

Must-Ask Questions for Parents Seeking Quality Child Care!



Visit the ABC Quality website to review the *Five Questions to Ask a Potential Child Care Provider* on our Blog **The Leap Years!**

Early Childhood Educators can visit The Leap Years Blog for tips on answering parents' questions based on the *Five Questions to Ask a Potential Child Care Provider*.

To access the *Five Questions to Ask a Potential Child Care Provider*, [please click here.](#)

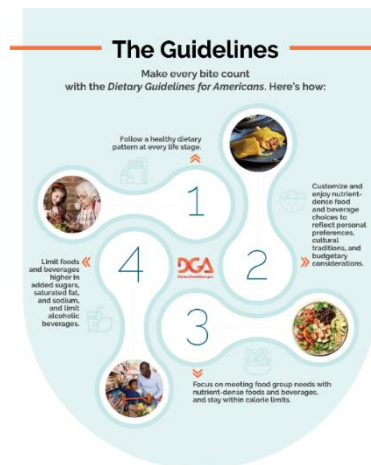
Coming 2022: Celebrating 30 years of Quality!



ABC Quality will be celebrating 30 years of supporting quality child care throughout South Carolina. Beginning January, 2022 please be on the lookout for activities and events to celebrate the 30th Anniversary.

To learn more about ABC Quality please [click here.](#)

Make Every Bite Count: 2020-2025 Dietary Guidelines



In November, the CACFP department sponsored interactive training on the 2020-2025 Dietary Guidelines for Americans (DGA) for participating centers to provide program operators with an in-depth look at the updated guidelines. The DGA are issued every five years and are the basis to develop, implement, and evaluate federal food, nutrition, and health policies. For the first time the DGA presented nutrition recommendations from birth to older adults and recommended sodium limits for different age groups.

Highlights include:

- Recommendation to not give sugar-sweetened foods and beverages to children 2 years or younger.
- About 80% of Americans over age two do not eat enough vegetables, fruits, whole grains, low-fat dairy/fortified dairy alternatives, fish, and seafood.
- Adolescence is the age group at greatest risk of inadequate nutritional intake.
- Sandwiches are the largest contributor of both sodium and saturated fat in the average American diet.

- Sodium limits by age group

Age 1-3	1200 mg/day
Age 4-8	1500 mg/day
Age 9-13	1800 mg/day
Age 14 -↑	2300 mg/day

For more information on the 2020-2025 DGA visit

www.dietaryguidelines.gov.

Welcome Head Start Directors!



The South Carolina Head Start Family would like to introduce and welcome newly appointed Head Start Directors:

Lancaster First Steps Early Head Start Child Care Partnership

Director – Mr. Anthony Howell

Lancaster School District Head Start/Early Head Start

Interim Director – Ms. Kathy Richardson

Charleston County First Steps Early Head Start Child Care Partnership

Director – Mrs. Keisha McClain

Waccamaw Head Start/Early Head Start

Interim Director – Ms. Koe-Yonna Pushia

OCAB Head Start/Early Head Start

Director – Ms. Tekeshia Wade

Register for Trainings on SC Endeavors Registry!



SC Endeavors has made the ability to find trainings easier by adding a feature to the registry search tool. This feature offers expanded opportunities when looking for specific topics, trainers, and areas of interest.

To learn more about the registry and the features it offers [click here](#). To search for trainings [click here](#).



SC CCR&R Supports Families and Child Care Centers

If you know someone who needs help finding child care or if you are a child care center and are interested in coaching and/or improving the quality of your center, send SC CCR&R a referral by [clicking here](#).

Ask the South Carolina Inclusion Collaborative (SCIC) Director



Why should I enthusiastically invite early intervention providers to provide services to children with disabilities in my child care program/classroom? Because...

- Children with disabilities have a right to access and participate in meaningful early childhood settings.
- Early intervention providers can offer suggestions on the best way to include a child with a disability in your classroom.
- You can provide valuable information to the early intervention provider about the child's engagement in the classroom.
- You can support the family of a child with a disability by accommodating their child's needs in your program and classroom.
- Your classroom is a Natural Environment and early intervention services are required to be provided in the natural environment according to the Individuals with Disabilities Education Act (IDEA).

Learn more by [clicking here](#).

Division Spotlight: USC & DECE 2021-2023 Early Childhood Leadership Cohort

The Early Childhood Leadership Cohort brings together early childhood professionals from across South Carolina with the purpose of strengthening their core early childhood knowledge and skills, with an emphasis on leadership development.



Early Childhood Leadership Cohort participants are Annia Knight, April McDaniel, April Winder, Ben Johnson, Carrie Kay, Christian Stevens, Diane Gerdy, Eriana Neiblum, Erin Martin, Jennifer Williams, Kelsey Stanley, Kena Hall, Kerri Wikel, Kimberly McCullough, LaMarcus Hudson, Lisa Morris, Manija Torian, Marilyn Rice, Natali Gonzalez, Sakina Bhagat, Samantha Daniels, Shaquitta Ray, Shawna Bynum, Shayla Pettigrew and Teneshia Slempa.



SC Child Care

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DSS

SOUTH CAROLINA
DEPARTMENT of SOCIAL SERVICES

Division of Early Care & Education

*DSS Regulation 114-507C(2) states that furniture, toys, and recreational equipment shall meet the standards of the US Consumer Products Safety Commission (CPSC), if applicable, and that recalled products shall not be accessible to children. For more information, call CPSC's hotline at **800-638-2772** or visit their website: **www.cpsc.gov**. To report a dangerous product or related injury, go to **<http://saferproducts.gov>**.*



- **Backyard Play Systems – Playsets with Wooden Roof**, due to entrapment hazard.
- **ABUS – Youth Helmets**, due to risk of head injury.
- **Hanna Anderson – Baby Ruffle Rompers**, due to choking hazard.