

WCFCCA Newsletter

December 2009
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Dear Providers

We hope all of you are enjoying the snow and the subtle hint that winter is here! We have come so far in the past year: we now have 65 members, have had 8 successful trainings, and held our 1st Annual Wright County Early Childhood Conference. Please check out www.wcfcca.org/conference.php for more info about our conference on April 24th! We encourage you to contact your local news stations and newspapers to encourage them to cover the positive impact most childcare providers have on their communities instead of only covering the few “bad apples” who choose to abuse kids or violate rules.

Upcoming Events

All trainings are held on Tuesday nights from 7-9PM at the St. Michael Community Education Building. Trainings are FREE for members, \$18 for non-members. Reserve space by calling or e-mailing us; non-members must register through CCR&R at 1-877-311-2244.

January 19 - Bridging Cultures in Early Care and Education

Why should early childhood professionals consider the role of culture? Providers are increasingly working with children and families who come from cultural backgrounds different from their own. Early care and education programs are generally the first setting where children may be away from their families for extended periods and when identity formation begins. In this workshop participants will: recognize contrasting cultural patterns in the care and education of young children, reflect on personal values and values implicit in program practices, expand definitions of culturally responsive care and education & consider new ways to promote equity in early childhood care and education.

February 16 - When Concerns Arise: Identifying and Referring Children with Exceptional Needs

Ever wondered about developmental red flags? The goal of this workshop is to assist providers with the identification and referral of children who have developmental

concerns in their childcare programs. Participants will explore the benefits of supporting and assisting parents in seeking help for a child who may be in need of specialized services by understanding the assessment process and local referral contacts. A main focus will be how to share concerns with parents in a respectful manner if red flags for developmental concerns are present. (Center for Inclusive Child Care)

March 16 - Boys and Girls Learn Differently

In Alabama they want to separate girls and boys from one another in classrooms. Studies show that from preschool to high school boys and girls have differences in the way they learn and process information. Join us as we discuss and learn suggestions with real-life examples for teachers & providers to nurture a child's intellectual, emotional & creative development, customized for gender differences. Discussion based on book “Boys and Girls Learn Differently!: A Guide for Teachers and Parents” by Michael Gurian, Terry Trueman (With), Patricia Henley.

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Please RSVP or
CANCEL in **ADVANCE**
as trainings fill up
quickly!

Winter Get Together

Come and join other childcare providers at the new Emma Krumbree's restaurant in Albertville on Tuesday, January 19th at 7:00 pm. WCFCCA will provide drinks and appetizers. This is a wonderful opportunity to get to know your fellow providers, share ideas, discuss concerns, and just have fun! Please RSVP by to Hollee by Friday, January 8.

MLFCCA Report

Week of the Family Childcare Conference will be held on Saturday May 1, 2010 at the Ramada Mall of America - Airport in Bloomington, MN. The keynote speaker will be Katy Smith "Caring Providers; the Backbone of a Healthy Community". If interested you can get more information from the website www.mlfcca.org or call 651-636-1989. They also have 25 \$40.00 scholarships available, you would need to send your registration and short letter 50 words or less why you should be considered for one of the scholarships. They will be offering Mentor Training and First Aid/CPR classes on Friday April 30, 2010.

The next full board meeting is online on January 9th. As always, there are plenty of opportunities to volunteer, whether it's a position on the board or a committee member such as helping plan for the annual MLFCCA conference, so if you are interested please contact Miranda Oliver at miranda.oliver@mlfcca.org. For more information on MLFCCA, please visit www.mlfcca.org

Provider of the Year

We are seeking candidates for the honor of being Wright County's Provider of the Year. Please let families in your childcare know and ask them to tell other people such as their friends and neighbors that they can nominate their provider in Wright County online at <http://wcfcca.org/provider.php>. Every licensed provider in Wright County is eligible as long as they meet the listed criteria on the website. The deadline is December 31st, 2009. The form is easy to fill out and submit. Being named Provider of the Year or even being nominated is an honor and can be a positive point to help market your childcare business.

Treasurer Position Open

We are seeking candidates for the position of Treasurer on the WCFCCA Board. The Treasurer is responsible for keeping accurate financial records of the association, making payments when necessary. The time commitment is approximately 2 hours per month, plus any trainings you attend. Please let us know if you or someone you know is interested.

