

FRIENDLY REMINDERS

PARENTS AND PROVIDERS:

If you move, please contact us within 24 hours so that we can update your address and important letter and orders can reach you.

If you change your phone number, please contact within 24 hours so we can update your phone number in our system so that it is easier to reach you.

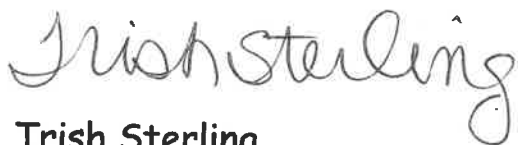
All billing sheets are due every two weeks according to the Reimbursement Due Dates form and must be submitted within 90 of care being provided in order to be reimbursed as stated on each Child Care Certificate.

All CCDF Rules and Regulations will be adhered to.

If you have any questions about billing, please contact Angel at 906-632-5250 or apeer@saulttribe.net

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

Sincerely,

A handwritten signature in cursive script that reads "Trish Sterling".

Trish Sterling,
CCDF Coordinator

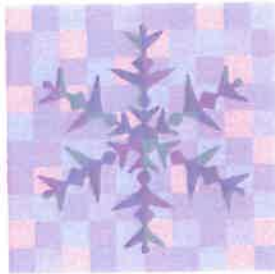
Sault Ste. Marie Tribe of Chippewa Indians
Anishnaabek Community and Family Services
Child Care and Development Fund

Parent/Provider Newsletter

January 2021

You are receiving this newsletter because you are either a parent receiving Child Care Assistance from the Sault Ste. Marie Tribe of Chippewa Indians CCDF program, you are a Child Care Provider receiving Subsidies, or you are in a collaboration/partnership with the Tribal CCDF Program.

CCDF is located at 2218 Shunk Road, Sault Ste. Marie, MI 49783 and you can reach us at 800-726-0093 or 906-632-5250. You can contact Trish, CCDF Coordinator at psterling@saulttribe.net or Angel, Administrative Assistant at apeer@saulttribe.net. Our fax number is 906-632-5266.



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, Relative Care Providers, or In-Home Aides. Relative Care Providers must complete requirements prior to providing care for your child(ren) and In-Home Aides must pass all required background checks, FBI fingerprinting and training before care for children in your home.

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

Visit https://www.michigan.gov/lara/0,4601,7-154-89334_63294_5529---,00.html to find State Licensed Centers and State Licensed Family/Group Child Care Homes in your area.

ALL CCDF PARENTS AND PROVIDERS

If you haven't contacted me already, Sault Tribe CCDF program has COVID 19 CARES ACT Fund Dollars available for CCDF Parents and Providers for COVID 19 related items such as masks, gloves, disinfecting alcohol wipes, Mr. Clean, hand sanitizer, antibacterial hand soap, laundry detergent, etc. Please make your list and send it to Patricia Sterling, CCDF Coordinator, psterling@saulttribe.net or call 906-632-5250

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

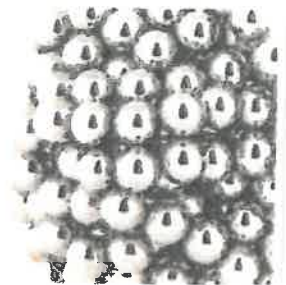
- See the world from a child's point of view. Get on the floor on your hands and knees so that you are at your child's eye level. Look for and remove small items.
- Keep small objects such as buttons, beads, jewelry, pins, nails, marbles, coins, stones and tacks out of reach and sight.

