

WCFCCA Newsletter

Fall 2010
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Dear Providers

One of my favorite things about Minnesota is the changing, gorgeous fall colors (and not the white stuff that follows soon after). What better time to make some changes in your business to protect yourself than right now? You should have a book for each family, daily sheets (that you copy), or e-mails that you save about their child(ren)'s days. Do evaluations at least once a year, and give exit interview forms to families when they leave your care, no matter the reason. Save all communications (e-mail space is free) and keep a daily log that lists the children present, activities done, any incidents, etc. If you can afford it, a camera system is one of the best ways to protect yourself. Finally—and most importantly—get liability insurance! It costs less than you think and is invaluable. Everyone is susceptible to false allegations, but these simple things can help protect you.

Upcoming Events

All trainings are held on Tuesday nights from 7-9PM at the St. Michael Community Education Building. Trainings are FREE for members, \$15 for non-members. Reserve space by calling or e-mailing us; non-members must register through CCR&R at 1-877-311-2244.

Tuesday, September 14, 7:00 p.m. Provider Party & Childcare Tour

Carol Wolff is hosting a childcare tour in St. Michael! Join your fellow providers for fun, food, and friends as we tour her childcare home, share ideas, and simply relax with adults (for a change). Please bring an appetizer to share. RSVP at 763-463-5909 or hollee@wcfcca.org.

Tuesday, September 28 Intro to Media Wise

The average American child now spends over 44 hours a week in front of a screen (computer, video games, TV). How is this affecting our children and society? Join us for this very informative session as we discuss how media is affecting our children's behavior, attitudes and learning.

Tuesday, October 12 1 2 3...What Math Do You See?

Math is all around us! Join us as we look at many ways children are already using math in their daily activities & how to enhance those skills. We will also learn new strategies on how to incorporate new math skills into everyday activities with children.

Tuesday, November 16 Understanding Why Children Don't Listen

Are you tired of saying the same things over and over to the children in your care and not getting the results you need? Join us at this workshop to discuss and learn how to stop the chatter and get those children to listen!

Tuesday, November 30, 7:00 p.m. Provider Party & Childcare Tour

Holly Bernatz is hosting a childcare tour in St. Michael! Join your fellow providers for fun, food, and friends as we tour her childcare home, share ideas, and simply relax with adults (for a change). Please bring an appetizer to share. RSVP at 763-463-5909 or hollee@wcfcca.org.

Tuesday, December 7 Sleepless in America

Based on the book, *Sleepless in America*, by Mary Sheedy Kurcinka. Practical tools & real-life examples to help children and parents get the sleep they so desperately deserve! Sleep deprivation is almost a norm in the United States today, certainly among adults. Now the latest research is demonstrating a scientific lack between children's sleep and their behavioral problems! An estimated 70 million American children suffer from lack of sleep. This could be due to a disturbed sleep cycle, resulting in poor quality of sleep, or children who are unable to switch off their brain at night in order to sleep.



*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.*

Membership Drive

From now until November 30, you will receive \$5 for every person you refer who becomes a member. For example, you refer Jane to the WCFCCA. She puts your name on the membership application as the referral. When her payment is received, we will send you a check for \$5 at the end of that month (so those of you who make several referrals can receive just one check instead of several each month). Each application can only have one referrer's name on it and applications must be received by November 30. There are 460 licensed providers in Wright County, so let's encourage all of them to become members; with increased membership, there's no limit to the events and trainings we can offer our members!

T.E.A.C.H. Grants

The T.E.A.C.H. (Teacher Education And Compensation Helps) Early Childhood® Project was developed to upgrade the level of education of those working with young children by making the educational process affordable, increasing wages and reducing turnover. T.E.A.C.H. can pay for college tuition and books, travel, substitute services, and a bonus. T.E.A.C.H. also has a program to offset much of the cost of the CDA (Child Development Associate) assessment fee. (Another program offering financial support and guidance with an advisor to earn the CDA credential is also offered by CCR&R and is called the Minnesota CDA Support Project, call 651-641-6653 for more information). For more information, please visit <http://www.mnchildcare.org/TEACH/index.php>

CCR&R Grants

Child Care Resource & Referral (CCR&R) is offering grants to family child care providers. If approved, grant recipients are reimbursed for approved items after completing required training. The amount of the grant depends on the funds available and the number of approved providers. The grant application period is September 1 through September 25. CCR&R offers grants to providers for:

- Learning environment
- Health and safety
- Professional development.

