



Think Outside the Cake Box

Celebrations can be healthy and fun. Because food is often the center of a celebration, it can be a chance to introduce new healthy foods and get children moving to music or playing games. Healthy celebrations in child care facilities offer many benefits to children, such as sending consistent messages about healthy eating, promoting an active and healthy child care environment, creating excitement about nutrition, improving children's ability to learn and setting the stage for children to have a higher quality of life by adopting a healthy lifestyle.

Here are five ways you can be festive and promote healthy eating in your child care program:

- ✔ Get moving - have children play active games, dance, yoga or perform in a talent show
- ✔ Involve children in preparing healthy meals and snacks
- ✔ Create foods that look festive with shapes and colors
- ✔ Tweak the sweets - try fruit smoothies, banana pops or cereal mix.
- ✔ Be a cheerleader - set a great example for the children in your care to follow

Contact ABC Quality Team Nutrition at (803) 898-2744 to learn more about creating healthy habits in young children that will last a lifetime!

A public hearing on the proposed regulations to private and public child care centers will

be held from 10:00 AM - 12:00 noon on **Monday, December 19, 2016**, at the Offices of the

Administrative Law Court, Edgar Brown Building, 2nd Floor, 1205 Pendleton Street, Columbia, SC.

Download a copy of the proposed regulations at

<http://www.scstatehouse.gov/regnsrch.php>

and search document number 4688

**T.E.A.C.H. Annual Report Data
Summer 2015 – Summer 2016**

Teacher Education and Compensation Helps (TEACH) Early Childhood® South Carolina provides scholarships for teachers, directors, owners and family/group providers working in childcare to complete coursework in early childhood education. The program serves more child care professionals in SC each year. For information on applying to TEACH, call toll-free 866-845-1555.

- **928** – total number of TEACH recipients
- **12%** – increase of TEACH recipients over last year
- **5,594** – total number of college credit hours earned
- **8%** – increase of college credit hours earned compared to last year
- **486** – number of first generation college students



- **38.9** – average age of TEACH recipients
- **818** – number of child care teachers on TEACH scholarships
- **88** – number of child care center directors on TEACH scholarships
- **22** – number of family child care home providers on TEACH scholarships
- **430** – number of child care programs whose staff receive TEACH
- **26** – family/group child care programs whose staff receive TEACH
- **35,965** – number of children benefitting from TEACH
- **24** – number of associate's degree graduates
- **5** – number of bachelor's degree graduates
- **3.12** – average associate's GPA
- **3.48** – average bachelor's GPA
- **4%** – average wage increase for associate's recipients on TEACH
- **3.6%** – average wage increase for bachelor's recipients on TEACH
- **4.5%** – average turnover for associate's recipients on TEACH
- **4%** – average turnover for bachelor's recipients on TEACH

Preventing SIDS

Sudden Infant Death Syndrome (SIDS), is the leading cause of death for infants aged 0 to 12 months. SIDS, also referred to as "crib death," is the unexplained death of an otherwise healthy infant that can't be explained. Though the exact cause of SIDS is unknown, doctors have identified some factors that may put babies at increased risk for SIDS. The use of prevention practices can reduce the risk of SIDS and other sleep-related causes of infant death.

Some physical abnormalities may increase a child's risk of death from SIDS. These include brain abnormalities, low birth weight and respiratory infection. These physical challenges can make it harder for a baby to breathe while sleeping. Statistically, boys, infants 2-3 months of age, black, American Indian and Alaska Native infants are all more likely to die from SIDS than other infants. Though caregivers can't change a baby's physical challenges, caregivers do have control over environmental factors that increase or decrease a baby's risk of SIDS.



Babies are at an INCREASED risk of death from SIDS when they:

- ☛ Sleep on their stomachs
 - ☛ Sleep on soft surfaces (i.e. adult mattress, couch or chair with soft coverings)
 - ☛ Sleep on soft or loose bedding
 - ☛ Get overheated during sleep
 - ☛ Are exposed to cigarette smoke prenatally or after birth (i.e. home, car or bedroom)
 - ☛ Sleep in an adult bed with parents, other children or pets

Babies are at a REDUCED risk of death from SIDS when:

- ☛ They are placed on their backs to sleep
- ☛ They sleep on a firm surface, such as a mattress covered in a snugly fitted sheet in a safety-approved crib
- ☛ They are breastfed
- ☛ They **do not** have soft objects or toys in their sleeping area
- ☛ They **do not** have a pacifier when sleeping
- ☛ They are not exposed to smoke, prenatally or after birth.