start. She’s recruiting everywhere she goes and makes sure that the community knows about us as well. She stops whatever she’s doing and answers questions and laughs with us to keep from crying some days. She will stop in the middle of a crazy application mess and come over to our center and train or answer questions. She makes you feel appreciated when you feel you’re not. I truly love working with her!” —Nominator

Ms. Dennise Middlebrook  
Ward Head Start Center Manager  
Ward Head Start Center  
March 2017

“Dennise Middlebrook goes above and beyond to help her families and staff. She was instrumental in securing a new location after we lost classroom space at the school. She has cultivated relationships with City Hall as well as the community. These connections have proven to be the key in getting the new site up and going. Without her, we would not have gotten so much accomplished in so little time. I love me some Dennise.” —Selection Committee
CAPCA is excited to announce that as of January 24, 2017, close to 101 volunteers provided services to more than 83 homeless individuals and families throughout Faulkner County, making our first annual Project Homeless Connect event a huge success. This would not have been possible without the help of our amazing sponsors, service providers, volunteers and donations from our community.

Project Homeless Connect excels in connecting homeless individuals and families in Faulkner County to vital resources throughout the state. At our connect events and in our office every single day, participants are linked to resources and services including food assistance, temporary shelter, rapid re-housing, employment assistance, medical, dental and vision care.

Project Homeless Connect outcomes on January 24, 2017, included:

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<th>Number of Participants</th>
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<td>Hair cuts</td>
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<td>83+</td>
<td>Hot meal</td>
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<td>Completed community service for homeless court</td>
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<td>Housing information and referrals</td>
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<td>Connected to services with the help of volunteers</td>
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<td>Legal aid services - civil</td>
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<tr>
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<td>Completed the Point in Time questionnaire</td>
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<td>Legal aid service - criminal</td>
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<td>Glucose screenings</td>
<td>22</td>
<td>Winter gear packs</td>
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A SPECIAL THANK YOU TO EVERYONE WHO HELPED TO MAKE PROJECT HOMELESS CONNECT POSSIBLE

PLATINUM SPONSORS:
ARKANSAS COMMUNITY FOUNDATION OF FAULKNER COUNTY
BAPTIST HEALTH MEDICAL CENTER
COMMUNITY ACTION PROGRAM FOR CENTRAL ARKANSAS
JULIANNA ROSS AND CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
JULIE’S SWEET SHOPPE
NEW LIFE CHURCH
ST. JOSEPH CATHOLIC CHURCH MISSIONS COMMITTEE
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THANK YOU TO OUR AMAZING SUPPORTERS:
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HARP’S
JOHN MORAN
LANE FAMILY DENTISTRY
POPCORN PALACE
WENDY’S OF RUSSELLVILLE
YANKEE CANDLES
A very special thank you to our Project Homeless Connect sponsors!

Conway Pediatric Dental Group
North Little Rock Pediatric Dental Group

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
A SPECIAL THANK YOU TO ALL OF OUR SERVICE PROVIDERS:

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BOOKWORM PROJECT
CENTER FOR ARKANSAS LEGAL SERVICES
CENTRAL ARKANSAS LEGAL SERVICES
CONWAY ADULT EDUCATION CENTER
CONWAY NOON OPTIMIST LIONS CLUB
CONWAY REGIONAL MEDICAL CENTER
COUNSELING ASSOCIATES
COZETTA PITTMAN
DANA SMITH, FUSION SALON
DEPARTMENT OF HEALTH AND HUMAN SERVICES
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ERICA MCFADDEN - SNAP OUTREACH
FAULKNER COUNTY DEPARTMENT OF HUMAN SERVICES
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OFFICE OF CHILD SUPPORT ENFORCEMENT
STEPHANIE SHIELDS, SALON ELEVEN
THE MINISTRY CENTER
UNIVERSITY OF ARKANSAS COMMUNITY COLLEGE AT MORRILTON
A SPECIAL THANK YOU TO OUR AMAZING NON PROFIT COMMUNITY PARTNERS

BETHLEHEM HOUSE
CONWAY CRADLE CARE
CONWAY REGIONAL HEALTH FOUNDATION
DELIVER HOPE
HARBOR HOUSE
SALVATION ARMY
ST. FRANCIS HOUSE
UNITED WAY OF CENTRAL ARKANSAS
WOMEN’S SHELTER OF CENTRAL ARKANSAS
YOUTH MOVE
Prevent Springtime Poisonings!