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

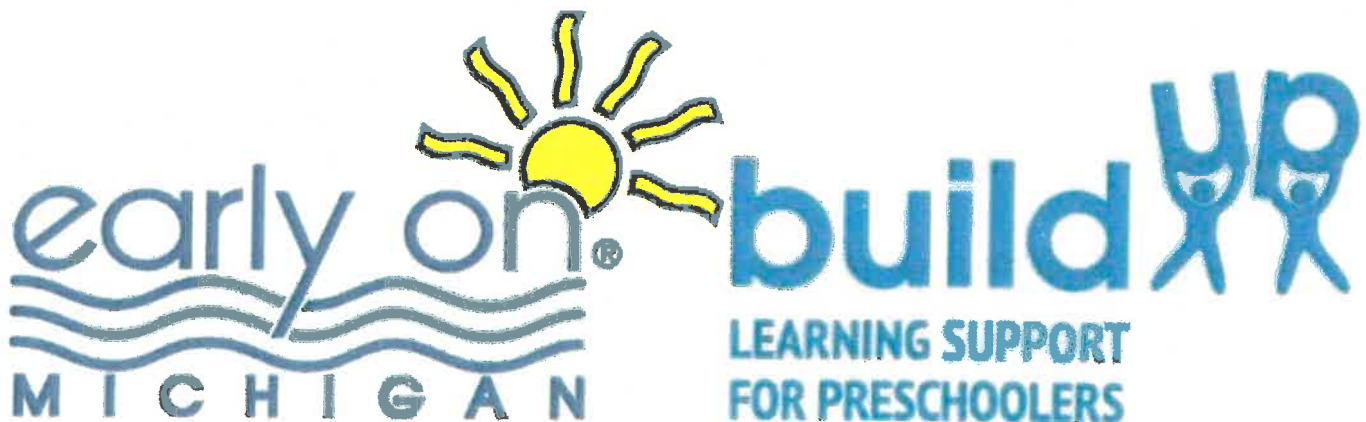
- [Sign up with Safe Kids](#) to receive monthly e-mail alerts for recent recalls specific to children.
- Bookmark www.recalls.gov for additional information about important product recalls for your family.

Patricia Sterling

From: Michigan Department of Licensing and Regulatory Affairs
<LARA@govsubscriptions.michigan.gov>
Sent: Friday, October 16, 2020 9:02 AM
To: Patricia Sterling
Subject: From our partners: Early On



We are pleased to bring this announcement to you from our partners at Early On.



Do you know what to do if a child in your care is not meeting their milestones or has a pre-existing health condition? *Early On*[®] Michigan offers early intervention services for infants and toddlers, birth to three years of age, with developmental delay(s) and/or disabilities, and their families. Research has shown that by addressing delays early on - especially between birth and age 3 - we can more effectively impact a child's development, even into adulthood.

Every parent looks forward to their baby's first smile, first words, and first steps. But what happens when a child is behind in reaching those milestones? If you are worried that a child in your care "seems behind" compared to other children of the same age, it might be time to contact *Early On*. Sometimes families start by asking a doctor, nurse, or a child care provider for an opinion. And that's where you may come into play as the child care provider. The referral to *Early On* is simply a recommendation to have a child evaluated to see if they are eligible, and anybody is able to do this. It doesn't require documentation from a pediatrician. Any concerned adult can make the

call. The referral starts the *Early On* process. It occurs because of a concern about the child's development or health issue.

During this time or even before making the referral, you will have the opportunity to talk to parents about the child's growth and development and your concerns around the referral for evaluation. It's important to recognize the sensitivity of this conversation and to recognize the child's strengths, not just focusing on deficits. The purpose of this evaluation process is to better understand the whole picture of the child and to offer extra assistance to the family. The evaluation is free and services are for children who need supports and services because they have a "developmental delay" or a diagnosed disability, also known as an established condition. Established conditions could include health conditions such as a cleft palate, cerebral palsy, Down syndrome, hearing and/or vision loss, etc. Having a developmental delay means it takes a child a little longer to learn basic skills. It may be in any of the following areas:

- **Self-help skills** (feeding and dressing)
- **Cognitive skills** (thinking, learning, and reasoning abilities)
- **Communication skills** (talking, listening, understanding)
- **Physical development** (vision, hearing, movement, health)
- **Social-emotional development** (feelings, getting along with others, relationships)

If the child is determined eligible for *Early On*, a plan will be determined and will include details of the early intervention supports and services the child and family will receive including what, where, when, how often, how long, and by whom services will be delivered.

If once the child turns three and he or she still has a 20% delay, they may be eligible for preschool special education services and supports. *Build Up Michigan* helps parents and their children, ages 3 through 5, get additional educational support as they begin and continue to learn the skills needed to enter kindergarten.

For more information supporting each of these programs visit: www.1800earlyon.org & <https://buildupmi.org/>. To make a referral for a child in your care, call us at 1-800-EARLY-ON or visit our website to make a referral online at www.1800earlyon.org.

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This service is provided to you at no charge by [Michigan Department of Licensing and Regulatory Affairs](#). Note: If you are a licensed child care provider and wish to be permanently removed from these emails, send an email to riebels@michigan.gov.

