

Child Care Connection

MSDH Child Care Licensure Bureau

December 2025

"Bridging the gap between Child Care Providers and MSDH Child Care Licensure Bureau in order to provide a safe and healthy environment for Mississippian children and families."

Wrapping Up the Year: December Regulations Reminders for Providers

Happy Holidays, Providers!

We hope you all had a wonderful Thanksgiving and enjoyed quality time with your family and friends. As we move into this festive season, we wanted to take a moment to remind everyone of the importance of following all regulations and guidelines to ensure the health, safety, and well-being of the children in your care.

To help you stay on track, we've put together a few friendly reminders for the month of December. Please take a moment to review them below!

- **Subchapter 8: Staffing**
 - Rule 1.8.1 (1): The staff-to-child ratio shall be maintained at all times, to include when children are arriving and departing the facility.
 - Rule 1.8.1 (2): Children shall not be left unattended at any time. Video monitors cannot be used as a substitute for the physical presence of a caregiver in a room.
 - Rule 1.8.2 (4): With the exception of children under two years of age, children may be under the direct supervision (staff in the same room) of 50 percent of the staff required by this section during rest period times, provided that required staff-to-child ratio is maintained on the premises.
 - Rule 1.8.2 (5) At no time will a single individual be responsible for the supervision of children located in more than one classroom at any given time.
- **Subchapter: Rest Periods**
 - Rule 1.9.4 (2): Physical force shall not be used in requiring children to lie down or go to sleep during rest periods.





December 2025 Trainings

Date	Time	Training Topic	Location	Trainer
December 9 th	5:30pm-8:30pm	Regulations Governing Licensure of Child Care Family Homes for 5 OR Fewer Children	Virtual (ONLY for Family Homes Centers)	J. Dockery
December 22 nd	9:00am-12:00pm	Child Care Regulations Part 1	Virtual	J. Dockery
December 22 nd	12:30pm-3:30pm	Child Care Regulations Part 2	Virtual	J. Dockery
December 23 rd	9:00am-12:00pm	Directors' Orientation	Virtual	J. Dockery
December 23 rd	12:30pm-3:30pm	Playground Safety	Virtual	J. Dockery
December 1 st	1:00pm-4:00pm	Child Care Regulations Part 1	Madison	S. Smith
December 6 th	8:30am-11:30am	Infant Safety in the Classroom	Biloxi	S. Smith
December 6 th	11:30am-2:30pm	Child Care Regulations Part 1	Biloxi	S. Smith
December 6 th	2:30pm-5:30pm	Child Care Regulations Part 2	Biloxi	S. Smith
December 8 th	5:00pm-8:00pm	CCDF Health and Safety	Natchez	S. Smith
December 9 th	11:45pm-2:45pm	Infant Safety in the Classroom	Natchez	S. Smith
December 9 th	5:30pm-8:30pm	Playground Safety	Natchez	S. Smith
December 10 th	12:00pm-3:00pm	Directors Orientation	Natchez	S. Smith



Cooking Healthy at Home

Tips for quick, easy and inexpensive meal preparation.

Healthy substitution.

Keep the flavor, reduce the fat.

In this guide, we're going to show how low-calorie, low-fat cooking can fit any budget. Keep this chart handy and use it as a quick reference guide when you shop or cook.

Use This	Not This
Evaporated skim milk	Heavy cream
Skim or 1% milk	Whole milk
Two egg whites or ¼ cup of egg substitute	Whole egg
Three tablespoons of cocoa powder mixed with one tablespoon vegetable oil	One ounce of baking chocolate
Non- or low-fat plain yogurt or low-fat sour cream. Reduced-fat or fat-free cream cheese or Neufchâtel cheese	Sour cream, cream cheese
Non-stick cooking spray. Sauté or steam with water, fruit juice or broth. Use minimal oil	Butter, margarine or oil for cooking
Equal parts of applesauce and/or fruit baby food. Works well on muffins, quick breads and cakes	Butter, margarine, oil or shortening for baking
Canadian bacon or lean ham	Bacon
Ground turkey meat (white meat no skin), ground sirloin, or extra-lean ground beef (less fat)	Ground beef
Reduce amount of nuts by half, then toast	Nuts in baked goods
Fresh fruit, fruit sauce or a small amount of powdered sugar. Substitute marshmallow cream for butter or margarine	Cake frosting

healthy living tips

- Choose foods that are naturally low in fat like fruits and vegetables, pasta, rice and whole-grain breads and cereals.
- Use non-stick cookware and go easy on the oil.
- Try using non-stick cooking spray instead of oil.
- Tenderize lean meats with fruit juice or vinegar-based marinades.
- Try grilling instead of frying.

