



Child Management
Associates

Providers' Playground

Training Dates

February 21st (Thursday) 6:30-8:30pm Viridian Event Center

8030 South 1825 West, West Jordan,

March 2nd (Saturday) 1-3pm West Valley Library (**Vietnamese Only**)

March 4th (Monday) 6-8pm Cedar City Library

March 5th (Tuesday) 6-8pm Richfield Quality Inn

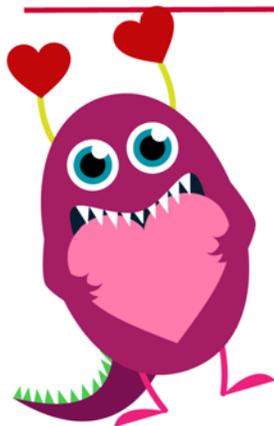
March 5th (Tuesday) 6-8pm Murray Library (**Tongan Only**)

March 19th (Tuesday) 6-8pm CMA office (**Spanish Only**)

March 21st (Thursday) 6-8pm Spanish Fork Library

March 26th (Tuesday) 6-8pm Pleasant Valley Branch-Ogden

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Reminders:

- Call CMA or your monitor when you are not home or closed during meal times.
- Serve at least one whole grain a day.
- Update your posted menu daily to show changes.
- Look in the mail for renewals, return them on time, so you don't have delay in payment.

OFFICE HOURS:

Monday -Friday
9am -4:30pm

CMA will be closed:

Monday, February 18
For President's Day

Claim Due Dates

Please remember you have 4 business

January	Wed, Feb 6	Mar 20
February	Wed, March 6	April 20
March	Thurs, April 4	June 20

CMA
8831 S. Redwood Rd.
Suite D1
West Jordan, UT 84088
(P) 801-566-1007
www.cmautah.net

This institution is an equal opportunity provider.

Craft Time

TOILET

PAPER

LOVE BUGS



What you will Need:

- Toilet rolls or paper towel rolls cut to size.
- Paint
- Googly eyes
- Pipe cleaners
- Beads
- Construction paper
- Tacky craft glue
- Marker pens
- Scissors



<https://www.redtedart.com/toilet-roll-love-bugs->

1. Paint some toilet rolls and allow them to dry.
2. Cut them down to a shorter length to get some smaller bugs if you like.
3. Poke three holes down each side of the roll.
4. Cut two pipe cleaners in half to get four pieces.
5. Use three of the pieces to thread through the holes to make six legs.
6. Attach a small bead to each end of the pipe cleaners to create hands and feet.
7. Now ready to add the details. You can also add some washi-tape stripes or decorate the body with stickers, markers, glitter glue etc.
8. To create the wings and antennae fold your piece of construction paper in half and draw a medium-sized heart for the wing shape and a small heart with a stem coming from the bottom for the antennae.

Snack Ideas for Valentines Day



A simple snack with an added Valentine's Day twist thanks to a mini heart cookie cutter and some paper hearts on toothpicks. Whip up your standard peanut butter and jelly sandwich and cut it into several bite-sized shapes. Serve as is, or top with a raspberry or strawberry and a Valentine's toothpick.



Think red and pink and hearts and you can make anything have a Valentine's Day twist! Create a pretty fruit and veggie platter by strategically placing your ingredients in heart shapes. Red bell pepper is perfect for this! In terms of fruit, serve raspberries, strawberries, blackberries, or purple grapes in Valentine themed cupcake liners. It's all about presentation here!