

THE CHILD CARE PROFESSIONAL

The Newsletter of the Child Care Resource & Referral at WKU



Vol. XIV, No. 9



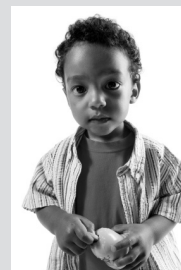
September 2007

THE CHILD CARE PROFESSIONAL

The Newsletter of the Child Care Resource & Referral at WKU

THE CHILD CARE PROFESSIONAL is published monthly by Training & Technical Assistance Services and the Child Care Resource & Referral (CCR&R) at Western Kentucky University. The CCR&R at WKU serves the Barren River Area Development District of Kentucky which includes Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalf, Monroe, Simpson, and Warren Counties. Primary services offered by the CCR&R include:

- Distributing consumer education materials to families seeking child care,
- Providing child care referrals to parents;
- Offering training to early childhood providers and parents;
- Helping potential child care providers establish programs,
- Providing training hours leading to the Commonwealth Child Care Credential and the Child Development Associate (CDA), and
- Advocating for affordable, accessible, high quality services for children and families.



The professionals and staff of the CCR&R at WKU are ready to provide assistance in a number of areas. Our staff includes:

Dr. Connie Jo Smith, CCR&R Director
Jill Norris, CCR&R Coordinator

Sherri Meyer, Parent & Community Coordinator
Dr. Amy Hood Hooten, Training Specialist
Heather Alms, Provider Assistant & Office Coordinator

SHARE THE KNOWLEDGE. Articles and stories from this newsletter may be photocopied or reprinted without written permission from the CCR&R at WKU. Reprints should, however, credit the magazine as follows: "Reprinted from **THE CHILD CARE PROFESSIONAL**, (date of issue), with permission from the Child Care Resource & Referral at WKU."

KEEP IN TOUCH. If you are not currently receiving the newsletter at your own center or agency, please contact our office by mail, phone or e-mail and we will add your name to our mailing list. If you, your agency or center are moving, please let us know your new address; we'll update our mailing list, and you won't miss an issue of **THE CHILD CARE PROFESSIONAL**. (If you no longer wish to receive this newsletter, please contact our office by phone or e-mail and we will remove you from our mailing list.)

Child Care Resource & Referral at Western Kentucky University
1906 College Heights Blvd. #11098, Bowling Green, Kentucky 42101-1098
Phone Us at (270) 745-2216 or (800) 621-5908 - Fax Us at (270) 745-7089
E-Mail Us at crr.expert@wku.edu • Or Visit Our Website at www.wku.edu/ccrr-wku/
Hours of Operation: 8:00 a.m. - 4:30 p.m., Monday through Friday

SUBSCRIPTION INFORMATION. Any program or person interested in receiving our newsletter may subscribe for \$36 per year. The monthly newsletter provides a variety of articles, news, and information for early care and education programs, including child care, family day care, preschool, and Head Start. Caregivers, teachers, administrators, and parents can all benefit from the newsletter. Single complimentary annual subscriptions of **THE CHILD CARE PROFESSIONAL** are provided to licensed child care centers, certified home providers, and special friends in the Barren River Area Development District (BRADD) of Kentucky. Additional subscriptions may also be purchased by these readers for the same rate of \$36 per year. All registered providers in the BRADD qualify for the discounted rate of \$26 per year for each additional subscription.

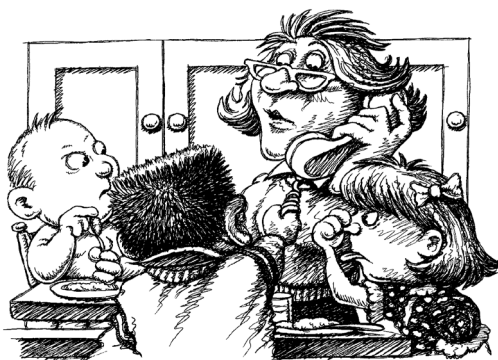
The newsletter is available in both printed and electronic versions. Print copies of **THE CHILD CARE PROFESSIONAL** are mailed at the end of each month; electronic copies are e-mailed directly to subscribers in a Portable Document File (PDF) which can be printed or viewed on your computer using Adobe Acrobat Reader (free software downloadable from www.adobe.com). Readers may select the format they prefer when subscribing. To receive an subscription form or to learn more, please contact our office by phone (800-621-5908 or 270-745-2216), by fax (270-745-7089), or by e-mail (heather.alms@wku.edu).