More than two million poisonings are reported to poison centers each year across the country and while poisoning is not a commonly discussed topic, it should be. The best way to prevent a poisoning emergency is to talk about it before it happens. With spring approaching, the following tips can protect you and your family:

* Keep all chemicals, medicines and potentially poisonous products out of reach of children as they can often look like candy.
* Even pets can be poisoned, so take care to keep household cleaners, medications, unsafe plants and unsafe foods out of reach of pets!
* Store household cleaners and other household products in their original containers away from food. Never sniff a container to see what’s inside!
* Never mix chemicals or household cleaners or detergents. Doing so could create a poisonous gas.
* Wear protective clothing when using bug spray or spraying other products, and remove and wash clothing after using chemicals.
* Keep chemicals and pesticides from touching the skin. Chemicals may burn the skin, while pesticides can be absorbed through the skin or by inhalation.
* Turn on fans and open windows when using chemicals or household cleaners.
* Read and follow directions for use and disposal before using a product!

In the spirit of the 2017 National Poison Prevention Week, Ms. Deborah Landers with the Department of Health, presented “Poison Control in Action” during the Head Start Health Advisory Committee meeting on February 23, 2017. The presentation was very informative, stressing the importance of the above safety tips, while also sharing the candy vs. medicine gingerbread house visual with committee members.

For more information on preventing poisoning or for information on treating a poisoning, the Poison Control Center is available anytime at 1-800-222-1222.

Building Reading Skills

According to the US Department of Education, “the more students read for fun on their own time, the higher their reading scores”. At CAPCA Head Start, our goal is to prepare children for school and the life ahead of them. This goal is being achieved with the help of young community partners!

In December 2016, the students in the Carl Stuart Middle School Student Council in Conway, Arkansas, decided they wanted to pass on their love of reading by donating new books to the Conway and Southside Head Start centers. To achieve this goal, the students worked hard to raise money to purchase the books by selling candy grams at Christmas time. Six hundred candy grams were sold, earning a total of $300.00! Once the books were purchased, the CSMS Student Council made their delivery to the centers, visiting and reading to the children, and having a wonderful time. CAPCA Head Start would like to say a big thank you to these hard-working and giving students for their generous donation!

Parents can also build early literacy skills in their children by:

* Reading to your child every day!
* Making it fun by using silly voices while reading or adding hand gestures.
* Don’t be afraid to read the same story over and over again! Children learn through repetition.
* Point out printed words wherever you go: stop signs, words on a classroom door and lettering on their clothing are just a few examples. Say out loud the letters and words around them every chance you get.
* Most of all, have fun and enjoy time with your child!

Building a family budget

The following tips can help you build a budget that works for your family:

* Opt for simplicity. You can harness the power of Excel spreadsheets, Quicken and other software programs, but there’s also nothing wrong with using an old-fashioned pencil and piece of paper. The main objective is to figure out whether you need or want to redirect your money toward priorities – or, better yet, dreams – you consider important.

* Have a goal. Whatever your goal may be – a home purchase, a remodeling project, a vacation – it can help you find the discipline you need to squirrel away money by a certain deadline. Reflect on a goal you truly want to meet and resolve to do it.

* Separate fixed and optional spending. Divvy up your fixed expenses, such as your rent or mortgage payment, utilities and car insurance, from your optional expenses. To arrive at real tallies, analyze your credit card and checking account statements carefully.

* Create optional subcategories. Many people have no idea how much they spend on dining out, travel, gifts, clothing, shoes and personal care. Track such expenses in specific ways, then establish realistic monthly allotments for each category.

* Pay off debt. If you’re reeling from the weight of credit card bills, student loans or other debt, a budget can help you see how to dig your way out. Always allot enough money to pay more than the minimum payment due. Depending on the seriousness of your debt problem, you may want to get help from a credible credit counseling agency.

* Give yourself a buffer. What’s the most you have ever spent on your utility bill? Build that highest number into your monthly budget. Also build in set amounts for emergencies and for “mad money” you can spend any way you want. With those contingencies covered, you’ll feel more comfortable investing a designated amount monthly – something everybody should do in some way, shape or form on a regular basis, even if the investment portion is small.

* When paying in person, use cash. Many budgeting experts recommend labeling envelopes for categories of face-to-face purchases – such as groceries, gasoline or pet supplies – and stuffing cash into them each month. Why? This forces you to see what you’re spending and increases your likelihood to show more restraint.

