

WCFCCA Newsletter

September 2009
Volume 2, Issue 3



Dear Providers

As summer winds to a close (*sob, sob), my sadness at the inevitable arrival of winter is forgotten when I think that our events will be back in full-swing soon! We have a fun-filled fall with unique, exciting, and relevant trainings to help us all excel at what we do best: loving and caring for children; plus, we can socialize throughout the year. Whether you are a newly-licensed provider or a seasoned veteran, we all can benefit from close friendships with other providers (and adults). Membership has many benefits and there are myriad opportunities to get more involved, so please take advantage of them ☺

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.

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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.

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.



Sunshine Committee

Justine, our VP, is the Sunshine Committee Chair and would love volunteers to help celebrate the birthdays, anniversaries, etc. of our members and help others during times of need.

If you would like the Sunshine Committee to recognize your special occasions, feel free to e-mail Justine at justine@wcfcca.org with your birthday (year optional), license anniversary, or other special dates. Also, please let us know about any events you think the Sunshine Committee should know about, such as births or losses, so that we can help support our members through times of both happiness, changes, and grief.

MLFCCA Report

The August 22nd MLFCCA board meeting opened with a presentation from Tom Fitzpatrick from the Minnesota Humanities Center. He talked about an initiative called FRED (Fathers Reading Every Day) that encourages fathers to read with their children. They are seeking people willing to host two events to encourage fathers to read and will give fathers free books (for more info see <http://minnesotahumanities.org/programs/FRED>).

Reports were presented from board officers and county representatives, as well as a review of the upcoming meeting schedule and the budget. Ways to promote the Provider of the Year nominations were also discussed. The website is in the process of being re-designed so prepare for a new look and improved functionality coming soon.

The next board meeting is scheduled for November 7th. 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 call Kathy Baumgart at 763-754-2365 or email her with any questions at Kathy.baumgart@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>. You can also nominate other providers. 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.

Remember to set your clocks back an hour for Daylight Savings Time. Daylight Savings ends on Sunday, November 1st at 2:00 am.

New Members

We welcome the following new members to WCFCCA:

Norma Veenhuis, Albertville

Kathy Hage, Albertville

Missy Courteau, Otsego

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

Forever in My Heart

Although I'm not their mother
I care for them each day,
I cuddle, sing and read to them
And watch them as they play.

I see each new accomplishment,
I help them grow and learn.
I understand their language,
I listen with concern.

They come to me for comfort,
And I kiss away their tears.
They proudly show their work to me,
I give the loudest cheers!

No, I'm not their mother,
But my role is just as strong.
I nurture them and keep them safe,
Though maybe not for long.

I know someday the time will come
When we will have to part.
But I know each child I cared for
Is forever in my heart!



Grocery Shopping = Time to Learn???

Grocery shopping is a terrific opportunity to teach your kids color recognition, counting, directional, and visual discrimination skills! Make out your grocery list with your child and ask if he/she knows where x is or ask him/her to find x for you. Sometimes, making a list with pictures helps, too. Ask your child to grab a certain number of items to hone their counting skills. Plan a meal together and come up with the ingredients to go with it: you'll build logic skills. You can talk about what area you might find ice cream in for example, the dry goods, produce, dairy, or frozen sections. It's also a perfect time to teach your child about healthy eating habits, pointing out the foods that are "body builders" and avoiding the ones that are "body downers." Come up with fun games to do with it, such as setting a time limit to finish shopping or sorting out the food at the cash register. Maybe you'll start to look forward to these trips with your child and find them teaching you a thing or two. When shopping trips actually become *faster* when you bring your kid, you'll know your work is done! ☺

Sweet Dreams

If you're like most people, you dread the semiannual switching of the clocks. It's all fine and dandy until there are kids involved. To make the switch easier, try to keep the typical routine times, pushing bedtime back 15 minutes every 2 days or so (from normal time) until you get to the new time. You may find that children go to bed earlier with this new time change, but that's ok. Trying to get your children into an hour time difference immediately will only deprive them of much-needed sleep. Make sure you're getting plenty of sleep and not sneaking in an extra hour of work or chores. Here are the recommended sleep times and amounts for each age (vary depending on child's needs):

Birth-3 months: 16 - 20 hours, sleep every 1-2 hours

4-6 months: 11-12 hours @ night, 3-4 nap hours, 6-7pm

6-12 months: 11-12 hours @ night, 2-3 nap hours, 7pm

1-2 years: 11-12 hours @ night, 1 ½ - 3 nap hours, 7pm

2-3 years: 11-12 hours @ night, 1 ½ - 3 nap hours, 7-8pm

3-5 years: 11-12 hours @ night, 1 ½ - 2 nap, 7:30-8:30pm

5-12 years: 10-11 hours @ night, 8-9pm

When kids get enough sleep, they:

- Pay attention better in school
- Be creative and think of new ideas
- Fight sickness so they stay healthy
- Be in a good mood
- Get along with friends and family
- Solve problems better

Without enough sleep they can:

- Forget what they learned
- Have trouble making good choices
- Be grumpy and in a bad mood
- Have trouble playing games and sports
- Be less patient with brothers, sisters, and friends
- Have trouble listening to parents and teachers



Tune Out and Tune In

Info compiled from www.kidshealth.org

Most children plug into the world of television long before they enter school. In a year, the average child spends 900 hours in school and nearly 1,023 hours in front of a TV.

