

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

Parent/Provider Newsletter

December 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 March 31, 2023**. 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 **March 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 **March 31, 2022** also. You can see what your Co-Payment is by looking on the Child Care Certificate you received. 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, aged birth through 12 years old, and reside in the 7 County Service Area. Child's 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



Start simple
with MyPlate



Healthy Eating for Toddlers

Healthy eating is important at every age. Offer toddlers a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on foods and beverages, choose options that are full of nutrients and lower in sodium and avoid added sugars. Start with these tips:



Provide foods full of nutrients

Offer your toddler a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Avoid foods and beverages with added sugars and choose those with lower sodium.



Look for cues

When children are hungry, they usually let you know. But fullness cues are not as obvious. Children may be full if they push food away, close mouth, turn head away from food, or make sounds to let you know. Recognizing and responding to these cues helps children learn how to self-regulate their intake.



Prevent choking

Have toddlers sit at a table for meals and snacks and not wander around with food in their mouth. Foods such as hot dogs, candy, nuts and seeds, raw carrots, grapes, popcorn, and chunks of peanut butter can be choking risks. See the [USDA Team Nutrition worksheet](#) for more.



Drinks matter too!

Did you know the only beverages your toddler needs are water, milk, and, if available, breast milk? Avoid drinks with added sugars like soda, flavored milks, juice drinks, and sports drinks.



Try new foods

Try serving a new food alongside a familiar food in the same meal. It may take up to 8 to 10 tries for a child to accept a new food.



Serve safe food

Help your child learn to wash their hands before eating. Only serve foods that have been cooked properly and avoid serving your toddler unpasteurized (raw) juice or milk.

Food and Nutrition Songs and Fingerplays

Are You Eating (Tune: *Are You Sleeping*)

Are you eating, are you eating
Healthy foods, healthy foods?
For your body needs them, for your body needs them
Everyday, everyday.

Carrots, Peas, and Broccoli (Tune: *Twinkle, Twinkle Little Star*)

Vegetables are good for me.
For my snack and in my lunch,
Veggie sticks are great to munch.
Carrots, Peas, and Broccoli,
Vegetables are good for me.

Happily We Eat Our Food (Tune: *Merrily We Roll Along*)

Happily we eat our foods, eat our foods, eat our foods.
Happily we eat our foods, To grow up big and strong
Happily we drink our milk, drink our milk, drink our milk.
Happily we drink our milk, To grow up big and strong.

Other Verses:

Happily we eat our fruits...
Happily we eat our vegetables...
Happily we eat our meat...
Happily we eat our beans...
Happily we eat our breads...
Happily we eat our cereal..

Food and Nutrition Art

Fruit painting

Cut apples, oranges, pears, etc. in half. Dip in paint and 'stamp' fruit prints on paper.

Food Collage

Make a collage of Good Snack/Bad Snack choices from magazine pictures.

Food and Nutrition Movement Activities

Watermelon Roll

Have the children work in groups of 2 to move the watermelon across a room. Let them try to only use one hand each, not two!

Food Charades

Take turns acting out different cooking and eating actions. Some examples include: eating soup, washing dishes, peeling a banana.

Choking and Strangulation Prevention Tips

Everything you need to know to keep your kids safe from choking or strangulation.

Is there a cell phone or set of car keys that hasn't made its way into your toddler's mouth? We didn't think so. Don't despair – there are simple tips that can help keep your children from getting injured as a result of their compulsive need to teethe, suck and drool on everyday objects and toys.

Make Meals Fun and Safe

- Cut food for toddlers into tiny pieces. Children under 5 should not eat small, round or hard foods, including pieces of hot dogs, cheese sticks or chunks, hard candy, nuts, grapes, marshmallows or popcorn.
- Remember to have young kids eat in a high chair or at the table, not while lying down or playing. It is important to supervise your babies when they are eating or playing.



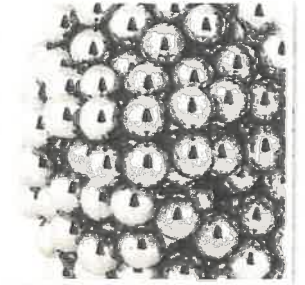
Keep Small Objects Out of Reach

- See the world from a child's point of view. Get on the floor on your hands and knees so that you are at your child's eye level. Look for and remove small items.
- Keep small objects such as buttons, beads, jewelry, pins, nails, marbles, coins, stones and tacks out of reach and sight.

