

WCFCCA Newsletter

Winter 2011
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Dear Providers

Welcome, Winter! At the risk of having (now-melted) snowballs thrown at me, I must say that it's been a mild winter. ☺ It's been a busy winter for your board, working on educating providers about childcare unionization, organizing our spring conference, and planning our banquet and pampering night (see details inside). The 2-year term for Vice President (and our still-vacant Treasurer position) end this year, so we're looking for nominations. Justine Folkestad has graciously served as Vice President for the past 2 years and is running again. This is your association and we need your help to work for all 450 licensed providers in Wright County. On behalf of your board, I wish all of you a very happy holiday season and that 2012 brings you tons of joy, love, and success in your lives and childcares.

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, January 17

Understanding Temperament ~ Sharon Kaniess

This class will increase knowledge about individual differences and temperament while also taking developmental behavior into account. Interactions between caregivers and children will be explored as an aid to understanding strategies to improve the learning environment and emotional intelligence in children.

Tuesday, February 21

Essential Touch: Meeting the Needs of Your Kids ~ Bev Herr

So important is the role of touch that our lives begin with it. Its importance continues into early childhood, as one of the primary senses through which preverbal infants and toddlers relate to the world and it continues to play a role in older children's development and learning. In the early childhood setting, touch is about physical contact and providing young children with tactile experiences. Both types of touch are essential for young children to thrive and grow physically, cognitively, socially, and emotionally. This class will examine why children must have nurturing touch for survival and growth; how human contact affects

chemicals in the brain that shape its development; how touch fosters feelings of value and self-worth.

We will explore how to include positive touch throughout daily routines, how to teach children that everyone's preference for touch, beginning with their own preferences, deserves respect, and how to provide children with rich tactile experiences.

Tuesday, March 13

Circle Time Fun ~ Sarah Fritsch

Getting stumped on what to do at Circle Time? Join us for this fun workshop and find out the many learning opportunities circle time can create. Participants will come away with new songs, fingerplays, and activities to do with a multi-aged group of children. There will also be time to share your great ideas with fellow caregivers.

**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.



Unionizing Child Care Providers

There has been a lot of coverage in the news lately about attempts to unionize childcare providers in Minnesota. Thirteen other states have unionized childcare providers and there are strong feelings on both sides whether or not Minnesota child care providers should unionize. Many providers are concerned that the unions have not improved things for child care providers in other states as well as many questions about what a union could do for providers that other organizations do not already do. <http://www.childcarefreedom.com> - has lots of information on effects <http://www.childcareunioninfo.com> - built by Minnesota childcare providers and discusses the union cards providers were asked to sign when union organizers knocked on doors (<http://www.childcareunioninfo.com/that-card-you-signed.html>), info on unions in other states (<http://www.childcareunioninfo.com/child-care-unions-in-other-states.html>), as well as a Frequently Asked Questions file (currently http://www.childcareunioninfo.com/uploads/1/6/5/8/1658403/faq_updated_11_28_2011.pdf) <http://www.kidsfirstminnesota.org> - SEIU union (claims Wright county) <http://ccptmn.org> - AFCSME union

Spa & Shop Celebration: March 6

Please join us as we celebrate another fun year with your fellow Wright County providers, complete with delicious food from Russell's on the Lake. We will honor the 2012 Provider of the Year Nominees, thank our volunteers, socialize with other providers, relax with free chair massages (and possible facials), and shop with many vendors (jewelry, purses, home décor, food, etc.). Please let us know if you would like to volunteer or have suggestions for vendors (\$10/table). Priority will be given to members who sell products. This event is free for members and \$10 for non-members. It is open to Wright County Licensed Family Child Care Providers only (sorry, no children). Please RSVP by February 28.

Core Competencies for Early Childhood Practitioners

Do you know what you need to do to improve your program? If you haven't already done so, take a look at Minnesota's Core Competencies for Early Childhood Practitioners for Early Childhood and Infants and Toddlers at http://www.mncpd.org/core_competencies.html. You can read through each section to see all the things you are doing well and identify areas you may want to improve in by taking classes or doing your own research.

Minnesota's Early Childhood Indicators of Progress

While you are working on the Core Competencies described above, be sure to look through Minnesota's Early Childhood Indicators of Progress (ECIPS) for more information on children's development and ways that you as a caregiver can help children develop. For newborns to three year olds, please visit <https://edocs.dhs.state.mn.us/lfserver/Legacy/DHS-4438-ENG> for more information. For more information on three to five year olds, visit <https://edocs.dhs.state.mn.us/lfserver/Legacy/DHS-4576-ENG>.