Funded in part by the Kentucky Cabinet for Health & Family Services through the University of Kentucky Research Foundation.

Are You Busy? Parents Are Busy, Too!

Connie Jo Smith, CCR&R Director

Do you have days when you barely get to work on time and only because you drove too fast? Are there times you forget to pay that bill or mail that birthday card? Do you have times when you are so tired after work that you do not prepare a nutritious meal and instead opt for fast food? Do you exercise every day like you know you should? Do you go to bed at that desired time every night? Well, guess what – the parents and guardians of the children in your program probably also have those same kinds of days. You have something in common.



Do you read, really read all of the paperwork that you receive on your job, from your health insurance company, about your training or college classes, or from the teacher for your children? My guess is that the parents and guardians of the children you serve probably do not read every page of paper you send home either.

Make it easier on yourself and on them:

- When a parent rushes in at the very last and seems to almost toss their kid at you so they can get to work on time or just a little late, remember what it feels like to be running late. Do not take it personally and think that they do not care about what you have to say.
- When a parent forgets to bring back a signed permission form or pay a fee, remember that once in a while you forget, too.
- When you suspect that a child has been fed fast food instead of a homemade nutritious meal, did not get to play outside long enough, or went to bed late, remember that you too have times where a child in your house may have received the same treatment. None of us are perfect.

Remembering that parents and guardians are people and that they experience many of the daily frustrations you do can help you build positive relationships with them. Of course, patterns of late arrivals or pick ups, late payments, and so on need to be addressed with parents/guardians and consequences may be necessary for chronic problems. But some of the issues may be prevented if you communicate clearly and provide gentle reminders for parents. A sign by the door to remind parents that payment is due the following day or that the field trip permission form is due tomorrow may be very helpful to them and to you if you get more forms or payments in on time. Kindly mentioning it to parents at pick-up may also be appreciated.

- Consolidate any forms you can so paperwork is reduced
- Format information so it is easy to see the main points highlighted
- Provide copies for reference in a parent area of the program or on your web page.

Can you think of other ways to help busy parents and guardians? What would you like for programs your children attend to do to make your life easier? Maybe you can encourage those activities in your program.

Resources

Visit the NAEYC web site at www.naeyc.org, and review the following articles found within the Early Years Are Learning Years section:

- Building Positive Relationships through Communication
- Parents as Partners in Children's Learning

Visit the web site for Child Care Aware at www.child-careaware.org, and look at the following Daily Parent articles developed by National Association of Child Care Resource and Referral Agencies:

- Volume 29: It's A Win-Win Situation; When Parents and Providers Work Together
- Volume 10: Working Families Plan Ahead: Creating A School and Home Connection
- Volume 13: Families Are Not All Alike

Visit the AARP web site at www.aarp.org, click on *Family, Home and Legal* and then on Grandparenting, which can be found on the left of the page.

Did You Know??

“I wonder how I should re-arrange my classroom or home.”

“I wonder why the children are behaving this way.”

“I wonder if there is a place where I can learn more about setting up a computer center.”

“I wonder what materials I should have in my classroom or home.”

“Is there someone I can call who can address this question or concern?”

Do you ever find yourself asking such questions as these? If you do ask yourself any of these questions or others, then the answer is “YES!! There is help and we are just a phone call away!”

The Child Care Resource & Referral is here to provide the help you need and we are here to help answer your questions over the phone. We are also available to come to your child care center or family child care home upon your request. We are your connection to the licensing and certification requirements as well as your connection to what is best practice.

