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Network Inc.

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### When you are experiencing issues with KidKare.....

We understand that occasionally, individuals may experience difficulties accessing KidKare. If this issue is isolated to a few users, it is likely not a site-wide problem but rather an issue on your end. Please follow the steps below if the site is functioning properly but you are unable to gain access:

1. Ensure that your phone or computer has all the latest updates installed.
2. Verify that your Wi-Fi connection is active.
3. Clear your browser history.
4. Manually enter [KidKare.com](http://KidKare.com) in your browser's search bar and re-enter your user number and password.
5. Avoid using a pre-saved bookmark to access the KidKare site, as updates can sometimes compromise the bookmark path, leading to issues such as a spinning wheel, a white screen, or an inability to log in.
6. If you are still unable to access the site after following these steps, please contact KidKare support directly at [support@kidkare.com](mailto:support@kidkare.com) for further assistance.

If you continue to experience access issues after attempting these troubleshooting methods, or if KidKare support is unable to resolve the issue by the same evening, please call and leave a message at 402-464-4335 to let us know. Additionally, email your meals and attendance to [lbrown@pnicacfp.com](mailto:lbrown@pnicacfp.com) at bedtime on the same night.



You can put your menus into KidKare in advance allowing you to just enter children's attendance each day. It's great if you plan your meals in advance! Just remember to edit any components as you go if you have menu changes along the way.

**Quick Tips!!** Submit your claim on the last day you are providing care for the month. | Call or email the same day you are having KidKare issues. | Check KidKare messaging for the direct deposit date. | Read emails daily.

# April is NATIONAL GARDEN MONTH

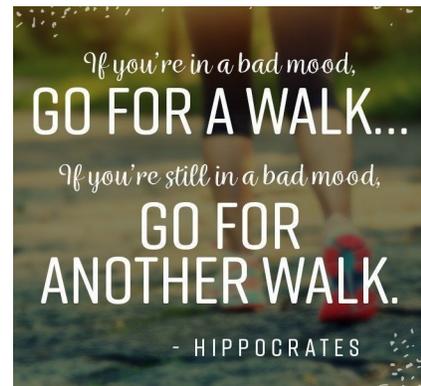
## Tasty Snack Ideas:

Tator Tots and Orange Slices  
Cornbread & Raspberries  
Tuna and Whole Grain Toast  
Shredded Chicken and Crackers  
Mozzarella Cheese & Edamame

**Walking** is one of the most versatile forms of exercise, because you can do it just about anytime, anywhere! Research has shown that walking at a lively pace at least 150 minutes a week can help you:

- < Think better, feel better and sleep better.
- < Reduce your risk of serious diseases like heart disease, stroke, diabetes and several types of cancer.
- < Improve your blood pressure, blood sugar and blood cholesterol levels.
- < Increase your energy and stamina.
- < Improve your mental and emotional well-being and reduce risk of depression.
- < Improve memory and reduce your risk of dementia.
- < Boost bone strength and reduce your risk of osteoporosis.
- < Prevent weight gain.

If 150 minutes sounds like a lot, remember that even short activity sessions can be added up over the week to reach this goal. It's easy to fit in a few minutes of walking several times a day while chasing after little ones in your care!



Remember to **mail any pending CRF's right away** when a child starts in your care. Waiting until the end of the month could result in loss of reimbursement.

Be sure to check KidKare messaging for the PNI newsletter, direct deposit dates, claim summaries, home visit reports, or any other important information from PNI.

## Benefits of Gardening in Child Care Settings



Want to teach your kids patience, focus, and engage them in something outdoors? Gardening in early childhood has amazing benefits for the rest of a child's life. The benefits of gardening with kids are countless!!

Young children are fascinated with the natural world. Tiny seeds are a great way to improve fine motor skills. Hard work in a children's garden teaches a sense of responsibility, gross motor skills, problem-solving skills, working on common goals, and exposes them to healthy foods.

Outdoor activities are great for physical and mental health, and stimulates a child's development. Children of all ages can enjoy quality time in a garden setting. It's a great opportunity to expose them to different textures, amazing scents, and teach them life lessons through experiential learning. School gardens develop young minds!

Growing their own vegetables teaches children environmental stewardship and gives them a sense of achievement.

Gardening encourages curiosity as they watch what happens when they plant seeds and watch plants grow. This teaches patience and delays gratification.

Kids breathe in the fresh air, experience weather, practice balance, and develop motor skills when using tools and grasping seeds. You are also encouraging healthy eating habits. Kids are more likely to try and taste what they help grow.

Gardening teaches a lot of emotional development as they learn about failure and disappointment as well as success. They also learn about the plant's needs which helps them learn about other living things needs. Learning to garden and taking care of a living thing has untold benefits!