Applications will be available at www.mnstreams.org. For more information, contact Tina Saue at tinap5@willmarnet.com or (800)292-5437.

New Members

We welcome the following new members to WCFCCA:

*Suzy Garding-Litke, Albertville
Jaime Gegen, Maple Lake
Amy Hooser, Waverly*

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



“It is the supreme art of the teacher to awaken joy in creative expression and knowledge.”
- Albert Einstein

Save the Date for the Next Conference!

Mark your calendars for the conference next year - Saturday, April 16, 2011. It will be at the Monticello Community Center. Trainings will be two hours each, and there will be much more time for shopping! Please contact us if you are interested in volunteering for the conference, such as being on the conference planning committee, helping setup that morning, stuffing conference folders, etc. **Online registration is available now!** Please see page 4 for more details!

Board Elections and Other Volunteer Opportunities

The positions of President and Secretary will be open for election at the end of this year. Please contact us if you are interested in running for those positions. The position of Treasurer is still open. We are looking for someone who is organized and good with finances. Experience with ledger/Quicken/MS Money preferred, willing to teach the right candidate.

There are other opportunities to volunteer with WCFCCA. As mentioned above, we welcome volunteers to help plan and prepare for the conference next year. Any help is appreciated! If you have a special talent or area of interest, a desire to serve in a leadership or committee role, let us know what you'd like to do!

Building Quality: Making Good Things Better

All child care providers are encouraged to complete the new Building Quality Checklist in order to create an individualized plan for new learning. Child care providers may access CCR&R grants, training, and consultation as they put their Building Quality Plan into action. There is no application process: simply complete the checklist and create your plan.

Across the state, a group of 200 qualifying child care providers will receive In Depth Building Quality Supports. Additional grant dollars, low-cost training, consultation and advising will be made available to these providers. There is a short application process involved in becoming a Building Quality provider. I hope you will consider becoming a Building Quality program and taking advantage of these in depth supports. Please note: local availability of these supports is limited. Please apply early if you wish to participate.

Please find application materials and the Building Quality Checklist by visiting www.mnchildcare.org or by calling 800-284-3040.

FREE CDA Training Available

Child Care Resource & Referral is offering up to 90 hours of free training toward your National Child Development Associate Credential.

YOU may be eligible if you care for infants and toddlers and have completed at least 30 hours of CDA training. All Eager-to-Learn courses count toward CDA training hours.

Apply now! Applications will be accepted until all funds are awarded, through June 30, 2011. To learn more and apply: contact Linda Magel at 651-290-9704 ext. 108 or email her at lindam@mnchildcare.org.





Early Childhood Conference

Saturday, April 16, 2011

7 AM – 3:45 PM

Monticello Community Center

SCHEDULE

| | |
|------------------|--|
| 7:00 – 7:50 AM | Registration/Continental Breakfast/Vendor Shopping |
| 7:50 – 8:00 AM | Welcome & Announcements, 2011 Provider of the Year Award |
| 8:00 – 10:00 AM | Keynote: Katy Smith, <i>“What’s Up with Minnesota Families?”</i> |
| 10:00 – 10:15 AM | Vendor Shopping/Break |
| 10:15 – 12:15 PM | Workshop I |
| 12:15 – 1:45 PM | Lunch/Vendor Shopping/Massages/Raffle |
| 1:45 – 3:45 PM | Workshop Session II |