New Members

We welcome the following new members to WCFCCA:

Melissa Curtis, Monticello

Allie Bauman, Montrose

Cheryl Knaack, Buffalo

Jocelyn Schmatz, Rockford

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



“Blessed is the season which engages the whole world in a conspiracy of love!” ~ Hamilton Wright Mabie

“Alone we can do so little; together we can do so much.” ~ Helen Keller



Free Conference Registration!!!

There are several opportunities to volunteer with WCFCCA, especially to help plan and prepare for the conference. Any help is appreciated! If you have a special talent or area of interest, a desire to serve in a leadership or committee role, please let Hollee know. To reward our volunteers, we've decided to offer raffle tickets for every volunteer. Members can exchange 40 tickets for free admission to the conference! Nice!!! The time commitment is actually very small for volunteers; most of these items take anywhere from 1 - 3 hours. The raffle can only happen with volunteers, so please volunteer what you can!

Calling companies in a local city to request donations (list, sample letter, and phone numbers provided): 10 raffle tickets per city

Picking up donations in a local city: 10 raffle tickets per city

Stuffing folders one evening: 10 raffle tickets

Helping set up on Friday before the Conference: 10 raffle tickets

Volunteering 1+ hour at the Conference: 10 raffle tickets

MLFCCA Conference - Save the Date!

Minnesota Licensed Family Child Care Association is having their 25th annual Week of the Family Child Care Provider and conference at the Ramada Mall of America Airport in Bloomington on May 4th and 5th. For more information, please visit <http://mlfcca.org/displaycommon.cfm?an=1&subarticlenbr=42>

2012 Provider of the Year Nominations End Soon

Nominations for our 2012 Provider of the Year are due by December 31, 2011. If you know a provider who deserves this honor, feel free to visit our website and go to the nomination section or just send us an e-mail with the provider's name, your name, and the reason they should be nominated. We will be forming a committee of providers, business owners, and community leaders to choose from more than 60 nominees (subject to eligibility verification). If you would like to help and are not a nominee, please let us know.

Fetal Alcohol Spectrum Disorders (FASD)

Did you know that Fetal Alcohol Spectrum Disorders (FASD) affect more children than Down Syndrome and autism combined? One big difference is that FASD is 100% preventable if mothers do not drink any alcohol during pregnancy or while breastfeeding. No amount or type of alcohol is safe at any point. Approximately 40,000 babies are born each year affected by FASD, costing the US about \$4 billion to provide services. There is no cure for the damages caused by exposure to alcohol - it is a lifelong condition. Infants and toddlers affected by an FASD may have low birth weight, be easily irritated and difficult to soothe, have tremors and delayed development. Preschoolers may have distinctive facial features, troubles with coordination, temper tantrums, be unusually easily frustrated, be overly friendly especially with strangers, have hyperactivity and attention issues above and beyond those typical of preschoolers, and difficulty understanding social cues and expectations. School age is when most children would be diagnosed with an FASD. They may have learning and memory issues, trouble understanding social cues, be naïve socially and easily misled, tantrums, and be able to talk as if they understand even when they don't. The sooner a child receives help, the better the child's future will be. The brain damage and physical deformations cannot be fixed but can be compensated for, such as learning to ask questions when they don't understand, breaking down projects or routines into steps and lists so they aren't overwhelming, etc. Those who do not receive help often end up having trouble holding down a job, paying bills on time, and have trouble with the law.

For more information:

Minnesota Organization on Fetal Alcohol Syndrome <http://www.mofas.org>

SAMHSA FASD Center for Excellence <http://www.fasdcenter.samhsa.gov>

FASD Lane Support Group for Adults with FASD <http://www.fasdlane.com/>

Early Childhood Conference

Saturday, April 14, 7:00 am - 3:30 pm at the Monticello Community Center

Includes breakfast and lunch, opportunities for shopping and winning items in the raffle too! Fire extinguisher service is available during the conference for only \$5.

KEYNOTE: “Play Counts” ~ Denita Dinger (CC II, CDA 2) Denita’s passion for following a child’s lead to create opportunities for young children to learn and grow is contagious. You will leave her session with a new appreciation for yourself and a fresh perspective on the important role you play in the lives of young children. Idea after idea will be shared demonstrating the learning potential found by being “un”derful: thinking outside the box, sharing stories, feeling the beat, providing opportunities and simply following young children’s lead! You will gain confidence that play indeed counts!

