

Sault Ste. Marie Tribe of Chippewa Indians
Anishnaabek Community and Family Services
Child Care and Development Fund

Parent/Provider Newsletter

September 2022

OVER INCOME ESSENTIAL WORKER AND CO-PAYMENTS

Our best projection at this time is Over Income Essential Worker and Co-Payment Waivers will **END** December 31, 2022. However, if funds remain, then we will continue until all funds have been exhausted. You will be notified on a monthly basis of the progress. This means that Over Income Essential Workers currently receiving CCDF Subsidies will no longer be eligible on December 31, 2022 because the funds have been exhausted and your child care provider can no longer bill us for child care services. Co-payment waiver will end on December 31, 2022 also. We will inform you of what your Co-payment is in December. Please plan accordingly.

HEALTH AND SAFETY REQUIREMENTS

Health and Safety are priorities when it comes to caring for children. The Tribal CCDF program provides necessary Health and Safety required items to CCDF Families and CCDF Providers. If you find you are in the need of Health and Safety required items such as Fire/Smoke detector (one for each level of the home/center), fire extinguisher, carbon monoxide detector, electrical outlet covers, drawer safety latches, first aid kit, etc. please contact CCDF Coordinator, Trish Sterling at psterling@saulttribe.net or 906-632-5250.

CONSUMER STATEMENT

The Sault Ste. Marie Tribe of Chippewa Indians Anishnaabek Community and Family Services Child Care and Development Fund program offers Child Care Subsidy Assistance to parents with Sault Tribe member (or eligible to be) children living in the Sault Tribe 7 County Service area who are working, going to school, or in a qualified job training program. Eligible parents can choose high quality child care providers that include State Licensed Centers or Family/Group Homes, Tribal Licensed Centers or Family/Group Homes, Relative Care Providers or In-Home Aides. Relative Care Providers and In-Home Aides must complete requirements prior to providing care for your children.

Please contact CCDF Coordinator, Trish Sterling for more information at 906-632-5250 or 800-726-0093.

Visit <https://www.michigan.gov/lara/bureau-list/cclb> to find State Licensed Centers and State Licensed Family/Group Child Care Homes in your area. Parents can also access health and safety reports and investigation reports about their State Licensed child care centers or homes on this website also. It is the responsibility and right of any parent seeking child care services to be aware of their child care provider's record.

Sault Tribe Licensed Centers and Homes can be found at <https://saulttribe.com/membership-services/acfs/direct-services/child-care->

RESOURCES

WIC

https://www.michigan.gov/mdhhs/0,5885,7-339-71547_4910---,00.html

LICENSED CHILD CARE

https://www.michigan.gov/lara/0,4601,7-154-89334_106253---,00.html

MEDICAID

<https://www.michigan.gov/mdhhs/>

SNAP

https://www.michigan.gov/mdhhs/0,5885,7-339-71547_5527_6691---,00.html

SAULT TRIBE EMPLOYMENT

<https://saulttribe.hirecentric.com/jobsearch/>

SAULT TRIBE

<https://saulttribe.com/>

ACFS

<https://saulttribe.com/membership-services/acfs>

DEVELOPMENTAL SCREENINGS

<https://agesandstages.com/>

GREAT START TO QUALITY

<https://www.greatstarttoquality.org/>

UPPER PENINSULA INFORMATION

WWW.mi211.org

CCDF GUIDELINES

Child in need of care must be a Sault Tribe member, between the ages of birth and 13 years old, reside in the 7 County Service Area, both parents must be working, going to school or in a job training program and meet income guidelines. Child Care providers must be licensed through the State of Michigan or the Tribe, be a certified Relative Care Provider or a Certified In-Home Aide.

A Certified Relative Care Provider can be a Grandparent, Great Grandparent, Aunt, Uncle or Sibling not living in the household, must be at least 18 years of age, pass simple background checks, complete the required paperwork and follow the CCDF Program billing schedule.

A Certified In-Home Aide provider must be at least 18 years old, not living in the household, pass Federal Fingerprinting Background Checks, simple background checks, complete required paperwork, complete required training and CCDF Orientation. Certified In-Home Aide can only care for the children in the applicant's household and only the applicant's children.

If you have any questions, please contact Trish at psterling@saulttribe.net or calling 906-632-5250.

Child Development Screenings

Ages and Stages is a set of questionnaires about children's development. It has been used for more than 20 years to make sure children are developing well. A screening provides a quick look at how children are doing in important areas such as communication, physical ability, social skills, and problem-solving skills. Ages and Stages can help identify your child's strengths as well as any areas where your child may need support. I love this screening tool because it involves the parents/guardians, child and the care provider. The parent/guardian fills out the questionnaire while playing with their child and returns it to the care provider or CCDF Coordinator for results. Based on the results, the child's individualized lesson plan can be created and if an area of concern is identified then a referral can be made to an appropriate support agency.

Many Child Care Centers are already providing a child development screening. And it may be Ages and Stages, but for parents who are interested, I can provide copies of the following months in the ASQ-3: 2, 4, 6, 8, 9, 10, 12, 14, 16, 18, 20, 24, 27, 30, 33, 36, 42, and 48. Keep in mind: your children all grow and development in differing rates. And it is okay 😊

I also have the Social Emotional questionnaires in the months: 2, 6, 12, 18, 24, 30, 36, 48, and 60.

