

WCFCCA Newsletter

Summer 2011
Volume 4, Issue 2



Dear Providers

I'm sure most of you have had people come by your home and ask you to sign a card for "more information," health care, etc. They may or may not have told you they are with SEIU/Kids First, a union trying to organize providers in Minnesota. No matter the explanation they gave for the card, your signature on the card is a "yes" vote for unionizing child care providers. The union states membership is voluntary, however, all licensed family child care providers will be covered by any negotiated contract and all providers may be required to pay dues/fair share fees. In Illinois, providers there pay \$180-\$900 per year to the union. PLEASE visit www.ChildCareUnionInfo.com for facts, links, and ways to make your voice heard, no matter your stand on this issue.

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. RSVP in ADVANCE by calling (763-463-5909) or e-mailing us; non-members must register through CCR&R at 1-877-311-2244.

Tuesday, September 20, 7:00 p.m.

Training - Character Builders

Becky Thelen

Have we lost something? Teaching children values and respect seems to have become a lost art. The time to teach worthy values is now when they are toddlers and preschoolers. This training will examine and incorporate how to teach worthy values and that in doing so we teach our children what is good and kind and ethical.

Tuesday, October 4, 7:00 p.m.

Training - Who's Really Ready for Kindergarten?

Carrie Johnson

What does it mean for kids to be ready for school? Please believe it's more than a backpack and a bus stop. The buzz word is "School Readiness" and parents and preschool teachers alike are trying to understand what children need to know by the time kids start kindergarten. Participants will get a crash course on what to teach and how to teach it!

Tuesday, November 8, 7:00 p.m.

Training - Day by Day with Toddlers

Sara Fritsch

This training will enhance understanding of toddler development and behavior. Participants will learn strategies for preventing and responding to temper tantrum, aggression and other common behaviors of toddlerhood.

Tuesday, December 13, 7:00 p.m.

Training - Mess Management

Kimberly Giles

The benefits of being organized go far beyond having an uncluttered home or being able to find things. Being organized can add hours to your day giving you more time providing direct care. Come and join us for this fun filled workshop on simple and effective ways to get organized and eliminate clutter.

WCFCCA Board Members

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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.



R.E.E.T.A.I.N Grant

A very competitive grant (only about 1/3 applicants receive funding) yet worth the time, especially because funding is granted up front, no need to submit receipts for reimbursement. Instructions are online at http://www.mnstreams.org/docs/REETAIN/REETAIN_Instructions.pdf. Applications must be received by June 30th for paper applications or online until July 31st. For more information, contact Linda Magel at lindam@mnchildcare.org or (651) 290-9704 ext. 108 or visit <http://mnchildcare.org/providers/reetai.php>.

CCR&R Grant

Applications will be available September 1st and are due by September 25th. This grant is an excellent way to obtain improvements for your childcare in priority areas, such as learning environment, health and safety, and curriculum. CCR&R offers free workshops on how to apply for the grant. For more information, please call Tina at 800-292-5437 or visit <http://www.midwestchildcare.com/grants.html>.

T.E.A.C.H. Scholarship Program

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>.

CDA Professional Development and Minnesota Child Care Credential Scholarship Program

The CDA Professional Development Scholarship Program improves the quality of early childhood programs by helping National Child Development Associate (CDA) Credential* students who are caring for infants and toddlers. More funding will be available after July 1, 2011. For more information about the Minnesota Child Care Credential, please visit http://www.mnchildcare.org/providers/cc_credential.php or for more information on the Scholarship Program please visit <http://www.mnchildcare.org/providers/capacity.php#cdapds>.

New Members

We welcome the following new members to WCFCCA:

*Jill Smeby, Monticello
Cassie Egerer, South Haven
Katie Milless, Otsego
Lynnet Hanawalt, Monticello
Laura Zimmer, St. Michael*

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



“Often, when I am reading a good book, I stop and thank my teacher. That is, I used to, until she got an unlisted number.”
~anonymous

“There are no seven wonders of the world in the eyes of a child. There are seven million.”
~Walt Streightiff

Provider of the Year

We are proud to highlight our POY, Lisa Borders! Congratulations Lisa!

Lending Library

Items include: Portable cribs, easels, high chairs, duo strollers, exersaucers, wagons, curriculum kits, crawl tunnel, parachute, multicultural/multiability dolls, balance beams, and multicultural musical instruments. To reserve or rent library items, contact Crystal at (320)251-5081 or (800)288-8549 or visit <http://www.childcarechoices.net/ResourceReferral/ProviderSupportResources/LendingLibrary.aspx>.

Volunteer Opportunities - Conference!