New Members

We welcome the following new members to WCFCCA:

Nicole Greenlund, Monticello
Pat Kippley, Albertville
Michelle Fehn, Albertville
Amy Meidinger, Otsego
Holly Bernatz, St. Michael

Cari Smiley, Albertville
Maria Fehn, Albertville
Corey Allen, St. Michel
Jen Klinzman, Monticello
Amber Kuhns, Buffalo

New members can join online at <http://www.wcfcca.org/register.php>



Whether you're a childcare provider looking to improve your program, a family searching for childcare, an advocate for better childcare, or anyone with a question, we are here to help you.



A Child Care Provider

A substitute for working moms,
She comforts, pampers, soothes,
and calms.

With all the love she has to share,
She's great to have when mom's not
there.

She loves to rock a fussy child,
Corrects the one who gets too wild.
She hears her share of tearful pleas,
And comforts those with skinned up
knees.

With little children she plays peek,
For bigger ones it's hide and seek.
She is an expert at each game,
But somehow loses just the same.

She helps them learn the alphabet,
And gives them hugs when they're
upset.

She gently tucks them in their beds,
With dreamland tales for
sleepyheads.

She is a true and trusted friend,
Who helps them learn and play
pretend.

Although she's paid, it's plain to see,
She serves them with a love that's
free.

by Larry Howland



It's Okay to Cry by Growing Child, Inc.

Few things are more distressing than seeing a child hurt and crying. The natural response for parents and other adults is to hug the child and say, "Hush. Don't cry. Everything will be all right." Yet this can be exactly the wrong response because these words don't allow children to possess their own emotions. The message they hear is, "Stop now. There's nothing to cry about." This makes the little one cry even more since his or her inner self needs to prove that there IS something to cry about. One mom suggested a better reaction in such a situation. Say to the child, "It's okay to cry. I know it hurts (or that you feel badly). Cry until it stops hurting." She said she found this reply worked better. When her children were given "permission: to cry, it was often all that was needed to stop the flow of tears. And even if it didn't, the children felt they had a right to their own emotions, had the freedom to release them and were consoled. In helping a child deal with a hurt, the importance of having a right to his or her own feelings cannot be overstressed. Even the youngest children pick up unspoken ideas from parents and other adults. When they sense that what they are feeling needs to be suppressed or kept inside, the message is also given that these emotions and feelings are unacceptable and unimportant. Phrases from the past, such as "crying is for babies" and "be a big girl" are, unfortunately, still used, and not only do they show little empathy for the child's problem, they also do nothing to encourage his or her self-esteem. If children are to grow up seeing themselves as worthwhile people, they need to know at an early age that feelings are neither good nor bad, they just are, as a result of something that's happened. What's necessary is to express them and deal with them. So, when your little one is crying, whether it's because she fell as she was learning to walk or because he wasn't chosen to play in a game, stop for a moment before you begin to offer comfort. Then remember that the best way we can help these children handle their emotions is to surround them with love and acceptance, and to say, "It's okay to cry until it stops hurting."

Registration is Open for the Conference

When: Saturday, April 24, 2010; 7:45 am - 3:45 pm

Where: Monticello Community Center

What: the 2nd annual WCFCCA Early Childhood Conference with a keynote and your choice of three classes for a total of six hours of training, and lots of vendor shopping! Includes breakfast, lunch, prizes and a raffle. All trainings meet Wright County licensing requirements as well as CCR&R grant requirements.



Stop It Now!

Info compiled from the recent training <http://www.stopitnow.org>

As many as one in three girls and one in seven boys will be sexually abused at some point in their childhood. Over 78,000 cases of child sexual abuse were reported and substantiated in 2006, (*Child Maltreatment 2006*.) However, this does not include the majority of cases, which are never reported to authorities. 88% of cases of sexual abuse are never reported to the authorities. Based on reporting percentages, the real number could be anywhere from 260,000-650,000 a year. In as many as 93 percent of child sexual cases, the child knows the person that commits the abuse. Most are acquaintances but as many as 47% are family or extended family. Studies show that treatment for people who sexually abuse children can reduce the likelihood that they will reoffend. Up to 50 percent of those who sexually abuse children are under the age of 18.