* Anticipate your expenses. At the beginning of the month, try predicting all your expenses for the next 30 days. Then you can make real-time adjustments as needed by shifting money from one category to another.

* Billing cycles can be changed. If your budgeting process reveals that you’re getting hit with one bill right after another, you can ask to change your billing cycles to space out the due dates. Most creditors are willing to make such adjustments.

http://www.today.com/money/build-family-budget-actually-works-2D7947869

Creating Evening Routines that Work

It’s really important for working parents to have some time to relax and unwind. A consistent routine helps make sure you and your child get the rest you need. Here’s how:

* Remember that children who have been active for long hours in child care/school need their rest even more than you do!

* Establish a consistent and reasonable bedtime based on your child’s individual sleeping needs.

* Save exciting or physical play for earlier in the day. Don’t rev children up when you want them to settle down.

* Allow children to make some choices. “Do you want to brush your teeth before or after we read a book?”

* Don’t ask your child when you mean to tell him/her. For instance, don’t ask, “Do you want to go to bed now?” Instead, tell him/her, “It’s bedtime!”

* Use a chart or list to help the child organize getting ready for bed and for the next day. For example, put toys away and lay out tomorrow’s clothes.

* Give an early warning so the child knows that bedtime is coming soon.

* After you’ve put your child to bed, congratulate yourself and enjoy a few quiet moments!

The key to creating evening routines that work is to find special ways for you and your child to feel close after the day apart.

www.childcareresourcesinc.org
Exercise Your Brain

The brain is a muscle and just like other muscles in your body it needs to be exercised in order to function to its fullest capacity. Your brain doesn’t stop growing when you reach adulthood, which is why we have the ability to be life long learners. Although childhood is best known as the opportune time for learning, we all continue to learn and develop our brains throughout our lives. We must learn to take advantage of the “windows of opportunity” to learn certain skills and exercise our brains.

Do Something Different

Have you ever driven all the way to work, pulled into the parking lot and realized that you don’t remember the trip at all? Some routines become so automatic that they barely require your brain to give them much attention. If you took another route to work or stopped somewhere unusual on the way, you would have had to think about what you were doing. When you change your routines, even just a little, you stimulate your brain. A suggested brain stimulating exercise is to switch your morning routine around. If you normally brush your teeth first in the morning and then pick out your clothes, change it so you are color coordinating your outfit before scrubbing those pearly whites. This small change will start your day with a brain energy boost.

Get Movin’

Throughout your day, try to maximize your adult brain function. One simple way is to engage in movement activities that involve crossing your horizontal midline every 90 minutes. Crossing your midline involves moving your arms and or legs past the middle point of your body.

Drink Plenty of Water and Take a Deep Breath

Drinking plenty of water also improves your brain’s ability to function. According to Pam Schiller, Ph.D., you need to drink 8-15 eight ounce glasses of water each day to keep your brain, as well as the rest of your body, functioning optimally. It is also recommended that to achieve your brain’s optimal functioning capacity you should increase your oxygen intake by taking one minute of quick, short breaths every 90 minutes. Yawning is your body’s way of letting you know that you need to take in more oxygen. Twenty percent of all the oxygen you take in goes to your brain.

Just What IS a Hippocampus?

Sleep is also a very important factor in keeping the brain functioning to its full capacity. During Rapid Eye Movement (REM) sleep, the hippocampus (the part of the brain that stores information temporarily until you decide what to do with it) is cleared of leftover information that is no longer needed. This explains why when you don’t get enough sleep you feel groggy and disoriented - your brain is still cluttered.

Being knowledgeable about brain development and function not only enables us to reach our own maximum potential, but can also assist us in providing stimulating care to children so they can reach their full potential as well.

www.childcareresourcesinc.org

Build Self-Esteem in Your Child

All parents want their children to be happy and successful. Here are some ways you can help children feel good about themselves:

* Let children perform simple tasks with you such as helping write a grocery list (either with pictures or words). This can help them feel good both about themselves and about the important work you do.
* When a child says, “I can do it myself” or “I don’t need your help,” respect his/her independence.
* Give children the opportunity to make choices. In play, follow your child’s lead, letting him/her choose the activity or direction of play.
* Let children succeed often. A child who feels good about himself/herself will be willing to try new things.
* Show respect for your child’s decisions, creative projects and ideas.
* Express interest in what your child likes and dislikes; not everyone likes the same things.