There are several opportunities to volunteer with WCFCCA. We welcome volunteers to help plan and prepare for the conference next year. It takes many hours but with everyone donating a couple hours, it goes much more smoothly. We need help stuffing folders, setting up, during the conference, and taking down everything afterwards. 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!

Training No Show or Cancellation Policy

In response to trainer and CCR&R complaints about no-shows for trainings, the fact that we've turned away many people who want to attend trainings as the RSVP list shows them as full, and the trend for people to repeatedly cancel at the last minute or not show up at all, we are immediately implementing the following policy:

To keep classes available to those who are interested, there will be a No-Show or Cancellation Fee, effective immediately. If a member has reserved a seat in a class through WCFCCA, any cancellations would need to be submitted at least one week before the class takes place. Any cancellations after that point or any no-shows will be charged a No-Show or Cancellation Fee. Until that fee is paid, no further training reservations will be accepted through WCFCCA for that member. The first time would be a \$5 fee. Any future cancellations would increase the fee by \$5 per time (eg. \$10 fee for the second time, \$15 for the third time, etc).

If the trend continues, we will be required to pay more for these trainings and we would have to pass these increases on to you. We hope this policy will encourage people to follow through on their reservations. Please be mindful and respectful of the fact that trainers prepare materials and handouts based on the numbers we provide and that our trainings typically have waiting lists. Please contact us if you have any questions.

Free Inclusion Training

The Center for Inclusive Child Care has free training for providers online at http://www.inclusivechildcare.org/c_learning.cfm. Learn more about ADHD, asthma, autism, food allergies, and special needs in short info format or in-depth self-study courses.

Summer Membership Drive

Until August 31st, if a new member joins and tells us that you referred them, you will receive a \$5.00 referral bonus! No limit on the number of people you refer, you will receive \$5.00 for each person who joins WCFCCA (checks sent out each month)! Be sure they tell us you referred them!



School Aged All Day?

Now that school is ending, you may have school aged children attending your childcare all day. This can be quite an adjustment! There are some things you can do to help ease the transition of older children into the daily activities.

One of the most effective ways is to find a way that each older child can be a leader, whether that is reading a book to the babies, teaching the preschoolers games such as “Red Light, Green Light”, or helping another child wash their hands properly. Look for what areas interest the older children and expand those areas. Offer the schoolagers a chance to pick a theme for the week, even if they pick something you don’t know much about - it’s a great opportunity to learn something new and the child can maybe do a demonstration or small presentation to the other children. Praise and encourage them on positive actions such getting along with each other, solving problems, and using words kindly. Make sure they have some protected space where they can create art or build with blocks and have their creations safe from little hands.

You are what you eat *(Compiled from Eco-Healthy Child Care, www.oeconline.org/ehcc)*

Choose organic or sustainable foods when you can. Organic certification means that no growth hormones, antibiotics, synthetic pesticides or genetically modified ingredients were used to grow or process the food.

Switch to nonfat dairy products and limit meats in children’s diets. Saturated fat found in animal products is a major contributor to heart disease later in life. Avoiding animal fats reduces exposure to toxics that accumulate in fat, like dioxins and PCBs. The American Academy of Pediatrics recommends non-fat or low fat dairy for children after age two. Healthy fats include nuts, seeds, olives, avocados, flaxseed and wheat germ. Fruits and veggies are also less expensive than dairy and meats. We serve very few meals with red meat, but chicken, turkey, and fish are excellent options if they are not fried.

Serve more “real food.” Read labels and make or choose foods with ingredients you recognize. Choosing foods with fewer ingredients will help you avoid added salt, sugar, fats, dyes and other artificial additives.

Avoid high fructose corn syrup. This additive is found in many processed and packaged foods, sodas and energy drinks. Avoiding corn syrup will reduce exposure to pesticides and genetically modified ingredients, and also reduce “empty” (non-nutritious) calories.

Replace any fruit juice (even 100%) with water and a piece of whole fruit. Fruit juice provides calories with little nutrition and contributes to cavities. Whole fruit is nutrient-rich and a great source of fiber. Water is free and healthy. The money you don’t spend on juice can help offset the cost of local and organic produce. Orange juice is one exception since it is an easy way to get calcium and Vitamin C.

Buy from local sources. Locally grown fruits and vegetables are likely to have higher nutrient levels³ because they can get to market quickly (produce loses nutrients every day after harvest). If fresh is out of season, then frozen local produce is a good bet.

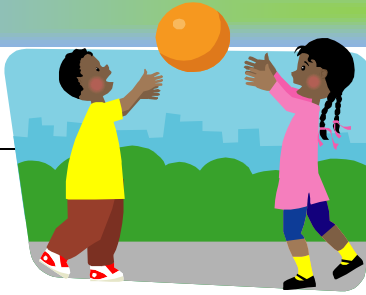
Grow your own! Whether a windowsill planter or a full-blown garden, growing herbs or vegetables is a simple way to save money, avoid pesticides, and help kids learn where their food comes from. Nothing tastes better than veggies and fruit picked fresh from your garden! Many cities have community gardens, a plot shared by neighbors to grow and pick food.