Just call us at 800-621-5908 or 270-745-2216. You can send your email questions to ccrr.expert@wku.edu. We are always excited to come to programs. Just call us with any questions or the request to come see you! We love to visit programs we have not visited before and to revisit those that we haven't been to lately! Please invite us! We love invitations and can't wait to come see you!



We will be listening for our phones to ring and the email to arrive saying “Come visit us!” See you soon!

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Painting a Sheet

When is the last time you were looking for a table cloth for your home or child care program? Well, here is an activity for a one-of-a-kind table cloth that you will find no where else! This is a great individual or group project that includes art, science, communication, and social skills. You will need:

- Old, but clean sheet.
- Paint smocks for children.
- Paint brushes, spray bottles, hands, feather dusters, etc.
- Various colors and consistencies of paint.
- Containers to hold paint not in a spray bottle.

Here is what children will do:

- Individual or small groups of children (2 or 3) will put on paint smocks.
- Each child will decide their mode of painting (hands, spray bottles, brushes, etc.).
- Each child may choose more than one way to paint.
- Each child will paint only the table cloth that is hung on a clothes line or fence (not each other).

Children will be creating a piece of art that can be used in a home as a gift to parents or in the classroom in the housekeeping area. Children will be using fine motor skills and imaginations as they create and communicate with one another.

For more ideas, visit the National Association for Child Care Resource & Referral Agencies at <http://www.familytlc.net/> where you can input the age of children in your home or in your professional care and find a variety of activities for that specific age group. The activities listed change each month so be sure to visit the web site often.

NOTE: The above activity was adapted from the Family TLC section of the National Association for Child Care Resource & Referral Agencies website: http://www.familytlc.net/issues/august2007/summer_4_3535.html.



CCR&R PROFESSIONAL DEVELOPMENT TRAINING

OCTOBER 2007 REGISTRATION PORTFOLIO

The Child Care Resource & Referral at WKU is the leading provider of quality, affordable training in the 10 counties of the Barren River Area Development District. The professional staff and consultants of the CCR&R provide Professional Development Training each month on a variety of topics, suitable for both new and veteran child care and family child care staff and administrators. Events are conveniently scheduled in the evening or on Saturdays and participants qualify for Child Care Training Credits.

This special removable section of **THE CCR&R PROFESSIONAL** contains registration forms for upcoming training events for the months of October 2007. Simply detach the portfolio pages from the rest of the newsletter and copy the registration form or forms you need. Then pass the **REGISTRATION PORTFOLIO** on to your co-workers or colleagues so that they may copy the forms to register for the training in which they are interested. Please complete and return your registration form(s) with payment by the date specified on each form. You may also register on-line for all CCR&R training at www.wku.edu/ccrr-wku. For additional details on scheduled events, please contact the CCR&R at (270) 745-2216 or (800) 621-5908.

The CCR&R reserves the right to cancel an event if enrollment criteria are not met or when conditions beyond our control prevail. In the event of cancellation, the liability of the CCR&R is limited to the refund of registration fees only.

CCR&R Professional Development Training

Saturday, October 20, 2007

WKU Glasgow Campus, 500 Hilltopper Drive, Glasgow, Kentucky

Morning Session: 9:00 a.m.-Noon

- BRAIN DEVELOPMENT: SOME ASSEMBLY REQUIRED.** Ever wonder how the brain works? Even wonder why children learn skills at different times? Join us for this session as we explore the way the brain works and how children learn. *Presenter: Sherri Meyer, CCR&R Parent & Community Coordinator. Target Audience: General. CDA Subject Area: 8. Core Content: Child Growth & Development. Training Level: 3.*
- ADDING AGRICULTURE IN YOUR SCHOOL AGE ACTIVITIES.** Have you ever wondered how to get school age children more involved in agriculture and environmental education? If so, then this session is for you! Join us as we explore various activities you can easily add to your school age program. *Presenter: Johnny Parrish, Mobile Science Activity Center Coordinator, Kentucky Agriculture and Environment in the Classroom, Inc., and Dr. Amy Hooten, CCR&R Training Specialist. Target Audience: School Age. CDA Subject Area: 2. Core Content: Learning Environments & Curriculum. Training Level: 2.*

Afternoon Session: 1:00-3:00 p.m.