Workshop Sessions

You will receive your training certificate at the end of each session

- A Media & Children (*Katy Smith*)
 - B Positive Discipline (*Joyce Flynn*)
 - C Record-Keeping & Tax Preparation (*Tom Copeland*)
 - D Leaping into Literacy and Math (*Julie Torkelson*)
-
- E Better Boundaries with Parents (*Katy Smith*)
 - F How Many Times Do I Have to Tell You? (*Joyce Flynn*)
 - G Marketing Your Business (*Tom Copeland*)
 - H Music with Children (*Toni Csargo*)



BREAKFAST: Muffins, Fresh Fruit, Orange Juice, and Coffee (*courtesy of Costco & Caribou Coffee*)

LUNCH: Orange Almond Salad, Minnesota Wild Rice Stuffed Breast of Chicken, Roasted Rosemary New Potatoes, Honey Dill Carrots, Fresh Rolls, Cake, Drinks (*by Russell’s Catering*)

Fall Ideas

3D Trees

Materials:

Q-tip
Fall colored paint
Toilet paper tube
Paper plate
Scissors

Instructions:

Cut a slit in the top of one end of the toilet paper roll. Then using half a paper plate, slide it into the "trunk" making a tree. Use Q-tips to paint leaves on the tree part. Paint the trunk a darker brown.

Leaf Rubbings

Materials:

Leaves
Crayons in fall colors
Paper

Instructions:

Put leaves under the paper and rub the long side of the crayons back and forth. The ridges on the leaves will show up on the paper.

Scavenger Hunt

A classic game! For younger children, have them find just a couple items, such as a leaf and a twig. For older children, make it more challenging such as specifying which kind of leaves to collect (oak leaf, maple leaf, red leaf, yellow leaf, tiniest leaf or largest leaf, etc.).

Pine Cone Bird Feeder

Materials:

Pinecones
Peanut butter
Birdseed
String

Directions:

Cover most of a pinecone with peanut butter then roll it in birdseed. Tie a string around it to hang it from a branch or bird feeder. Watch the birds feast!

Leaf Pile

Make a pile of leaves. Kids can help collect them with rakes, pails, or their hands. Depending on how big the pile is, the kids can jump in it or roll in it and enjoy the crinkly textures and sounds.

Fall Treats

Easy Caramel Apples by Nick Jr.

See picture at http://www.nickjr.com/recipes/easy-caramel-apples.jhtml?path=/recipes/all-shows/seasonal_fall/all-ages/index.jhtml

Ingredients:

Butter or margarine for greasing
5 apples
1 pkg. (14 oz.) caramel candies
1 tbsp. water
1/2 cup chopped nuts (optional)
Cookie sheet
Wax paper
5 wooden craft sticks

Directions:

Line a cookie sheet with wax paper, and grease with a dab of butter or margarine. Kids can help wash the apples in a colander and dry them. If they have stems, you may need to help remove them. Insert a craft stick into each apple. Let kids unwrap the caramel candies and add them to a microwave-safe bowl. Help them measure out the water and add that to the candies. Place in the microwave and heat on high for about 3 minutes. Stop the microwave and stir the caramels every minute or so. While you hold the bowl (be sure to use oven mitts--some bowls get very hot!), kids can help stir with a wooden spoon or a spatula. Continue heating the caramels until they are completely melted and smooth. Carefully remove the caramels from the microwave. Please note that the caramel will be very hot, and the bowl may be hot, as well. Help kids dip the apples into the caramel and hold them over the bowl to let the excess caramel drip away. Dip once or twice to coat the apples. If you like, you can also dip them into the nuts. Set them on the buttered wax paper to cool.

Roasted Pumpkin Seeds by allrecipes.com

See <http://allrecipes.com/Recipe/roasted-pumpkin-seeds/Detail.aspx> for the picture!

Ingredients:

1 ½ cups raw whole pumpkin seeds
2 teaspoons butter, melted
1 pinch salt

Directions:

Preheat oven to 300 degrees F (150 degrees C). Toss seeds in a bowl with the melted butter and salt. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.



All4Kids

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St. Michael, MN 55376-8499



Wright County Early Childhood Conference

Saturday, April 16, 2011

Monticello Community Center,
Monticello