This email was sent to psterling@saulttribe.net using GovDelivery Communications Cloud on behalf of: Michigan Department of Licensing and Regulatory Affairs · P.O. Box 30004 · Lansing, MI 48909

Dolly Loves Butter.com

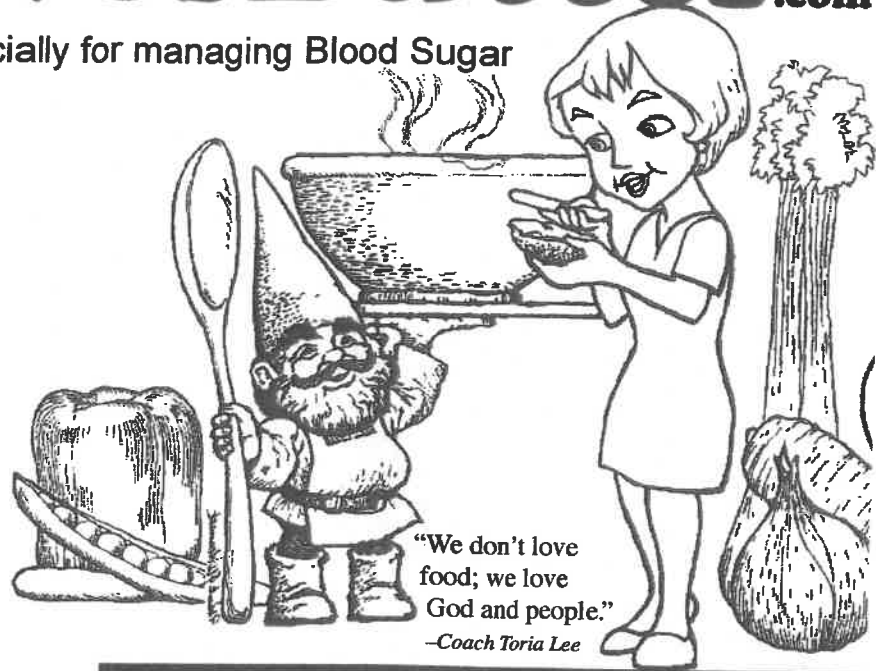
Dedicated to nutrition education, especially for managing Blood Sugar

FREE eBook For All Ages & Stages

By Mary Comfort, DTM Illustrated By Frank J. Wolcansek

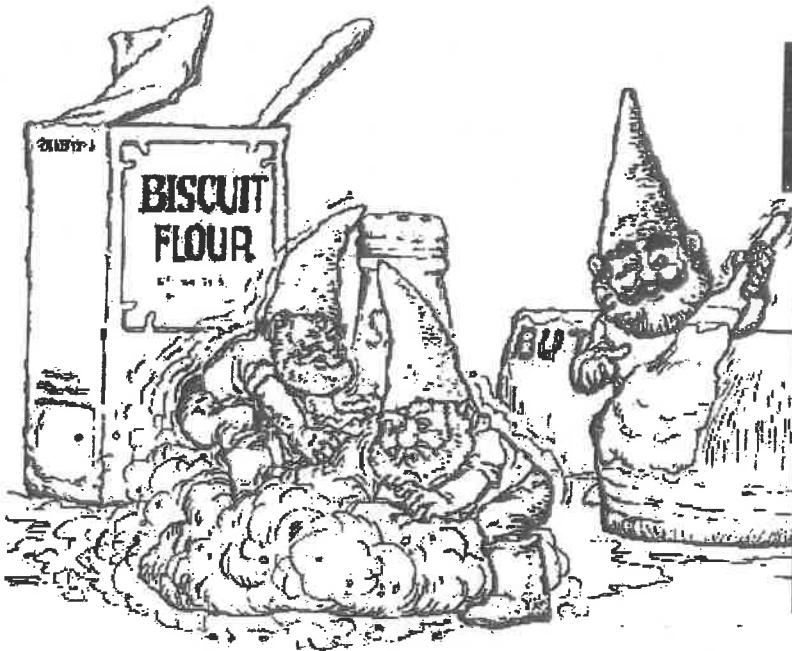
Butter and Fats

Dolly likes butter. She ate it all the time. She used it for baking, and she used it to fry. Dolly likes fried snacks and buttered many foods; she'd spread it on thick whatever her many moods. Dolly is smarter now and thinks of what she eats, but still enjoys a variety of fats, carbs, and meats. *How can you reduce saturated fats?*



"We don't love food; we love God and people."

