

## Small Hands Crafting

Many Native Americans believe you can use a dream catcher to trap your bad dreams. Have your kids make their own dream catcher! Cut out the center of a paper plate. Punch holes along the inside rim. Have your children practice fine motor skills by threading yarn across the center of the plate from one hole to another and back again to a different hole on that side. Use crayons to decorate the plate and tie three strings with feathers or beads to hang down.



# Native American Month

## Did you know that child care providers who participate in the Child and Adult Care Food Program (CACFP) receive nutrition education?

Child care providers who participate in the CACFP receive valuable nutrition education which helps them understand healthy guidelines for choosing foods and portion sizes for children. They receive guidance through nutrition education materials, personal visits from CACFP staff, and requirements for meals and snacks that ensure access to healthy foods for the children in their care. CACFP providers learn how to encourage positive eating habits and help children learn how to make healthy food choices every day at meal time.

**Because your childcare participates with CACFP, your children are learning how to make healthy food choices for meals and snacks that will last a lifetime.**

## Volleyball Throwback Movement for Native American Month

Many of the games we play today were actually Native American games from long ago that we have been modified along the way. One of those games, called "Tossing the ball" is what we now know as Volleyball. Even our youngest children are big enough to try to keep the ball in the air. For your littlest participants, use balloons and let them play by bouncing the balloon and trying to keep it in the air. As your kids get older and are more able, have them play with a partner. To make it even more challenging you can divide the group into teams to keep an actual ball in the air by hitting it back and forth. Some tribes played a game called "Hoop and Pole" which consisted of throwing a dart and catching it in a net on a pole. Of course this is too much for your little ones, but it is sure fun to play a variation of that game. Use baskets for your hoops and use soft balls for your darts. Partner the kids up and have them try to catch the balls from different distances to create more challenges.

## Baked Fish with Corn Crust

- 1 cup corn flakes cereal (crushed into crumbs)
- 2 fish fillets (about 6 ounces of either trout, flounder, or other white fish)
- 1 cup 1% milk
- 1/8 teaspoon salt
- 1/4 teaspoon black pepper
- 2/3 tablespoon margarine (2 teaspoons)

Preheat oven to 350 degrees F. Spray a baking sheet with nonstick cooking spray. Place milk in bowl. In another bowl, combine salt, black pepper, and corn flakes. Dip fish fillets in milk, then dip in cereal to coat the outside. Place fillets on baking sheet. Place 1 teaspoon margarine on top of each fish fillet. Bake for 10 to 15 minutes or until browned and fish is cooked through.

*Recipe from USDA Mixing Bowl*