Avoid canned products. Most cans are lined with BPA, a toxic chemical that can leach into food and be a health risk for children. Choose fresh, frozen or dried options for beans, pasta, fruits and veggies. If you use canned, ask the manufacturer whether the lining is BPA-free.

Never microwave or cook with plastic even if it is labeled “microwave safe.” When plastic is heated, it can leach toxic chemicals like BPA and phthalates into food.

Buy cookware without non-stick coating. When scratched, old or overheated, Teflon and other non-stick coating can leach toxic chemicals into food. Cast iron may be more expensive, but it is safer and more durable in the long run. Avoid dishware made from plastics labeled #3, #6 & #7. Also consider stainless steel pitchers, ceramics with non-leaded coatings, and thick Pyrex bowls and plates.

Summer Crafts



Cactus Art

Materials:

Toilet paper tube
Cardboard

Directions:

Cut two slits down 2" from the top on each side of a toilet tissue tube.

Cut out a large fat "U" shape from your cardboard. Slide the cardboard down through the slits creating a stand up cactus shape.

Your child can decorate his cactus by coloring it green, adding a face if he wants, gluing on ends of tooth picks for spikes or a dried flower on top.

EXTENSION: You can make a cute puppet from the cactus by cutting out a circle in the front of the cactus below the cardboard arms. The circle then becomes a bird's nest. Your child can now use the cactus as a puppet, by sticking her hand up the tube and wiggling a finger out the hole to represent a baby bird in the cactus nest.

From

http://www.preschoolexpress.com/art_station06/art_station_aug06_cactus.shtml

Make a Fan

From <http://www.discover-preschool-activities.com/summer-preschool-crafts.html>

Your preschooler can cool herself (or you) down with this fun and easy craft. It really works!

Materials:

Paper plate
Large craft stick or popsicle stick
Duct tape
Scissors
Stickers
Markers, crayons

Directions:

Cut the center out of one paper plate

Use duct tape to attach craft stick to circle

Have children decorate their fan with stickers, markers, crayons, and stamps.

Lei

From

<http://www.everythingpreschool.com/themes/beach/art.htm>

Materials:

Yarn (long enough to reach around children's necks)
Tissue Paper

Directions: Cut out squares of different colored tissue paper and punch a hole through the middle (you can use a pencil or hole punch). Then let the children string the paper onto the yarn creating a great Lei. Some children will use all one color, some will vary their colors, some will make unique patterns, one thing that is for sure is that they all will be unique.

Summer Ideas

Safe Lawn Darts - make your own!

From <http://familyfun.go.com/summer/summer-games/on-target-893219/>

With cable ties or twine, secure 2 cups of sand (or dirt) into four plastic shopping bags covered with duct tape - buy two different colored duct tape to distinguish the teams. Cut the top part of the bag into thick fringes for decoration. Use two hula hoops or two five-foot lengths of rope tied in a circle as a target. Two teams/players stand by one target and, holding the fringes, take turns tossing the "darts" underhanded toward the other target. If it lands at least halfway in the circle it's worth 3 points, and 1 point for the dart closest to the circle. The team/player that reaches 21 points first is the winner!

PB & Blueberry Sandwich

From <http://familyfun.go.com/summer/summer-games/on-target-893219/>

Ingredients:

Whole wheat English muffins
Blueberries
Peanut butter (or Sun Butter/Soy Butter)

Kids can help wash the blueberries and spread the peanut butter on plain or toasted English muffins. Let each child top with blueberries, raspberries, banana slices, or whatever fruit you have handy!

Hose Commands

From

http://www.preschoolexpress.com/game_station03/game_station_july03.shtml

"Purchase a section of hose from a hardware store. Let your children take turns holding one end of the hose by their ears while you talk through the other end of the hose, giving them a command such as these:

Stand on one foot.
Skip to the door.
Clap your hands.

Have them hand the hose to the next child, then do what you commanded."


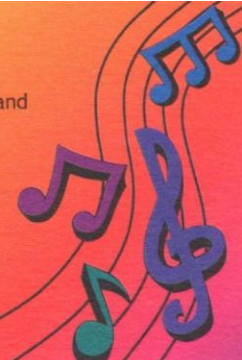
You could also expand this by letting the children use the hose as a telephone as long as they aren't too loud - may be best to use indoors!



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Wright County Early Childhood Conference
Saturday, April 14, 2012
We need volunteers in order to have a conference and have it run smoothly! Please volunteer!