



## Child Management Associates

Phone: 801-566-1007

Website: [www.cmautah.net](http://www.cmautah.net)

8831 S. Redwood Rd. Suite D1

West Jordan, UT 84088

## REMINDERS

- **3 Reviews a Year:** It is a new fiscal year for CMA. This means we start fresh with a **minimum of 3** new reviews for every provider. If there are concerns, more than 3 reviews may be conducted to ensure program regulations are being met.
- **What Kind of Reviews are Required?** 3 Reviews are required each year. At least 1 of those has to be an Unannounced Meal. But all 3 Reviews COULD BE UNANNOUNCED and more than one may be at a meal time!
- **Closing Out:** Since you could have an unannounced review during any meal time, it is very important for you to be closing out when you are not home for a meal or when you don't have any outside daycare kids present for a meal. If you do not close out, and your monitor shows up for a review, you will receive a Not Home and be disallowed for the meal. To close out you can call the office, call/text your monitor, email the office or text the office text number.
- **Health and Safety Inspections:** With the start of the new fiscal year, we will also be starting our 3 Health and Safety Inspections for the year for RELATIVE CARE PROVIDERS ONLY! These Health and Safety Inspections will be done when your monitor conducts your reviews.
- **CMA Annual Training :** CMA annual training will be **ALL IN PERSON** this year. All providers will be required to attend one of the training classes. These in person training classes will begin either February 2024 or March 2024. Be on the look out for dates and locations.

### TEXT CMA AT

**801-891-2960**

### Holiday Hours

The office will be closed on Nov. 10, Nov 23 and Nov 24.

The office will close at 2:30 on Nov. 22.

### Claim Due Dates

Please remember you have until the 5th business day at 9:00 AM turn your claim in on time.

Nov	Thurs. Dec 7	Jan 20
Dec	Mon. Jan 8	Feb 20
Jan	Wed. Feb 7	March 20

This institution is an equal opportunity provider

### RENEWALS

Remember to be on the look out for your renewals that come in the mail. Turning these in on time will keep your claim from being put on hold.

- **Enrollment Renewal Last Names Starting With: N, Q, V, W.**
- **Income Eligibility Form**
- **License/Relative Cert**
- **CPR and 1st Aid**



### Materials:

- Scissors
- Cardstock
- Acrylic Paint (Orange, Yellow, Red and Green)
- Shaving Cream
- Baking Trays
- Paper Towels
- Popsicle Sticks

Marbled  
Leafs



### Directions

1. Cut out leaf shapes from the white cardstock.
2. Fill a baking tray with shaving cream.
3. Add the paint to the shaving cream.
4. Swirl the paint around using the popsicle stick.
5. Place a leaf into the paint and press down gently.
6. Carefully peel the cardstock leaf off the shaving cream and place it on a clean tray.
7. Use paper towels to gently wipe the excess shaving cream and paint.
8. Let the kids repeat with all the leaves and allow them, to dry on a paper towel.
9. Once dry, you can hang up the leaves for a fun fall decoration.

### Milk Reminders!

#### Types of milk allowed for each age:

- Newborn through 11 months: Breastmilk and iron-fortified formula.
- 12 months through 23 months: Unflavored Whole Milk
- 2 years through 5 years: Unflavored fat-free (**Skim**) Milk & Unflavored low fat (**1%**) milk.
- 6 years through 12 years: Unflavored fat-free (**Skim**) Milk, Unflavored low fat (**1%**) milk and Flavored fat-free (**Skim**) milk. **This is the only group who can have flavored milk!**

**\* For ages 2 years and up, you must not serve anything above 1% Milk!!!**

#### What to do for children who are unable to drink milk:

- Children who cannot have fluid milk due to medical or other special dietary needs, may be served non-dairy beverages in place of fluid milk.
- You must submit a Dr.'s note for the child stating the disability, the consequence of drinking milk and the allowable substitute.
- Non-dairy beverages must be nutritional equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk.

As of February 16, 2017 these milk substitutes are creditable.

- 8<sup>th</sup> Continent Soymilk; Original and Vanilla
- Pacific Natural Ultra Soy; Plain and Vanilla
- Kikkoman Pearl Smart Chocolate
- Walmart Great Value original Soy milk (red carton)
- Silk Original Soy Milk
- Kirkland Signature Organic Soymilk Plain (purple carton)

**\* RAW Milk and Goats Milk are NOT a creditable substitutes!**

## Terrific Thanksgiving Themed Food Ideas

### Sweet Potato

#### Pancakes



**Materials:** 4 oz sweet potato, scrubbed and washed, 2 cups buttermilk, 2 large eggs, 3 tbsp vegetable oil, 2 cups whole wheat flour, 1/3 tsp baking soda, 1 tsp baking powder, Vegetable oil spray

Preheat the oven to 400° F. Place the sweet potato into a small oven-safe casserole dish. Pour just enough water that covers the bottom of the casserole dish. Cover with the lid or foil. Bake the sweet potato for 40 minutes or until tender. As the sweet potato is baking, whisk the flour, baking soda and baking powder together in a large bowl. Make a small well in the middle of the dry ingredients with the whisk. Remove sweet potato and allow to cool. Scoop the flesh out into the large bowl. Add the eggs, buttermilk and oil. Whisk together until just combined. On medium heat, pour 1/4 cup of batter onto a skillet. Cook for 2 minutes or until it starts to bubble along the edges. Flip and cook the other side for 1 to 2 minutes until golden brown.

*One pancake provides 1/2 oz eq. grains*

### Fruit Cornucopia



**Materials:** Waffle Cones, Apples, Clementines, Grapes

Start by slicing the apples into little slices. Peel and separate the clementines. Fill each waffle cone with the apple slices, the clementine pieces and the grapes. Enjoy this cute and healthy Thanksgiving snack!