Early interventions reduce the potential for harm and assure that everyone can get the help they need to keep children safe. Since children cannot protect themselves alone, adults must learn to recognize and inquire about behaviors that make children vulnerable or suggest that abuse has occurred. Waiting for children to tell about abuse leaves them to face the confusion and trauma of victimization on their own.

It can be hard to tell the difference between “normal” sexual behaviors and behaviors that are signs that a child may be developing a problem. Sexual play that is more typical or expected in children will more often have the following traits:

- The sexual play is between children who have an ongoing mutually enjoyable play and/or school friendship.
- The sexual play is between children of similar size, age, and social and emotional development.
- It is lighthearted and spontaneous. The children may be giggling and having fun when you discover them.
- When adults set limits (for example, children keep their clothes on at day care), children are able to follow the rules.

Preschool age (0 to 5 years)

Common:

- Will have questions and express knowledge relating to: differences in gender, private body parts, hygiene and toileting, pregnancy and birth.
- Will explore genitals and can experience pleasure.
- Showing and looking at private body parts.

Uncommon:

- Having knowledge of specific sexual acts or explicit sexual language.
- Engaging in adult-like sexual contact with other children.

We appreciate having your current e-mail address and contact info. If you have an e-mail address but have not provided it to us, please know that it allows us to keep you informed of pertinent events, licensing info, and issues that affect all childcare providers.

Holiday Crafts

Angel Card from www.childcarelink.com

Paint one of their feet white and stamp it on blue paper. Then get yellow paint (we have paint that has glitter in it which works nicely) and paint both of their hands -- using the heel of the foot as the "head", stamp one hand on either side of the foot. Cut out an oval big enough to be a head, and use a pipe cleaner formed into a small circle for a halo. Glue these onto your body. You have an angel! I wrote "Happy Holidays from your little angel" on the side.

Snuggle Sock from www.childcarelink.com

Materials:

tube sock
fabric paint
rice

What to Do:

Fill a tube sock (white) with rice with a cute face fabric painted on the end and tied on the other end. With it came this cute poem:

A Gift For You!

This is called a "snuggle sock".
We made it just for you.
It's good for all your aches and pains,
Cause it makes you feel brand new.
Just pop it in the microwave,
And turn it up to one,
And then before you know it,
Your "Snuggle Sock" is done.
Now take it to the Living Room,
And lay down on the couch,
And press your toasty "Snuggle Sock",
On the nagging little "ouch".

Santa Fingerplay from www.childcarelink.com

Here is the chimney (make fist, enclose thumb)
Here is the top (place palm on top of fist)
Open the lid (remove top hand)
and out Santa will pop. (pop up thumb)

Books to read:

The Polar Express
Bear Stays Up for Christmas
My First Kwanzaa
The Black Snowman
The Night Before Christmas
Moishe's Miracle: A Hanukkah Story
Chanukah Lights Everywhere



Winter Ideas

Winter Waltz from www.preschoolrainbow.org

Encourage older preschool children to move and glide their bodies in different ways with this winter movement activity from Thera H.

Materials:

1. Music CD player with music. Any type of Waltzing music,
2. Two pieces of wax paper per child (pieces must be big enough so that the child can stand on the wax paper)
3. Lots of room for skating.

Transform your room into an imaginary frozen pond or skating rink. Give the children two pieces of wax paper that they are to stand on. Have the wax paper pre-cut ahead of time. Remind the children that the paper is slippery and the magical skates will work better if they glide, keeping their feet firmly planted on the wax paper. Play some waltzing music and have the children 'feel' the music and skate around. The wax paper works well on carpet and tile flooring. Remind the children to skate slowly.

Snowflakes and Cupcakes Song

from www.preschoolrainbow.org

(Tune: Raindrops and Lemon Drops)

If all the snowflakes were chocolate covered cupcakes

Oh, what a snow it would be!

I'd go outside with my mouth open wide (open mouth and stick out tongue)

Ah ah ah ah ah ah ah

If all of the snowflakes were chocolate covered cupcakes

Oh, what a snow it would be!

A fun follow up would be to make and bake chocolate cupcakes.

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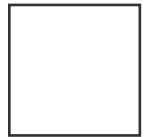
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