

WCFCCA Newsletter

May 2009
Volume 2, Issue 2



Dear Providers

Thank you to the 47 people who attended the 1st Annual Wright County Early Childhood Conference on Saturday, May 16. Vendors (26) added some shopping fun to the conference. There were tons of raffle prizes for people to win; a huge "thanks" to all the businesses who donated items! We would especially like to thank Carol Wolff, Justine Folkestad, LuAnne Christensen, and Ann Wahlberg for their incredible help during set-up and registration! We could not have done it without you! If you are interested in helping with next year's conference, please contact Hollee at hollee@wcfcca.org.

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.

WCFCCA Board Members

President: Hollee Saville
St. Michael, MN
hollee@wcfcca.org

Vice President: Open

Secretary: Shanna Kuehn
Otsego, MN
shanna@wcfcca.org

Treasurer: Open

MLFCCA Rep: Jo Ellen Franke
Hanover, MN
joellen@wcfcca.org

September 22 - Music with Children

ABC Little Tykes Music will teach you how to open the world of music to your children. This easy to understand system will show you how to teach note recognition and play simple songs even if you've never taken a single lesson yourself. You will be given a set of music symbol flashcards and by adding certain movements for each symbol they will learn concepts of musical expression. We will also discuss how to make and teach easy and affordable music games. www.abclittletykes.com

October 13 - Stop It Now!

Participants will learn about healthy sexual development in children and adolescents, how to recognize signs that may be cause for concern, and how responses to these behaviors are effective tools in preventing the perpetration of child sexual abuse. Participants will also learn about different resources available to providers and parents to respond to sexual behaviors.

November 17 -- Brain Gym: Physical Development of Children

Learning is a whole body event. Physical activities can increase focus, enhance creativity, allow children to become grounded and centered, and improve sensorial skills: listening, vision, communication, and eye-hand coordination. Brain Gym® exercises turn on the whole brain.

December 8 - Toilet Learning in Child Care

It seems that everyone has their own opinion on how and when toilet training should happen. In this workshop we will cut through all the myths and magic of toilet learning. Participants will leave with accurate knowledge and tips to not only assist the children in their care with toilet training but also ways to communicate this information to parents.

Contact Us

Wright County Family Child
Care Association
10134 44th Court NE
St. Michael, MN 55376
Phone: (763) 463-5909
Email: info@wcfcca.org
www.wcfcca.org

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



*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.*

Summer BBQ

Please join us for a BBQ on Saturday, July 11 from 3:30-5:30 PM at Hollee's home in St. Michael. We'll be grilling, eating, and enjoying each other's company. Come share your ideas, concerns, and questions with your fellow providers. Please feel free to bring a dish or dessert to share, but we will provide plenty of food regardless. All WCFCCA members are welcome! To make sure we all get to relax, network, and chat, this is an adult-only event ☺

Please RSVP to Hollee at 763-463-5909 or hollee@wcfcca.org by Friday, July 3.

10134 44th Court NE
St. Michael, MN 55376

MLFCCA Report

Full board meeting was held on Friday May 1st in Mankato, MN during Week of the Family Childcare Provider Conference/Banquet. Guest speaker Julie Wasulik from Childcare Resource and Referral talked about providing childcare for Minnesota's deployed Army National Guard and Reserve Families. If you would like more information please call 651-290-9704.

Annual elections were held and newly-elected officers will take over in September, 2009: President Miranda Oliver, President-Elect open, Secretary Karen Fogolin, and Public Relations Chair Michelle Thole.

2009 NAFCC Annual Conference will be held June 25-27 at the Marriot Baltimore Waterfront, Baltimore, Maryland. For more information regarding the national conference, please visit www.nafcc.org.

R.E.E.T.A.I.N. Grants

R.E.E.T.A.I.N (Retaining Early Educators through Attaining Incentives Now) is a workforce retention program that strives to reduce the turnover rates among child care providers who work with young children. Grant recipients are free to use grant dollars as they choose. Grant dollars are considered additional salary and may be used to pay bills, reinvest in your in your child care setting, or cover personal expenses. The grants range from \$1000 to \$3500 depending upon the level of education attained. The grant application period is June 1 through July 31. REETAIN offers grants to providers who:

- Are licensed or work for a licensed program
- Work at least 30 hours per week directly with the same 1 or 2 groups of children
- Have been working in their current position for at least one year
- Have earned a CDA, Associate Degree, Bachelors degree or higher
- Are willing to commit to staying in their position for one year.