According to the American Academy of Pediatrics (AAP), kids in the United States watch about 4 hours of TV a day—even though the AAP guidelines say children older than 2 should watch no more than 1 to 2 hours a day of quality programming.

And, according to the guidelines, children under age 2 should have no "screen time" (TV, DVDs or videotapes, computers, or video games) at all. During the first two years, a critical time for brain development, TV can get in the way of exploring, learning, and spending time interacting and playing with parents and others, which help young children develop the skills they need to grow cognitively, physically, socially and emotionally.

Of course, television, in moderation, can be a good thing: Preschoolers can get help learning the alphabet on public television, grade-schoolers can learn about wildlife on nature shows, and parents can keep up with current events on the evening news. No doubt about it—TV can be an excellent educator and entertainer.

But, despite its advantages, too much television can be detrimental:

- Research has shown that children who consistently spend more than 4 hours per day watching TV are more likely to be [overweight](#).
- Kids who view violent events, such as a kidnapping or murder, are also more likely to believe that the world is scary and that something bad will happen to them.
- Research also indicates that TV consistently reinforces gender-role and racial stereotypes.

Here are some hints for healthy TV viewing:

- Watch TV with your child. If you can't sit through the whole program, at least watch the first few minutes to assess the tone and appropriateness, then check in throughout the show.
- Talk to your child about what he or she sees on TV and share your own beliefs and values. If something you don't approve of appears on the screen, you can turn off the TV, then use the opportunity to ask your child thought-provoking questions such as, "Do you think it was OK when...? What else could they have done? What would you have done?" If certain people or characters are mistreated or discriminated against, talk about why it's important to treat everyone equal, despite their differences.
- Offer fun alternatives to television. Suggest that you and your child play a board game, start a game of hide and seek, play outside, read, work on crafts or hobbies, or listen and dance to music. The possibilities for fun without the tube are endless, so turn off the TV and enjoy the quality time you'll have to spend with your child



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.

Apple Theme

Patchwork Apples

Cut a large construction paper apple out for each child. Provide small fabric squares of different patterns and colors (reds, greens, and a few yellows look best) and let the children collage the fabric on their apples.

Marble Apples

Cut out an apple for each child. Give each child a box (small plastic ones work best) with 2-3 marbles. Place a few drops of paint in the box (let the children choose their own colors) and have the kids shake and roll those marbles around. They'll have some awesome apples to show off.

Applesauce Painting

Yup, you read it right. Just give the kids a dollop of applesauce and let them paint it on a large piece of paper or construction paper apples. They can add paint for color, too.

Apple Trees

Have the children (or you can assist) paint one side of their arm brown for the trunk, then paint the side of their hand brown to make branches. Dip hands in green paint to make leaves all over, then their fingertips in red to make apples. ☺

Tissue Paper Apples

Give each child a construction paper apple and red, yellow, and green tissue paper squares. They can decorate them any way they wish, either by collaging the squares on the apples or by crumpling each piece into a small ball and placing around the apple.



Visit an apple orchard, such as Deer Lake Orchard in Buffalo, our absolute favorite! If you're willing to drive a little further, Amaze-N-Farmyard in Eden Valley (west on Hwy 55) is just that: amazing. They have a maze, slides, train rides, tons of animals, pony rides, and more!

Books to read:

The Giving Tree

Ten Apples on Top

Apple Pie Tree

A Day at the Apple Orchard

Fall Ideas

Fabulous Fall Leaves

Give each child a 12x18 piece of white construction paper. Have them paint a brown trunk and any branches they want. Then, allow each child to drop red, yellow, green, brown, and orange paint blobs around the top of the tree (for leaves). Give each child a piece of wax paper large enough to cover the "leaves" and have them push the blobs flat. The colors will blend together and—after the paint is dry—remove the wax paper to reveal a beautiful sheen on the leaves.

Leaf Bracelets

Wrap a wide piece of masking tape around each child's wrist with the sticky side facing out. Remind the kids not to touch the sticky side or it will not work. Go on a leaf hunt and encourage the children to add leaves to their bracelets.



Aluminum Leaves

Cut small squares of colored aluminum foil (large enough to cover a leaf). Have the children go on a leaf hunt, then make rubbings of the leaves under the aluminum foil.

Stained Glass Leaves

Have each child place leaves on a piece of wax paper, arranged any way they choose. Then, allow them to sprinkle crayon or colored wax shavings around their design. Place a piece of wax paper over the design, cover with a thin towel or washcloth, then iron (low setting) the design until the wax melts. Hang them in the window for beautiful stained glass effects.

All4Kids

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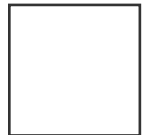
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