Simple substitutions

Follow the chart below and save calories with a few simple substitutions:

USE THIS	NOT THIS	AND SAVE
Broiled chicken	Fried chicken	141 calories
Ground venison	Ground beef	180 calories
Baked catfish	Breaded or fried catfish	201 calories
Bagel	Glazed donut	147 calories
Water	Soft drink	150 calories
Small fries	Large fries	180 calories
Single hamburger	Double hamburger	335 calories
Baked potato	French fries	90 calories

Working off the calories

A little exercise can get rid of those calories. Just follow the tips below:

FOOD	WALK IT OFF	RUN IT OFF	SITTING ON THE COUCH
1 large apple	19 minutes	5 minutes	78 minutes
1 glass of beer	22 minutes	6 minutes	88 minutes
1 chocolate chip cookie	10 minutes	3 minutes	39 minutes
¾ cup of ice cream	37 minutes	10 minutes	148 minutes
1 glazed donut	44 minutes	11 minutes	176 minutes
T-bone steak	45 minutes	12 minutes	181 minutes



MISSISSIPPI STATE DEPARTMENT OF HEALTH

1-866-HLTHY4U • 1-866-458-4948 • healthmys.com

Healthy Choices for Eating Out

Simple ways to work with restaurant menus for healthy living.

Fast food: It's cheap.

It's quick. It's convenient.

But salt, fat and calories hide behind the fast food counter.

Tips for healthier fast food.

It's all a matter of choice.

- Choose a small or junior hamburger or sandwich instead of the deluxe or supersize sandwich. Half the size means half the fat and calories.
- Opt for smaller portions. A large order of fries has around 400 calories. A small order has 220, saving you 180 calories.
- Ask that sauces and mayonnaise be left off your hamburger or sandwich. One tablespoon of mayo is 100 calories. One tablespoon of mustard is 11 calories. Top your sandwich with low-calorie items like ketchup, mustard, relish, tomatoes, onions and lettuce. This is a great way to bypass fat and calories at the fast-food restaurant.
- Avoid fried fish and fried chicken sandwiches. A fried chicken sandwich can contain up to 400 calories and contains more fat than a small hamburger which, with lettuce, mustard and ketchup, runs around 260 calories.
- Choose water or skim milk over high-calorie, low-nutrient sodas and shakes. A large (32-ounce) cola has about 300 calories. Water has zero.
- Don't forget to review the nutrition information posted at most fast-food restaurants. It'll make healthier fast-food choices a lot easier.

Save money and eat healthy, low-calorie meals
by taking snacks when you travel.

- Try a high-fiber muffin, milk, smoothie or fruit for breakfast.
- A low-fat cheese stick, carrots, celery and whole wheat or rice crackers make a great lunch.
- Try some pretzels, fruit or small cut-up veggies for a great, healthy snack.



MISSISSIPPI STATE DEPARTMENT OF HEALTH

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Greetings Early Childhood Friends:

The Mississippi Department of Education (MDE), through the Offices of Special Education and Early Childhood Education, is pleased to offer a series of regional one-day professional development opportunities, **Assistive Technology (AT) for Littles**. This training is designed for all early childhood educators and providers, especially early learning special educators, assistant teachers, administrators, and program directors.

Training is from 8:30am-3:45pm on the following dates. Use the link beneath your preferred date and location to register.

Contact Hours 6, CEUS .6, SEMIs 5

December 2, 2025- Rankin County Central Office, Brandon, MS

[AT for Littles | Southwest MS Education Consortium](#)

December 9, 2025- Insight Park, Oxford, MS

[AT for Littles | North MS Education Consortium](#)

For questions regarding this training, please contact: **Julianna Lieb** at jl Lieb@mdek12.org.

LAUNCH

to **EXCEL**ence



Systems Change

Leadership

Advocacy

Community

Collective Action

Partnership

Leadership Academy

Ideal LAUNCH participants include:

- School district leaders (superintendents, principals, PK collaborative, career and technical directors)
- Community and civic leaders (chambers, libraries, local government, United Way, nonprofits)
- Health and social service professionals (hospitals, DHS, health departments, CASA, extension agents)
- Business and industry partners committed to workforce and community development
- Early childhood educators, childcare directors, and teachers
- Parents, advocates, and emerging leaders invested in improving outcomes for children birth to five

Essentially, LAUNCH is for people who:

- Live or work in Mississippi and care deeply about their community
- Are passionate about supporting young children and their families
- Represent diverse sectors (education, health, business, faith, government, nonprofit)
- Want to strengthen leadership, collaboration, and advocacy for early childhood as economic infrastructure



excelby5.com



**Apply and Learn
More Here!**





LAUNCH

L Leadership,
A Awareness, &
U Understanding to
N Navigate our
C Children
H Higher

to **EXCE**llence

applications due by November 30
for Spring 2026 cohort

Program History

The LAUNCH to EXCEllence Leadership Academy equips leaders across Mississippi to connect early childhood, community engagement, and workforce development. Developed in partnership with Huntington Ingalls Shipbuilding in 2019, LAUNCH began as a local leadership pilot in Jackson County. Between 2019–2021, three cohorts completed the Academy, training educators, community leaders, and business partners to advocate for early childhood as a cornerstone of workforce development. In 2025, new state appropriations reignited the program statewide through Excel By 5, expanding access to all four congressional districts.

LAUNCH to EXCEllence develops local champions who understand that child care and early learning are not just education issues—they are economic, community, and family priorities.