- USING RECOMMENDED PRACTICES TO GUIDE OUR WORK.** This session will look at the recommended practices that are best for children and will provide a guide in your daily work with children. *Presenter: Sherri Meyer, CCR&R Parent & Community Coordinator. Target Audience: General. CDA Subject Area: 7. Core Content: Child Assessment. Training Level: 2.*
- USING THE ENVIRONMENTAL RATING SCALES TO REVIEW YOUR SCHOOL AGE PROGRAM.** Join us as we examine the School Age Child Care Environmental Rating Scale. *Presenter: Dr. Amy Hooten, CCR&R Training Specialist. Target Audience: School Age. CDA Subject Area: 5. Core Content: Program Management & Evaluation. Training Level: 2.*

Doors will open and participant check-in will begin at 8:30 a.m.

Copy and share this form as necessary; print clearly and submit one form per person.

Registration Fees are \$20 per participant for the 3-hour Morning Session and \$15 per participant for the 2-hour Afternoon Session. (\$35 for a full day of training)

Register on-line at www.wku.edu/ccrr-wku OR return form with payment by October 12, 2007.

No registrations accepted after October 12, 2007. There will be no on-site registrations!

To receive CEU Credits, please check here ___ and include an additional \$15 fee.

Name: _____ Position: _____
Age Group(s) Served: _____ Program Name: _____
Address: _____
City: _____ County: _____ State: _____ Zip Code: _____
Phone Number : _____ E-Mail Address for Confirmation (if available): _____
ECE-TRIS ID Info: Birth Date: ___/___/___ (Day/Mo/Yr) Last 4 Digits of SSN: _____
 Check Enclosed Purchase Order # _____ Enclosed
 Please bill my Credit Card (Visa, Mastercard, Discover): _____
Card Expiration Date: ___/___ Signature: _____

No registrations accepted after October 12, 2007. Please register on-line at www.wku.edu/ccrr-wku OR return completed registration form with payment to:

**Child Care Resource & Referral, Western Kentucky University
1906 College Heights Blvd. #11098, Bowling Green, KY 42101-1098**

ACCESSIBILITY NEEDS: Do you have a disability that requires special materials or services? Please explain: _____
CANCELLATIONS: To avoid obligation for payment of fees or to obtain a refund, all cancellations must be received *in writing* five working days prior to the event.

CCR&R Professional Development Training
ORIENTATION TRAINING FOR EARLY CARE & EDUCATION PROFESSIONALS
 Saturday, October 27, 2007
 WKU Glasgow Campus, 500 Hilltopper Drive, Glasgow, Kentucky

Morning Session: 9:00 a.m. - Noon

- BASIC HEALTH, SAFETY, AND SANITATION AND RECOGNIZING AND REPORTING CHILD ABUSE.** This is the first half in a mandatory session of six-hour training that all child care employees must attend during the first 90 days of employment. *Presenter: Jill Norris, CCR&R Coordinator. Target Audience: New Employees. CDA Subject Area: 1. Core Content: Health, Safety & Nutrition. Training Level: 1. **This session also functions as the Registered Providers Orientation.***

Afternoon Session: 1:00-4:00 p.m.

- RECOMMENDED PRACTICES.** This is the second half of the mandatory session of six-hour training that all child care employees must attend during the first 90 days of employment. *Presenter: Jill Norris, CCR&R Coordinator. Target Audience: New Employees. CDA Subject Area: 1. Core Content: Learning Environments & Curriculum. Training Level: 1.*

Doors will open and participant check-in will begin at 8:30 a.m.
 Copy and share this form as necessary; print clearly and submit one form per person.

Registration Fee is \$40 per participant.