The key to building self-esteem in your children is to encourage their abilities and support them when they make mistakes.

www.childcareresourcesinc.org
Cool Summertime Snacks

Snack time is an ideal time for introducing children to a variety of foods. The greater the variety of foods your children consume, the more likely they are to get a different variety of vitamins and nutrients. Snacking makes an important contribution to a healthy diet and should usually make up about 20-25% of a child’s calories. Keep in mind that children have smaller stomachs, but need more calories per pound than adults do to meet their needs for energy and proper growth.

Snack foods are heavily advertised to children. They are not all wise choices and many foods are referred to as empty calories. This usually implies that these foods may have calories from sugar and fat, but do not include other vitamins and nutrients. Helping young children make healthy snack choices now will ensure that they are more likely to continue this habit later when they are making their own choices.

Some tips for helping children learn to eat healthy snacks include:

* Make only the snack choices you approve of available.
* Let the child participate in planning the snack menu. Be sure to include his favorites.
* Keep plenty of appealing portable snacks, such as fruits and portioned sizes of wheat crackers and cheese, within easy reach in the refrigerator.
* If he can read and count, help him to read the nutrition label and decide if he is getting his money’s worth in nutrients.

Summer time brings many opportunities to try new foods with your children. The grocery stores are full of new produce and the local farmers’ markets are open giving you an opportunity for an educational field trip. Try having a tasting party with different types of vegetables dipped into four different types of dip. Make sure the dips are each a different color. You could also use plain yogurt and divide it into portions flavoring each with taco seasoning, cinnamon and sugar, garlic or spinach. Give each child his own little tasting cups.

Let’s not forget the fun cold treats so welcomed in the hot summer heat. Many child care providers use the making of these and other snacks as part of the curriculum. Set up a snack preparation area and allow each child the opportunity to prepare his/her own. For example, let the children mix yogurt and applesauce in a bowl, fill ice cube trays or popsicle holders with the mixture and freeze it.

Below is a list of healthy snack foods for young children:

* Freeze pureed applesauce, crushed peaches or your choice of fruit into frozen fruit cups
* Cut bananas into halves and freeze them on a popsicle stick
* Fill an ice cream cone with favorite fruits cut into bite size pieces. Drizzle the fruit with one teaspoon of honey and add a sprinkle of crushed cereal (Do not serve honey to children under two years of age. On rare occasions honey contains botulism spores dangerous to small children)
* Potato skins sprinkled with shredded cheese, broiled and topped with yogurt
* English muffins or pita bread topped with spaghetti sauce, grated cheese and lean cuts of turkey or other lean meats, broiled or baked and cut into fourths
* Quick breads or muffins made with carrots, zucchini, pumpkin, bananas, dates and squash
* Rolled soft taco shells filled with melted cheese

Things to remember

* In the summer it is especially important to provide easy access to water and to offer it frequently to those who are too small to help themselves.
* Always check food content for lactose intolerance and allergies to citrus fruits.
* When serving children under three years old, avoid serving nuts.

www.childcareresources.org
CAPCA opens Winter Crisis Utility Assistance

The Winter Crisis Utility Assistance Program opened on Monday, February 27, 2017, for gas, propane or electric assistance and will remain open until further notice. Applications will be taken on Monday, Tuesday and Wednesday between the hours of 8:15 to 11:00 am and 1:15 to 3:30 pm. The office will be closed from 12:00 to 1:00 pm for lunch. Applicants are seen on a first come first serve basis. Arriving between these hours does not guarantee that an interview can be conducted; staff will serve as many applicants as possible during the scheduled interview times. It is recommended that you arrive early.

All interested applicants must provide the following:

* Proof of all household income for the previous month for all household members 18 years of age or older. If a household has not had income during the previous month, you will need CAPCA’s Contribution and/or Collateral Statement
* **Must** have a copy of both light and gas bill
* A valid state or government issued ID
* MUST HAVE A DISCONNECT OR SHUT-OFF NOTICE. For propane, your tank must be at 10% or less

No determination can be made until all requested information has been received.

For more information in Faulkner County, please contact our Administrative Office at (501) 329-3891 or at 707 Robins St., Suite 700, Conway, AR 72034.

In Cleburne County, please contact Debbie Gilmer, Community Services Coordinator, at (877) 699-6924 or at 305 W. Searcy St., Heber Springs, AR 72543.

In White County, please contact Lisa Smith, Community Services Coordinator, at (877) 699-6962 or at 1132 Benton St., Searcy, AR 72143.

*The regular utility assistance program closed on March 31, 2017.*