Applications will be available at www.mnstreams.org. For more information, contact Linda Magel at линдa@mnchildcare.org or (651) 290-9704 ext. 108.

New Members

We welcome the following new members to WCFCCA:

*Jessica VanLith, Albertville
Rita Vetsch, Otsego
Diane Lutgen, Elk River
Jill Finnerty, St. Michael
Myrna Anderson, Otsego*

*Kristine Nuss, Buffalo
Tonya Woelfel, Monticello
Charae Bugenholm, Albertville
Loretta Eggert, Buffalo
Susan Miller, Buffalo*

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

If You Give a Mom a Muffin...



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.

*By Kathy Fictorie
(Based on Laura Numeroff's,
"If You Give a Mouse a Cookie")*

*If you give a Mom a muffin,
She'll want a cup of coffee to go with it.
She'll pour herself some.
The coffee will get spilled by her 3-year old.
She'll wipe it up.
Wiping the floor, she will find some dirty socks.
She'll remember she has to do some laundry.
When she puts the laundry in the washer,
She'll trip over some snow boots and bump into the freezer.
Bumping into the freezer will remind her she has to plan dinner for tonight.
She will get out a pound of hamburger.
She will look for her cookbook, "101 Things to make with a Pound of Hamburger."
The cookbook is sitting under a pile of mail.
She will see the phone bill that is due tomorrow.
She will look for her checkbook.
The checkbook is in her purse that is being dumped out by her 2-year old.
She'll smell something funny.
She'll change the 2-year old.
While she is changing the 2-year old the phone will ring.
Her 4-year old will answer it and hang up.
She remembers that she wants to phone a friend to come for coffee on Friday.
Thinking of coffee will remind her that she was going to have a cup.
She will pour herself some.
And, chances are...
If she has a cup of coffee...
Her kids will have eaten the muffin that went with it.*

Whine, Whine, Go Away!

All young children whine...it's a fact. Most do so for attention. While everyone is entitled to a day when he or she feels out of sorts and whines a lot, chronic whining—the kind that drives people up the wall—is often caused by the way adults react to the child.

- ✓ When a child whines, never give in. Make a rule: do not give the child anything unless it is asked for in a non-whining tone of voice.
- ✓ Be sure the child knows what whining is and how it sounds. Demonstrate using a normal and a whining voice and ask the child to do the same. There are two aspects to this: the particular words said and the tone of voice.
- ✓ Tell the child that whining hurts your ears and encourage her/him to use a "big kid" voice. Explain that talking in a whining voice is very unpleasant to you. It will be easier for them to follow your rule if they understand the reasons for them.
- ✓ Whining is more likely to occur when a child is tired or hungry.
- ✓ Reward your child for better behavior, thus encouraging your child to talk in a more pleasant manner; it will likely take several attempts. A reward can be granting a request or a simple "thank you."
- ✓ Try to eliminate the need to whine by really listening when your child properly asks for your attention. Remember that all kids need undivided attention every day. Phrases such as, "In a minute!" or "Not now, I'm busy!" are fine occasionally. However, research shows that children who receive more focused attention (responsive and intense) will be less likely to whine or feel the need to do so.



Positive Discipline

Jane Nelson has a series of wonderful books explaining this concept (our library system, www.griver.org, has all of them); here is a quick summary:

Criteria for effective discipline:

Is it respectful?

- Teaching by example and modeling appropriate behavior
- To get respect, give respect

Is it effective long term?

Children usually stop misbehavior for a while when punished; however the long term effects are not effective.



Children who are punished make 1 of 4 decisions:

The Four Rs for Punishment

1. Resentment: "This is unfair."
2. Rebellion: "You can't make me. I'll do what I want."
3. Revenge: "You have hurt me and I'll hurt you back."
4. Retreat: "I won't get caught next time." "I'm a bad person."