Among children treated in emergency rooms for non-fatal choking incidents, almost 60 percent were food-related. Overall, 13 percent of cases involved swallowing coins and 19 percent involved candy or gum.

Be On the Lookout for Magnets

- Keep small magnets away from children. These include magnets found in construction sets, children's toys or stress-relieving adult desk toys; refrigerator magnets; and rare-earth magnets such as Buckyballs.
- Inspect games or toys that include magnets. Inspect children's play areas regularly for missing or dislodged magnets as well.
- Seek medical attention immediately if you suspect that magnets have been swallowed. Look for abdominal symptoms, such as pain, nausea, vomiting or diarrhea. Note that in X-rays, multiple magnetic pieces may appear as a single object.



Keep Cords Out of Reach

- Keep cords and strings, including those attached to window blinds, out of your child's reach. Move all cribs, beds, furniture and toys away from windows and window cords.
- If you live in a home where you are not allowed to replace your window coverings, follow basic window cord safety rules and order free retrofit kits from the Window Covering Safety Council at www.windowcoverings.org.



Check Your Child's Clothes and Accessories

- Remove necklaces, purses, scarves, helmets or clothing with drawstrings when children are playing or sleeping.
- Don't tie strings or ribbons to a pacifier or toy. Remember that jewelry can be dangerous around your baby. Remove bibs before bedtime or nap time.

Find the Perfect Toy for the Right Age

- Consider your child's age and development when purchasing [toys or games](#). It's worth a second to read the instructions and warning labels to make sure it's just right for your child.
- Before you've settled on the perfect toy, check to make sure there aren't any small parts or other potential choking hazards.
- When cleaning up, avoid toy chests that have no lids or safety hinges, as these could pose hazards to your child.



Sign Up to Receive Product Recalls

- [Sign up with Safe Kids](#) to receive monthly e-mail alerts for recent recalls specific to children.
- Bookmark www.recalls.gov for additional information about important product recalls for your family.

Sault Tribe Child Care



Reimbursement Due Dates 2023

For Pay Period	If Reimbursement Forms Received By**	Will Receive Check No Earlier Than
Dec. 4 to Dec. 17	December 21, 2022	January 9, 2023
Dec. 18 to Dec. 31	January 4, 2023	January 23, 2023
Jan. 1 to Jan. 14	January 18, 2023	February 6, 2023
Jan. 15 to Jan. 28	February 1, 2023	February 20, 2023
Jan. 29 to Feb. 11	February 15, 2023	March 6, 2023
Feb. 12 to Feb. 25	March 1, 2023	March 20, 2023
Feb. 26 to Mar. 11	March 15, 2023	April 3, 2023
Mar. 12 to Mar. 25	March 29, 2023	April 17, 2023
Mar. 26 to Apr. 8	April 12, 2023	May 1, 2023
Apr. 9 to Apr. 22	April 26, 2023	May 15, 2023
Apr. 23 to May 6	May 10, 2023	May 29, 2023
May 7 to May 20	May 24, 2023	June 12, 2023
May 21 to Jun. 3	June 7, 2023	June 26, 2023
Jun. 4 to Jun. 17	June 21, 2023	July 10, 2023
Jun. 18 to Jul. 1	July 5, 2023	July 24, 2023
Jul. 2 to Jul. 15	July 19, 2023	August 7, 2023
Jul. 16 to Jul. 29	August 2, 2023	August 21, 2023
Jul. 30 to Aug. 12	August 16, 2023	September 4, 2023
Aug. 13 to Aug. 26	August 30, 2023	September 18, 2023
Aug. 27 to Sep. 9	September 13, 2023	October 2, 2023
Sep. 10 to Sep. 23	September 27, 2023	October 16, 2023
Sep. 24 to Oct. 7	October 11, 2023	October 30, 2023
Oct. 8 to Oct. 21	October 25, 2023	November 13, 2023
Oct. 22 to Nov. 4	November 8, 2023	November 27, 2023
Nov. 5 to Nov. 18	November 22, 2023	December 11, 2023
Nov. 19 to Dec. 2	December 6, 2023	December 25, 2023
Dec. 3 to Dec. 16	December 20, 2023	January 8, 2024
Dec. 17 to Dec. 30	January 3, 2024	January 22, 2024
Dec. 31 to Jan. 13	January 17, 2024	February 5, 2024

** Reimbursement forms received after this date will be processed for payment the following pay period. **NO EXCEPTIONS**