—Coach Toria Lee



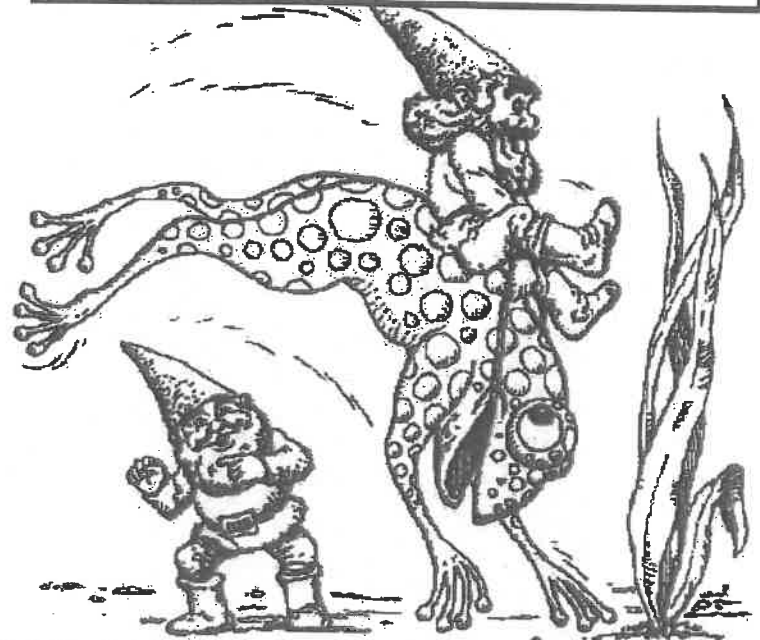
Keys to Healthy Bg* (Blood Sugar)

Know Your Food – We all eat from the same buffet, but take varied choices for our tray.

Know Your Activity – Are you burning calories or carbs? Do you play enough (or too hard)?

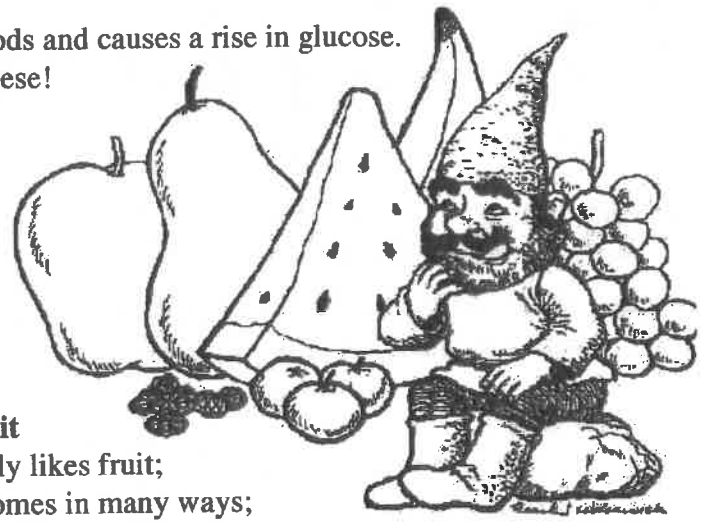
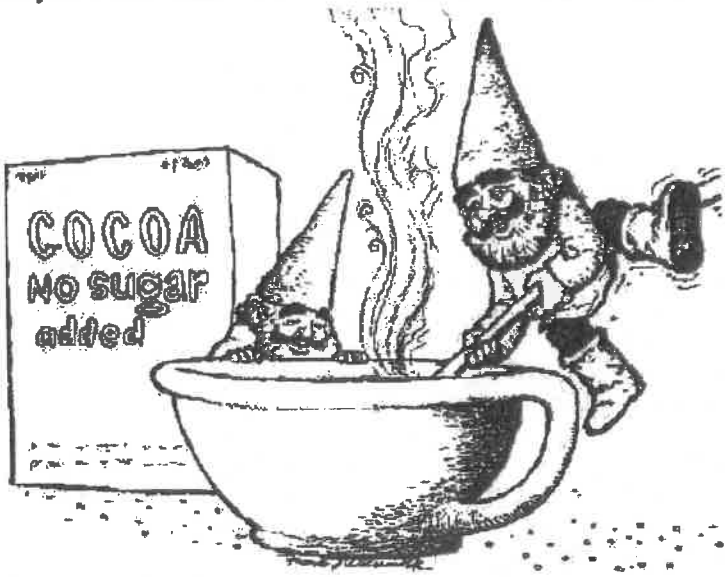
Know Your Meds – Do you take insulin or a pill? What are your symptoms when ill?