Does it teach valuable life skills for good character?

- Teaching & practicing life skills
- Manage Emotions
- Relationships

If you want...

- ...decision makers, what opportunities do you give them?
- ...resiliency, what opportunities are you giving them to make mistakes?
- ...responsibility, do they know success & failures without blame or shame?
- ...cooperation, are they learning give & take or do what I say?
- ...listening skills, are you modeling it?
- ...self control, are you modeling it?

Use the word "Teaching"

To simplify the rationale, substitute the word "teaching" every time you think "discipline," "punishment," "reward." When a child throws a tantrum, think of teaching him rather than disciplining him. That's the easiest way to see Positive Discipline in action. When you change that one word, it changes everything, including your attitude. How can I teach that child a better way to express herself?

"Don't force the child to learn, create a desire in him to want to learn." ~Jean Jacques Rousseau (1712-1778)

July 4th Ideas

Hand & Foot Flags

Using 12x18 white construction paper, have the child step into (or you can paint) red paint then walk in a straight line a few times across the paper to make the red stripes of the flag. Be sure you leave space for "white" stripes. Have the child use his/her handprints (blue) for the star background, then use their fingertips for white stars. Soak feet in a tub of soapy water and wipe with a washcloth. Adding dish soap to the paint makes it easier to clean.

Star Wreaths

Use small or large paper plates with the centers cut out for this project. Use a small star mold to cut out red, white, and blue stars (you'll need a lot). Children can place them around their plates any way they want, then hang one down at the bottom using yarn or curling ribbon (and a hole punch).

Red, White, & Blue Hearts

Cut out (or have the kids do it, depending on their age and skill level) red, blue, and white hearts in 3 different sizes so that you can layer the 3 sizes. Have kids take 1 heart of each size and glue them together, then add red, white and blue heart punches (or other designs) around the hearts. Write "_____ ❤️ USA."

Patriotic Stained Glass

In red, white, and blue construction paper, cut out "USA," a heart, or anything the kids decide upon. Then, using red, white, and blue tissue squares, have the children collage, using glue, onto a piece of wax paper that is slightly larger than the shape. After the child has covered the wax paper, place another piece on it or fold it over onto the tissue (if you made it large enough). Iron the wax paper, then glue or tape the wax paper to cover the empty space. Voila: stained glass. Hang it from the ceiling near natural light or on a window for cool effects!

Make cards for our troops

What better way to celebrate Independence Day than to thank those to whom we owe our freedoms. AdoptAPlatoon.org, OperationLettersfromHome.org, and OperationGratitude.org are terrific organizations for sending cards or care packages to our troops. Or send cards/gifts to a local Veterans Hospital or VFW or have a soldier or veteran speak to your childcare.



Summer Ideas

Shaving Cream Suns

Nothing is more versatile than shaving cream for some "in-a-pinch" fun! Add a little glue and paint and the kids will have fun spreading it around on any medium you give them, even a table!

Spaghetti Painting

Cook a large pot of spaghetti, take it outside along with large pieces of paper and bowls filled with colored paint. Hang the paper on a fence to make it easier. Let the children dip spaghetti in paint and throw it at the paper for some messy fun. Make sure the kids wear smocks or—better yet—swimsuits and use washable paint ☺

Ice Cream Painting

Cut out many different scoops of ice cream on white paper and sundae boats or cones. Allow each child to use as many scoops as they choose and let them paint them using different flavors of ice cream. Yup! Almost any food can be used for painting ☺ Offer many bowls with different flavors and let the kids paint each scoop with their favorite flavors. Then, they can glue the scoops onto sundae boats or cones.

Beach Scenes

Sand painting is so much fun for kids, but the mess factor tends to make us providers cringe. Fear not! Use water bottles to store colored sand and attach bar pourers to make it easier to pour. Glitter shakers work well, too. Have the kids make fun designs with glue and decorate with sand. For a fun effect, put oil and blue-tinted water in a Ziploc bag and tape above the sand to make a beach scene.



All4Kids

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