

HCFCCA Newsletter

May

Volume 45 Issue 6

Monthly Training

Math and Literacy:
the Perfect Pair

Date: May 1
Time: 6:30 pm
Location: Virtual

Look for the registration
in your email.



General Meeting

Date: June 12
Time: 6:30 pm
Location: Virtual

This is an important meeting for our
membership. Please plan to attend.

Board Meeting

Date: May 8
Time: 6:30 pm Virtual Meeting
All are welcome to attend to
learn more about how
our Board operates.
Please contact Angela
Lamberti if you are interested.

Resource Links

[Tuesday Tidbits October 29, 2024](#)

[Tuesday Tidbits November 26, 2024](#)

[Tuesday Tidbits November 12, 2024](#)

[Resource Documents for
Childcare Providers](#)

[2024-2025 Board and Chairpersons](#)

a message from

 Angela



As we wrap up another successful year, I want to take a moment to recognize the dedication of our volunteer Board members, whose leadership and commitment have guided us forward. It's been inspiring to see how each of you contributes in meaningful ways to help HCFFCA grow and thrive.

As we look ahead, we're seeking new leaders to join our Board of Directors. Serving on the Board is a rewarding way to help shape our organization's future, lend your voice to important decisions, and connect with others who care deeply about our work as family child care providers.

If you're looking for a meaningful way to give back and make an impact, we encourage you to consider volunteering for the Board. We welcome individuals from all backgrounds who share our vision and values.

Thank you for being part of our journey—and we hope to work even more closely with many of you in the year to come.





a message from

Bethany



As the weather has been warming up, I've been busy preparing our garden for the summer months ahead! It's been so much fun starting seeds with my Burrow Babs. I can't wait to see the fruits (and veggies) of our labor this season.

For those looking to inspire young minds with the joys of gardening, here are a few picture book recommendations to bring nature into your story time:

1. *The Curious Garden* by Peter Brown
2. *The Tiny Seed* by Eric Carle
3. *Planting a Rainbow* by Lois Ehlert

Also, don't miss out on our last training session before the summer break, ***Math and Science Board Books for Babies***. Infants and toddlers are naturally curious about the world around them. They can begin to develop an understanding of pre-math and pre-science skills with the help of board books. Keep a lookout for more information about our Fall Conference, which promises to be an enriching experience you won't want to miss!



***Wishing you all a fruitful
and relaxing spring!***



From the Treasurer:

PLEASE do not wait until the last minute to renew your membership. If you are not renewed by the end of the month that you expire, you are removed from the roster and will not be able to take the class for the following month. Also, because you are not on the roster, there is no newsletter, correspondence, or parent message line notifications. Your membership money is used to support these benefits. Please check your emails for your membership reminder notice. If you have any questions, you can contact me at treasurerHcfcca@gmail.com or the VP of membership at hcfccavpmembership@gmail.com.

Thank you for your support.

From the Volunteer Chairperson:

Though credentialing is currently on hold, we still need assistance with our marketing events. Please consider volunteering your time to support Uyen and HCFCCA. Your ongoing support is what keeps us moving forward. Contact Uyen Feliks at ufeliks@gmail.com for upcoming events.

a message from

Nancy



How to Eat (and Enjoy) the Healthiest Foods on the Planet

Now that we're a few months into the year, if you're someone who made a resolution to eat healthier in 2025 but are running out of ideas for dinner ingredients, you're not alone. Here are four of the healthiest foods on the planet and the best way to enjoy them in a meal.

Spinach. Lauded as one of the most nutrient-packed superfoods on earth, this one is a no-brainer. It's low in calories and high in vitamins, energy and folate, so it is an essential part of a delicious healthy diet. Try sautéing it in a pan with onion and garlic, then add to an omelet for a tasty lunch.

Avocado. Another superfood that is as substantial and satisfying as it is healthy. It's full of monounsaturated fats (the healthy kind) and vitamin B6 and can be prepared in a number of exciting ways. Smash some avocado and spread it on some lightly buttered toast with a sprinkle of salt and pepper for a delicious healthy breakfast.

Lentils. A favorite of many vegans and vegetarians, lentils are high in fiber and protein and are often used in place of meat in certain dishes. As well as providing a wealth of health benefits, this popular legume will add a lovely flavor and enjoyable texture to your recipe. Add them to a stew or soup to give it that extra something.

Raspberries. If you have a sweet tooth, there are plenty of delicious healthy options for you, not least the raspberry. Filled with vitamin C, iron, calcium and many antioxidants, they're an excellent dietary addition for a healthy body. Add a few to your morning oatmeal to start the day right.



a message from
Kim



Thank you to everyone who joined us for the mentoring session in April at La Madeleine's in Columbia. It was truly a wonderful event, where many providers came together to share stories, enjoy laughs, and offer support to one another.

The evening was full of joy as we swapped experiences, and we even had a fun raffle with some exciting prizes! A tasty treat adds to the experience, but the real highlight was the chance to connect, learn, and grow together.

This meeting creates a welcoming space for open discussions, problem-solving, and sharing valuable insights with our peers. We are so thankful for everyone's input and the sense of community that was built.

Thank you once
again for helping
make the evening a
memorable success!



Volunteers needed

JOIN THE HCFCCA BOARD!

We urgently need dedicated members to step up and help support our association. There are many positions currently open on the Board and our Committees.

Your involvement is crucial to the success and smooth operation of HCFCCA.

Please consider joining our team—your support will make a difference. The continued strength of our association relies on filling these key roles.

If you're interested in learning more about available positions or have any questions, please reach out to Angela Lamberti at hcfccabusiness@gmail.com. You can also contact any current board member to discuss opportunities to serve.

Thank you for your consideration!





