

Leech Lake Child Care Services Newsletter

Ode'imini-gizis 2021

Happy Hearts Child Care– Lindsey Medina

When Lindsey's first child was born, she started work in child care at Green House Childcare Center at Ah Gwah Ching in Walker, MN. In 1999 the center closed and Lindsey opened her own child care, Happy Hearts Child Care. She started her child care to be able to be with her own children.

She and her husband have five children of their own and they love having an extended child care family. In her free time,

Lindsey enjoys rollerblading, scrapbooking, bonfires, camping with her family, wood works, and just being outside with friends and family.

"I have a great group of kids!"

Lindsey and the children in her care are excited for the summer fun. She is currently working on updating her outdoor space. At Happy Hearts Child Care, children are beginning to learn

about caterpillars and watching how they change and turn into a butterfly.

"I have really enjoyed being able to watch my kids grow, watch other children grow and advance, and to see that I have made such a difference in so many young lives."

Lindsey has currently cared for the children of three of her former child care kids!

Happy Hearts Child Care is located in Walker, MN.



Upcoming Trainings

Leech Lake Child Care Services

Contact Cora Roy at 218-335-8345 to register

CPR/First Aid (5hrs)

June 11

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Develop and Eager to Learn Trainings

Register Online

Outdoor Magic: Promoting Engagement Through Garden Based Learning—Online (2hrs)

June 7

\$22

Child Care Business Boot Camp "Starting and Running a Successful Child Care Business (4hrs)

June 9

Free

Explore Business Basics (12hrs)

June 10-July 1

\$60

Teach Behavior Regulation Without Talking (Web-Based) (2hrs)

June 14

\$22

We What Does Kindergarten Readiness Really Mean? (2hrs)

June 22

\$10

We Solved the Problem!- Online (2hrs)

June 23

\$22

Encouraging Curiosity in Young Children (2hrs)- Bemidji

June 29

\$10

For more trainings visit developtoolmn.org. If you need assistance in registering for trainings, please contact Cora Roy at cora.roy@llojibwe.net.

Tonya's Tips: Daily Walks

Taking a daily walk with your children can benefit them in so many ways. Your family gets to spend time having meaningful connection while also getting exercise. Children get to play and explore nature. 70% of moms played outside when they were kids and only 31% of their kids play outside today. Going for a daily family walk is not only healthy for our kids right now, but it's setting them up to be healthy for their entire lives. Going on walks with our kids every day will increase the chances that one day they will be going for walks with their families every day too.

Early Learning Scholarship

Leech Lake Child Care Services still had funds available for the Early Learning Scholarship program that opened July 7,



2020 and you can submit your application at any time. The Early Learning scholarship can be used to help pay for a qualifying early learning program such as family child care, center child care,

and public school programs. You do not need to be currently attending an eligible program to apply.

To be eligible to apply:

- Child must be 3 years of age by September 1, 2020 and have not started kindergarten
- Children 0-5 years of age who are a priority population. Priority populations are teen parents, foster care/child protective services, or have experienced homelessness in the last 24 months.

If you are interested in applying or for more information, please contact:

Tonya Morris, Early Learning Scholarship Area Administrator
Tonya.Morris@llojibwe.net
218-335-8249

Waase's Whispers



Agwajjiing Odaminodaa. **Let's play outside.**

Minomaagwadoon waabigwaniin. **The flowers smell good.**

Ode'immin niwaabandaan. **I see a strawberry.**

Minopogwadoon ode'imminan **Strawberries taste good.**

Ode'imminikedaa. **Let's pick strawberries.**

Akawe, biindakoojigedaa. **First, let's put down our asemaa.**

Visit Waking Up Ojibwe for many resources to support Ojibwe language use.
<http://www.wakingupojibwe.ca/>

Cora's Corner: Sun Safety Tips

There are so many benefits to being outside! While we take advantage of these benefits, it is important to keep in mind the dangers of sun exposure. The harmful rays from the sun can increase the risk for skin cancer and melanoma. The rays can also damage the skin, causing sunburn. So, how can we help our children enjoy our time outside safely?

- Apply sunscreen of at least 30 SPF
- Reapply sunscreen every 3 hours or sooner
- Limit activities during peak sunshine hours (10am-4pm) when possible.

- Seek shade if your shadow is shorter than you are
- Cover up! Wear wide-brimmed hats, sunglasses, long sleeves.
- Apply sunscreen on cloudy days too. Harmful rays can still come through on cloudy days!
- Babies under 6 months should be kept out of direct sunlight.

If your child gets sunburnt, contact their pediatrician.

For more information visit; [Sun Safety and Protection Tips - HealthyChildren.org](https://www.healthychildren.org)



Nicole's Notes: Nature Scavenger Hunt

One thing you can do with your children during the month of June could be a Nature Scavenger Hunt. In spring, nature starts to wake up, trees burst into leaves, flowers cover the ground and animals emerge from hibernation. There is just so much to see and find! This will allow your children to explore the outdoors and of course enjoy the beautiful spring weather. Once you go out and find the items, you could create a keepsake box or jar. Some benefits of a Nature Scavenger Hunt are:

- Boosts Observation Skills
- Team work
- Sensory regulation
- Mind and Body exercise (when using a check list)
- Connect with Nature



Leech Lake Subsidy Program

If you know a family that could benefit from our Leech Lake Subsidy Program (child care assistance) please send them my way. We also register Legally Non Licensed providers, which could be a relative watching your child. If your family qualifies, they can be reimbursed by our program. I am taking applications through the mail, email, and I can even set up a time to do it over the phone with you. If you have any questions, I am here to help.

Thanks much!

Nicole Collins, Child Care Specialist

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Farro, Kale, and Strawberry Salad

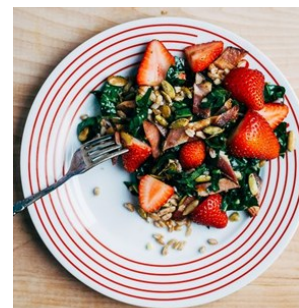
Recipe provided by the Leech Lake Band of Ojibwe SNAP Ed. Program

Ingredients

- 1 small shallot, minced
- Zest of 1 lemon plus 1/4 cup freshly squeezed lemon juice
- Sea salt, to taste
- 1/4 cup extra-virgin olive oil
- 1 cup dry farro
- 1/2 pound bacon
- 1/4 cup raw, hulled pepitas
- 1/4 teaspoon chili powder
- 1 bunch lacinato kale, sliced into thin ribbons
- 1 quart strawberries, hulled and halved
- Black pepper, to taste

Directions

1. Combine the minced shallot, lemon zest and juice, and sea salt. Whisk in olive oil to emulsify.
2. Fill a large saucepan with water and bring to a boil. Add a generous amount of sea salt and the farro. Boil for 20 minutes, or until farro is cooked to al dente. Drain, set in a bowl, and toss with half the dressing.
3. Meanwhile, cook the bacon over medium heat until crisp. Set bacon strips on a paper towel-lined plate. Chop when cool enough to handle.
4. Pour off all but 1 teaspoon bacon grease and toss in pepitas. Cook over medium heat, shaking skillet gently, until the first few pepitas start to pop. Remove from heat, toss with a big pinch sea salt and the chili powder, and set aside.
5. Set kale in a medium bowl and toss with remaining dressing and a pinch of sea salt.
6. To serve, layer dressed farro and kale in a clean bowl. Top with chopped bacon, toasted pepitas, and strawberries. Finish with a pinch of sea salt and freshly ground black pepper to taste. Serve immediately.



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