Program Partners



Sponsoring
Developer
2018-2020



Sponsor
2025



Host
Organization

Program Initiatives



Leadership
Academy



Professional
Development



Engagement

DHA Resource & Referral Centers

Our Services

Quality Professional Development

- Local Area Coaching
- Coaching & Training on Specific Topics
- Virtual & In-person Trainings

(Trainings are done through MDHS)

Quality Professional Development

- Computer Access for Career Development
- Access to Educational Resources for children ages 0-12yrs
- Information on Health, Social Services, & Job Training

Scan our QR code to find a center near you!



Children must be accompanied by a parent/guardian.

Makers Space

- Order Ellison Die Cutouts
- Lamination
- Poster Maker
- Resources for Completing School Projects.

Lending Library

- Developmentally & Age-Appropriate materials for ages 0-12yrs
- Mock Classroom Setup
- Supervised Play
- Storytime



Resource and Referral Network



**DELTA
HEALTH
ALLIANCE**

HEALTH • EDUCATION • COMMUNITY

Mississippi Lift is a program of Mississippi Department of Human Services.

MISSISSIPPI DIRECTOR'S CREDENTIAL



This course takes 9 months to complete, one module per month. Attendance for two dates, each month, for all 9 modules is required for completion of the course.

Registration is contingent on space and acceptance into the program.

2026 Locations:

Columbus
Gulfport
Hattiesburg
Hernando
Indianola
Jackson
Tupelo

For Director,
Director Designees,
and Up-&- Coming Administrators

Apply at
<https://portal.lift-ed.ms/>

Registration Deadline:
January 2, 2026



Earning Your Credential Will:

- Provide a pathway to becoming a qualified Director of a licensed child care center.
- Help you develop the knowledge and skills needed to provide the highest quality care for the children and families you serve.
- Give you the C.D. recognition positioning you as a leader and role model in the Early Childhood community.
- Demonstrate your competency in center management, child care experience, and education in working with young children ages 0-12 years of age.

For questions email: director@mdhs.ms.gov

RESOURCE & REFERRAL CENTER

WE ARE OPEN IN AN
AREA NEAR YOU!



Center Locations:

- | | |
|----------------|----------------|
| Leland, MS | Batesville, MS |
| Greenwood, MS | Senatobia, MS |
| Indianola, MS | Hernando, MS |
| Cleveland, MS | Grenada, MS |
| Belzoni, MS | Winona, MS |
| Clarksdale, MS | |

- * Technical assistance
- * Professional development
- * Lending library for childcare providers and families.

Scan our QR code for
more information!



New Trainings Available Now!

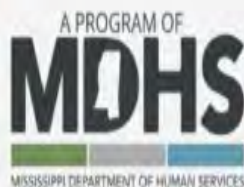
REGISTER TODAY

Find us on:
<https://portal.lift-ed.ms>

Mississippi
EARLY CHILDHOOD
INCLUSION CENTER

Professional Development
series are offered
in-person, statewide,
and virtually via Zoom.

Participants will receive four
contact hours upon successful
completion of the series.



Follow the steps below

- 01 Professional Development Opportunities
- 02 Advanced Search
- 03 Sponsoring Organization
- 04 MECIC



DECEMBER



2025

SUN	MON	TUES	WED	THUR	FRI	SAT
	1 Imagine you're a snowflake- how would you fall?	2 Build a snowman out of anything except snow!	3 Draw your dream winter sweater.	4 Design a winter outfit for a snowman. What would it wear to stay stylish and warm?	5 Count how many circles you can find in your house.	6 Make up a winter-themed dance!
7 Write a winter poem with five lines.	8 Go outside and describe 3 things you notice about winter.	9 Draw a cozy cabin in the woods.	10 Build a gingerbread house!	11 If you could decorate a holiday tree with anything in the world, what would you use? Draw or describe it!	12 Practice walking like a penguin!	13 Invent a winter animal that no one has ever seen. What does it look like, and what would you name it?
14 What's your favorite winter smell? Describe it!	15 Make a snowflake using paper, string, or anything you want.	16 Tell a silly story that takes place in the snow.	17 Build something with marshmallows or cotton balls.	18 Draw a gift you would give to someone you love.	19 Find five things in your home that sparkle or shine!	20 Design your own sleigh! Draw it or describe it.
21 Sing or make up a snowy song.	22 Draw a scene with stars and snow.	23 Count how many cozy things you can find: Blankets, socks, etc.	24 Pretend to have a snowball fight with paper or pillows.	25 Merry Christmas! What is one of your favorite things to do on Christmas?	26 Create a snow creature from your imagination.	27 Imagine you discovered a magical door in the snow. Where does it lead? Draw or describe your adventure!
28 Write a thank you note for the year 2025.	29 Make a time capsule of your favorite 2025 memories.	30 Imagine you're a firework. What would you look and sound like?	31 New Year's Eve! What are you excited for in 2026?			

**IMAGINE YOU OPENED A MAGIC SNOW GLOBE ON A WINTER NIGHT. WHAT WORLD DOES IT SHOW YOU?
DRAW OR DESCRIBE IT HERE:**