Register on-line at www.wku.edu/ccrr-wku OR return form with payment by October 12, 2007.
No registrations accepted after October 12, 2007. There will be no on-site registrations!

To receive CEU Credits, please check here and include an additional \$15 fee.

Name: _____ Position: _____
 Age Group(s) Served: _____ Program Name: _____
 Address: _____
 City: _____ County: _____ State: _____ Zip Code: _____
 Phone Number: _____ E-Mail Address for Confirmation (if available): _____
ECE-TRIS ID Info: Birth Date: ___ / ___ / ___ (Day/Mo/Yr) Last 4 Digits of SSN: _____
 Check Enclosed Purchase Order # _____ Enclosed
 Please bill my Credit Card (Visa, Mastercard, Discover): _____
 Card Expiration Date: ___ / ___ Signature: _____

No registrations accepted after October 12, 2007. Please register on-line at www.wku.edu/ccrr-wku OR return completed registration form with payment to:

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ACCESSIBILITY NEEDS: Do you have a disability that requires special materials or services? Please explain: _____
 CANCELLATIONS: To avoid obligation for payment of fees or to obtain a refund, all cancellations must be received in writing five working days prior to the event.

CCR&R Professional Development Training

CREATING LEARNING CENTERS IN YOUR CLASSROOMS

6:00 - 8:00 p.m., October 25, 2007

Jones-Jaggers Hall, University Boulevard, WKU, Bowling Green, Kentucky

Area providers have requested more information on how to create learning centers in the classroom. Join us during this session as we explore not only the need for learning centers but also what can be included in them and how to make their exciting for the children in our classrooms. *Presenter: Dr. Amy Hooten, CCR&R Training Specialist.. Target Audience: General. CDA Subject Area: 1 Core Content: Learning Environments & Curriculum. Training Level: 2.*

Doors will open and participant check-in will begin at 5:30 p.m.

Copy and share this form as necessary; print clearly and submit one form per person.

Registration Fee is \$15 per participant.

Register on-line at www.wku.edu/ccrr-wku OR return form with payment by October 18, 2007.

No registrations accepted after October 18, 2007. There will be no on-site registrations!

To receive CEU Credits, please check here ___ and include an additional \$15 fee.

Name: _____ Position: _____
Age Group(s) Served: _____ Program Name: _____
Address: _____
City: _____ County: _____ State: _____ Zip Code: _____
Phone Number: _____ E-Mail Address for Confirmation (if available): _____
ECE-TRIS ID Info: Birth Date: ___ / ___ / ___ (Day/Mo/Yr) Last 4 Digits of SSN: _____
 Check Enclosed Purchase Order # _____ Enclosed
 Please bill my Credit Card (Visa, Mastercard, Discover): _____
Card Expiration Date: ___ / ___ Signature: _____

No registrations accepted after October 18, 2007. Please register on-line at www.wku.edu/ccrr-wku OR return completed registration form with payment to:

**Child Care Resource & Referral
Western Kentucky University, 1906 College Heights Blvd. #11098
Bowling Green, KY 42101-1098**

ACCESSIBILITY NEEDS: Do you have a disability that requires special materials or services? Please explain: _____
CANCELLATIONS: To avoid obligation for payment of fees or to obtain a refund, all cancellations must be received in writing five working days prior to the event.

Attending Weekday Training? We'll Provide the Parking Pass!

Weekday parking on the WKU campus can be difficult. That's why the CCR&R provides free temporary WKU Visitor's Parking Passes for those pre-registering to attend CCR&R training on a weekday (Monday-Friday). Stickers can be picked up at Registration and should be placed on the driver's side dashboard of your car. Passes are valid only for the dates indicated on the pass.

With a Visitor's Pass, you may park in all Non-Premium lots, including non-premium Faculty/Staff, Housing, Student, and Commuter Lots. You cannot park in Premium (i.e., gated) Lots, Handicapped Parking Slots, or Loading Zone slots, or in fire lanes or other parking-prohibited areas. (As always, parking on campus is not regulated after 5:00 and on weekends, so passes are not required for attending evening training or training on Saturdays.)