*Sugar in the blood is "Glucose". Natural sugars in food often end in "ose" – Glucose, Fructose, Lactose, Sucrose. "Sucralose" is Splenda® and, like High Fructose Corn Syrup, is a chemical made in a factory. You control what you eat!



Milk and Dairy

Milk contains a sugar called "lactose" which is found in many foods and causes a rise in glucose. Do you substitute low-fat or fat-free? Watch for added sugar in these!

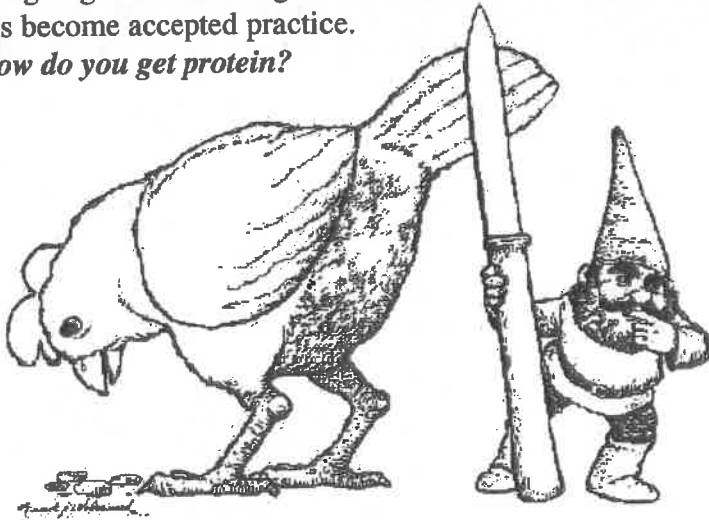


Fruit

Dolly likes fruit; it comes in many ways; it's often sugar in disguise with "fruit" in its name. Dates, figs, raisins, and prunes are dried, one serving is just a few! Even canned fruit has more fiber than juice. Where can you substitute fruit for other sweets?

Meat and Protein

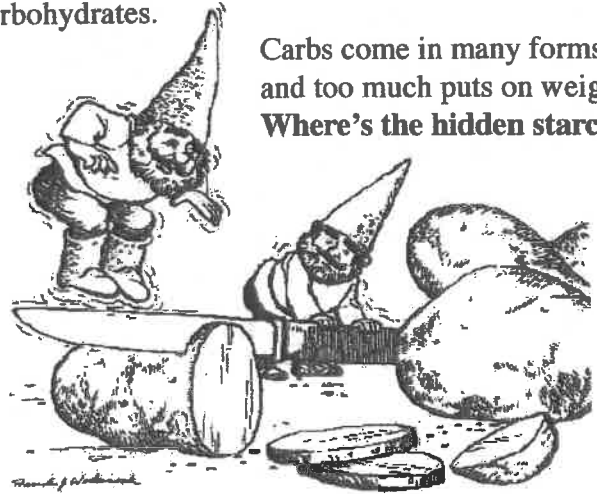
Many meats can put on weight, but Dolly likes to stay active. Weighing and measuring all her foods has become accepted practice. How do you get protein?



Carbohydrates – Starches – "Bread Exchanges"

Dolly likes desserts of every shape and size; she likes crackers, croutons, and bread on the side. Anything made with flour, sometimes hidden as in soup, pasta, rice, taco shells, hummus, and couscous. Dolly learns about her favorite foods to limit carbohydrates.

Carbs come in many forms and too much puts on weight. Where's the hidden starch?



Veggies

Dolly likes veggies; she tries to eat 5 servings a day. When she gets creative, she can serve them many ways. Dolly looks for sodium and other ingredients in disguise; she gets good news from her doctor; her habits are healthy and wise.

List your favorite veggies. How do you dress them?



What do you like? Make a list!

Know your own food so it's healthy and tasty like this!