They are easy to score and if you see any area of concern, please contact me or your child's teacher or child care provider so we can give you some ideas of how to increase your child's opportunities to grow in those areas.

Any questions, please contact Trish Sterling at 906-632-5250 or psterling@saulttribe.net

Monthly Nutrition Tip

Blueberry Pancakes

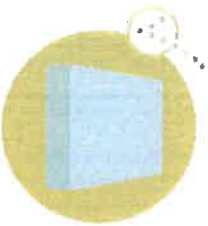
¾ cup flour 1 tbsp sugar 1 tsp. baking powder ½ tsp salt 1 tbsp margarine 1 egg ¾ c milk
½ cup washed and drained blueberries extra margarine in the pan

1. In a large bowl, sift together the flour, sugar, baking powder, and salt. Set the bowl aside. 2. Melt the margarine in a small saucepan. 3. Crack the egg into a medium-size bowl, then add the milk and melted margarine. 4. Whisk egg mixture until it is well mixed. 5. Add the flour mixture to the egg mixture. Whisk again until both mixtures are blended together. 6. Put extra margarine in the saucepan and heat it on the stovetop on medium heat. If is hot enough when the margarine starts to bubble. 7. Use a measuring cup or a small ladle to spoon the batter into the pan to make 4 pancakes. Put some blueberries on top of each pancake. 8. Cook your pancakes on medium heat until small bubbles appear on top. 9. Use a spatula to lift the edge of the pancakes to see whether they're light brown on the bottom. When they are flip them over with the spatula. 10. Cook for another few minutes until the pancakes are light brown on the other side. 11. Serve and enjoy.

Safe Infant Sleep Checklist



Place **babies on their backs** for naps and at night until they are 1 year old. Make sure babies sleep on a firm, flat surface in their own crib, bassinet or play yard.



Choose a **firm mattress** and fitted sheet for baby's crib. **Remove toys, blankets, pillows, bumper pads** and other accessories from the crib.



Dress baby in a **wearable blanket, onesie** or similar clothing for every sleep. A loose blanket could cover baby's airway or make their body temperature too high.



Share your room, not your bed. Place baby's crib or bassinet in your bedroom instead of letting baby sleep in the same bed with you.

Follow the manufacturer's instructions to assemble your crib. Make sure to complete and **submit the product registration card** to learn about any recalls or safety updates.

For more information, visit www.safekids.org



TIPS TO PREVENT SHAKEN BABY SYNDROME

Share these tips with everyone who will be caring for your child. Make sure they know that it's never okay to shake a baby.

Managing Stress

Even the most patient parents get stressed when dealing with infants who need their constant care and attention. Here are some ways to help you cope when you feel your stress level increasing.

- **Walk away.** Put the baby in a safe place, like a crib. Leave the room. It's okay to let the baby cry. Check in every 10 - 15 minutes.
- **Move your body.** Regular exercise releases endorphins, a chemical in the brain that can improve your mood and make you feel less stressed.
- **Breathe deeply.** Taking slow, deep breaths can help slow your heart rate and reduce tension.
- **Make time for yourself.** A baby requires a lot of attention. You need attention too. Set aside time each week to do something that is just for you.
- **Smile.** Studies have shown that smiling and laughing actually makes you feel better.
- **Keep a journal.** This can help you express your thoughts privately and get things off your chest.
- **Call a friend.** You are not alone. Calling a friend allows you to vent when you get frustrated.
- **Ask for help.** If you need help, ask. Friends, neighbors, relatives and professionals are great resources when things get tough. Make a list of people you can reach out to if you need a break. Post it some place you can see every day.

Soothing a Crying Baby

- **Plan ahead.** Learn ways for safely dealing with a crying baby. Make a list of support people you can call if and when you need help.
- **Start by checking the basics:** Is the baby wet? Hungry? Thirsty? Too warm? Too cold? Lonely? Meeting these basic needs will often stop the crying.
- **Don't take it personally.** All babies cry. Some cry inconsolably for hours. It's not your fault.
- **Is the baby sick?** Check the baby's temperature. Does she have a fever? Is there vomiting or diarrhea? If so, call the baby's doctor.
- **Stay calm and speak softly.** The baby may feel your calmness and become quiet. Lower any surrounding noise or lights.
- **Wrap the baby snugly in a warm, soft blanket.** Gently rub or tap the baby's back.
- **Gently rock or dance with the baby.** Try putting the baby in a baby swing or bouncy seat.
- **Walk the baby.** Take the baby for a walk in the stroller or a ride in the car (in a car seat).
- **Sing or talk to your baby in a quiet, sing-song way.** Turn on soft music or run the vacuum. Babies like consistent, rhythmic noise.
- **Call someone you trust to care for the baby while you take a break.** It's okay to take time for yourself. It's good for you and good for your baby.
- **When nothing else works.** Put the baby down in a safe secure place such as a crib, lying safely on his or her back. Close the door and leave the room. Lower the lights. Check on the baby every 5-10 minutes.