Have You Lost Your Training Certificate?

If you've lost the certificate for any professional development training you received from the CCR&R, we will be happy to re-issue the certificate. Duplicate certificates are \$5 each and can be ordered by contacting Heather Alms at 270-745-2216 or 800-621-5908.

Want to Be Published? Or Announce An Event?

If you are an administrator, coordinator, teacher, or caregiver, we encourage you to submit articles to be considered for publication in **THE CHILD CARE PROFESSIONAL**. You can share your experiences in early care and education, tell us about activities that work well with children, share ways you communicate and involve families, or discuss ideas for working with colleagues or community partners. Do you have a scholar story to tell about going back to school? Have a story about working on STARS for your facility? Want to tell us about your experiences starting your child care program? We welcome your submissions.



All non-profit agencies are also welcome to submit announcements for consideration of publication in the CCR&R newsletter. Describe your services, let us know about an upcoming event, or describe a specialized service your agency provides. We do not guarantee acceptance or the exact date of publication, but we want you - as our partners in early childhood - to freely contribute to YOUR newsletter. We will make every effort to include your articles and announcements in **THE CHILD CARE PROFESSIONAL** on a timely basis.

All articles, submissions, and announcements should be limited to 400 words or less, and must be typed and sent electronically. (Sorry, submissions cannot be returned.) You may e-mail your submissions to connie.smith@wku.edu, or mail them on disk to: Child Care Resource & Referral at WKU, 1906 College Heights Blvd. #11098, Bowling Green, Kentucky 42101-1098

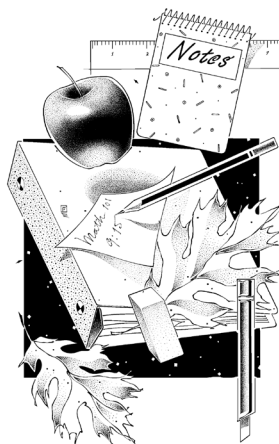
The Early Childhood Development Scholarship

What is the Early Childhood Development Scholarship? It is a part of KIDS NOW. The scholarship provides financial assistance for Kentucky students who are pursuing one of the following:

- Commonwealth Child Care Credential (CCCC)
- Child Development Associate (CDA)
- Associate degree in Early Childhood Education
- Bachelor's degree in Interdisciplinary Early Childhood Education or related program
- Director's Credential

To be eligible for the Early Childhood Child Development Scholarship, you must:

- Be a Kentucky resident and U.S. citizen, national, or permanent resident.
- Be enrolled in nine hours or fewer per term at a participating Kentucky institution, pursuing an approved credential, and maintaining satisfactory academic progress.
- Be employed at least 20 hours/week in a participating early childhood facility **OR** provide training in early childhood development at least 12 times/year for an organization approved to offer training by the Office of Inspector General of the Cabinet for Health Services **OR** be employed as a preschool associate teacher in a state-funded preschool program.
- Not be eligible to receive state or federal training funds through Head Start, a public preschool program, or First Steps.
- Have no unpaid financial obligation to KHEAA.
- Agree to a service commitment based on the credential pursued.
- Submit the scholarship application, for each term, by the deadline to the professional development counselor.
- Complete and submit the Free Application for Federal Student Aid (FAFSA). You can obtain a FAFSA from high school guidance office, or college financial aid offices, or you can complete online at www.fafsa.ed.gov.



The 2008 application deadlines for the scholarship are November 15, 2007 for Spring 2008; April 15, 2008 for Summer 2008; and July 15, 2008 for Fall 2008. Funding is available for up to \$1,800 per award year. Additional money is available for:

- **Related Educational Expense Reimbursement:**
CDA = \$50
Director's Credential, Associate degree or Bachelor's degree = \$100
- **Milestone Achievement Award:**
CDA = \$250
Associate Degree and Director's Credential = \$300
Bachelor's Degree = \$500
(Sponsoring centers agree to reimburse scholars for textbooks and to fund 10% of the Milestone Achievement Award.)
- **Textbook Reimbursement** = up to \$50 per semester

The employer also benefits from the scholar's participation in the Scholarship program:

- Early childhood classes taken by scholars count toward the 12 hours/year required training, so the center pays less money for training.
- The scholar commits to stay at the center, after the degree or diploma is completed, for at least 6 months, so employee turnover is lessened.
- High-quality Early Childhood Education results in happier staff, children and parents, and free advertising for your quality childcare program.