OPEN BOARD POSITIONS

Responsibilities

- Attend Board Meetings
- Plan Events
- Write Newsletter Articles
- Volunteer

Contact Info

Angela Lamberti
hcfccabusiness@gmail.com

Board Member

- VP of Membership
- Corresponding Secretary

Committee Chair

- Audit
 - Fundraising
 - Budget
 - By-law/Policy and Procedures
- 



Growing Together:



The Joy of Gardening with Children



Gardening isn't just for adults—it's a great way for children to explore nature, learn responsibility, and build important life skills. For child care providers, adding gardening to your routine can enhance children's learning and foster a love for nature. Here's how to get started!

Benefits of Gardening with Children

- Children discover plant life cycles, insects, and weather patterns, developing a deeper appreciation for the environment.
- Gardening activities help improve both fine and gross motor skills, promoting hand-eye coordination and strength.
- Caring for plants teaches kids patience, responsibility, and provides a sense of pride and accomplishment.
- Gardening introduces basic science concepts as children observe plant growth and learn about ecosystems.
- Growing food encourages children to try new fruits and vegetables, promoting healthier eating habits.

Tips for Gardening with Children

- *Start Small:* Choose easy plants like sunflowers, lettuce, or herbs for beginners.
- *Create a Sensory Garden:* Use plants with different textures, smells, and colors to engage their senses.
- *Make it Fun:* Let kids decorate pots, use colorful tools, and create plant markers.
- *Use Child-Sized Tools:* Provide small, age-appropriate tools to help them feel involved.
- *Incorporate Books and Songs:* Enhance gardening with stories and songs about plants and growth.
- *Teach by Example:* Show children how to plant, water, and observe, and your enthusiasm will inspire them.

Happy Gardening!





Garden Rhymes

The Garden Is Growing

The garden is growing,

The flowers are too!

The sun is shining,

And the rain falls too!

The seeds are sprouting,

The plants are tall!

The garden is growing,

And I see it all!

(Tap feet for "growing" and use hands to show the height of plants)

(Raise your hands for sunshine)

(Use your fingers like raindrops falling)

(move your hands up as flowers grow)

(point to self)

I'm a Little Seed

I'm a little seed,

Tiny as can be.

I'll grow up tall,

Just wait and see!

(Start by curling up into a tiny ball like a seed.

Slowly stretch up like the seed is growing into a plant.

Encourage the kids to stretch and "grow" with you.)

The Flower Song

First I plant a tiny seed,

In the dirt, yes, indeed!

Water it, and soon you'll see,

A flower growing up for me!

Make a "planting" gesture. Use your hands to show water pouring. Slowly bring your arms up to represent the flower blooming.





What's Cookin'

Hummus Wraps

Ingredients

- tortilla wraps
- hummus
- various vegetables, chopped finely: carrots, cabbage, kale, broccoli, cucumber, sugar snap peas, bell pepper
- salad dressing of choice (I really like Bolthouse Cilantro Lime dressing for this)

Instructions

- spread a layer of hummus on tortilla wrap
- add veggies and a little dressing to hold it together.
- fold in half and enjoy!

HCFCCA Board Meetings are open to all members, and we encourage you to attend and participate in shaping the future of our organization. If you're interested in attending a Board meeting or learning more about how you can contribute, please reach out to Angela Lambertti for the meeting details and a link to join. We also invite you to consider joining the Board, where you can bring your unique talents and skills to help strengthen our organization and support the community we serve.

Be sure to mark your calendar with the following dates.

Board Meetings for 2024/2025

September 12 2024

October 15 2024

November 17 2024

December 12 2024

January 13 2025

February 13 2025

March 13 2025

April 10 2025

May 8 2025

June 12 2025



Deadlines for Newsletters

Newsletter Due
Date

Newsletter
Month

September 13 2024	October 2024
October 13 2024	November 2024
November 10 2024	December 2024
December 15 2024	January 2025
January 12 2025	February 2025
February 16 2025	March 2025
March 15 2025	April 2025
April 12 2025	May 2025
May 11 2025	June 2025



Offer your time to
support HCFCCA,
VOLUNTEER!



We can help you participate in the Food Program.



Contact us!

Fernanda Brita

| 757-657-0711

Are you a licensed childcare home or center provider?

Enjoy the nutritional & financial benefits of the Food Program.



What is the Food Program (CACFP)?

CACFP is a federally-funded program that **reimburses qualifying organizations for serving nutritious meals and snacks** to eligible children and adults.

CACFP Benefits:

Provide Nutritional Education

Receive Money for Serving Healthy Meals

Support Low-Income Families

Nourish Healthy Meals for Children

How can I join the Food Program?

You can join the Food Program by **finding a sponsor.**



Learn More
Scan QR Code

SCAN ME

ATTENTION EARLY CHILDHOOD PROFESSIONALS

You could be eligible for
free tuition, fees, and books at
Howard Community College
through the Child Care Career
and Development Fund
(CCCPDF)!



APPLY TODAY IF YOU...

- have worked in a licensed child care setting for at least one year
- be eligible for a MSDE Level 2 or greater Credential Certificate (if applicable)
- want to work toward an AAS in Early Childhood Development (career program) or an AAT in Early Childhood/Special Education or Elementary Education/Special Education (transfer program)

TO QUALIFY FOR THE SCHOLARSHIP, THE STUDENT MUST...

- work at least 10 hours/week in a licensed child care setting while completing the program
- maintain a 2.5 minimum GPA while enrolled
- continue to work in child care at least 20 hours/week in Maryland for a period of time (2 years for a 2 year degree, 4 years for a 4 year degree) after your degree is completed

TO LEARN MORE OR APPLY NOW...

Contact HCC's CCCPDF Coordinator:
Joan Johnson, jjohnson6@howardcc.edu



You Can Get There From Here.