For more information contact:

Kimberly Smith, Professional Development Counselor
KATI Campus, Room 202, 1127 Morgantown Road
Bowling Green, Kentucky 42101
Telephone: (270) 901-1157
Toll Free: (800) 790-0990, extension 11157
Email: KimberlyJ.Smith@uky.edu

Connect For Kids Corner

Thanks to all who participated in *Connect For Kids Day At The Park!* We enjoyed meeting you and your families!

Recipe of the Month: Happy, Dappy, Flappy Jacks

Courtesy of www.cookingwithkids.com

Ingredients:

- | | |
|---|-------------------------------|
| 2 small pears or 1 large Granny Smith apple | 2 Tablespoons baking powder |
| 2 tablespoons lemon juice | 1 teaspoon salt |
| 2 eggs | 1 Tablespoon sugar (optional) |
| 1-1/2 cups nonfat, lowfat, or regular milk | 2 Tablespoons melted butter |
| 1 cup all-purpose flour | Maple syrup to taste |
| 1 cup cornmeal | |



1. First, squeeze 2 tablespoons lemon juice. Melt 2 tablespoons butter in a saucepan, or microwave covered on low heat, checking every 30 seconds until melted. Be careful not to microwave too long or the butter will overheat and splatter.
2. Core and dice the pears or apple into 1/2-inch pieces. Place the fruit in a small bowl and toss with lemon juice to prevent the cut pieces from turning brown.
3. In a medium mixing bowl, beat the eggs and milk together with the fork just until blended.
4. In a small mixing bowl, mix together the flour, cornmeal, baking powder, salt, and sugar (if using).
5. Using a rubber spatula, stir the dry ingredients into the bowl of wet ingredients until just moistened. Stir in the melted butter and one cup of the chopped fruit until all ingredients are evenly moist (small lumps are okay). Don't beat the batter - that makes pancakes tough. (For thinner pancakes, add a spoonful or two more milk.)
6. At this point, you can cover and refrigerate the mixture and the reserved fruit, if desired.
7. When you're ready to make the pancakes, lightly coat the cooking surface with nonstick spray. Heat the griddle or skillet over medium heat until a few drops of water sizzle and dance across the surface. Use a ladle or measuring cup to pour 1/2 cup (to make small pancakes) to 1 cup (for a large pancake) of the batter onto the griddle.
8. Cook pancakes until small bubbles open up all over the surface and the bottom of the pancake is brown, about 2 to 3 minutes. If the first pancake is too brown, lower the heat. Use a heat proof spatula to flip the pancake. If the pancake starts to break as you pick it up, it's not thoroughly cooked; cook it a few more seconds.
9. Cook pancakes until golden brown on the other side, about 30 seconds. Remove pancakes to a plate and invert a colander over them to keep warm. Repeat with remaining batter until all pancakes are made.
10. Serve the pancakes sprinkled with the reserved chopped fruit and maple syrup.

What Are CFK Members Posting About?



- Gerber Recalls
- Newborns: 30 tips for 30 days
- Seven Steps to a Better Night
- Cooking with children
- Eco-Art
- School Readiness
- Challenging Behaviors

Interested in Joining *Connect For Kids*?

Visit us at www.wku.edu/cfk. You must have a valid email address to register. Know a mom, dad, grandparent, aunt, uncle, student, or professional who might enjoy or benefit from CFK? Please share the news! Membership is not limited! Anyone can join no matter where you live! If you care about children... **Connect For Kids!**

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