Firmly believing that listening to children will produce the most amazing learning opportunities, Denita thrives on thinking outside the box, and on her toes to enhance play-centered learning. She has been the owner and operator of Giggles and Grins, a family child care home in Sioux Falls, SD. Denita uses her BS in Elementary Education and Early Childhood Education to not only find clever ways for young children to learn through natural discovery and investigative play, but to also “sell” play to parents who are expecting “worksheet learning”.

It’s Not a Box (Denita Dinger) – Session 1 A (CC IV, CDA 2) Fostering imaginations is one of the things Denita LOVES the most about her job as a professional brain developer. Sadly, technology has taken some of the imagination out of play. Never fear (da--- dada daaaaa!) this workshop will give you tons of ways to put it right back in! Books, songs, props and techniques that inspire imaginations will be shared. Be cautioned, your imagination will be refueled as well -- you just might fly out of this workshop on the back of a trombone playing bumble bee!!

Arts vs. Crafts: What’s the Difference (Michelle Anderson) – Session 1 B (CC II, CDA 2) This class will discuss the difference of Arts and Crafts and the importance of including both Arts and Crafts into your program. We will have some fun Spring craft ideas, including Earth Day, Mother’s Day, and Father’s Day crafts.

Contracts & Policies (Lori Hameister) – Session 1 C (CC VII, CDA 5) Participants will acquire the knowledge and confidence to be better able to promote their business and succeed as a business. Content includes: what are the child care trends that will affect your business, how to identify the benefits of your program, five key marketing strategies, how to compete against child care centers and exempt providers, and how to determine what to charge parents.

Top Ten Childcare Problems (Becky Thelen) – Session 1 D (CC II, CDA 3) Children make learning personal and meaningful by exploring how to get along with others, learning how things work and by trying to do things for themselves. On some days, this process can be a battle. This training will explore sure-fire solutions for battling the child care problems of...whining, meltdowns, hurting behaviors, bathroom battles, mealtime mischief, naptime blues, not listening, power struggles, Sassing Back, The Screamer.

Brains-on, Fun-on with Hands-on Science (Denita Dinger) – Session 2 E (CC II, CDA 2) All the senses will be on and learning will explode (not the building) when you set up these fun, easy, BRAIN-ON science activities. Enrich vocabularies, improve observation skills, work cooperatively, heighten the senses and most importantly....have fun through science! You will leave this workshop excited for Monday morning!

Infant Toddler (Joan Mick) – Session 2 F (CC I, CDA 8) Join us in looking deeply into just why toddlers are defiant, funny, lovable and feisty. What makes them behave in ways that mystify and sometimes frustrate us? Learn how to get along well and enjoy this trying time of development for children and those who care for them.

1-2-3 MAGIC! Effective Discipline for ages 2 to 12 (Lori Hameister) – Session 2 G (CC IV, CDA 3) Kids are just kids! In addition to being delightful, charming and affectionate, children can also present the adults in their lives with a steady diet of difficult behavior: whining, arguing, teasing, fighting, yelling, tantrums and pouting. The 1-2-3 Magic! program has practical and easy-to-use discipline techniques for families and educators. You will come away from this training with some techniques that are down-to-earth, kid-friendly and make a dramatic impact in a short time.

LANA: Learning about Nutrition through Activities (Becky Thelen) – Session 2 H (CC VI, CDA 1) Learning about Nutrition through Activities (LANA) is aimed at helping young children develop healthy eating habits and learn to taste, eat and enjoy more fruits and vegetables. Join us and Lana the Iguana to learn fun, research-based ways to implement healthy eating into your day!

Please check out www.wcfcca.org/conference.php to register online and for more info!

Winter Rhythms

Songs

Jingle Bells
Frosty the Snowman
Twinkle, Twinkle Little Star
Winter Wonderland
And all kinds of Christmas carols!



Poems and Fingerplays

Fuzzy Wuzzy

Fuzzy Wuzzy was a bear.
Fuzzy Wuzzy had no hair.
Fuzzy Wuzzy wasn't fuzzy, was he?

A Funny Little Snowman

A funny little snowman (smile)
Had a carrot nose. (point to nose)
Along came a rabbit (hop)
And what do you suppose? (shrug)
That hungry little rabbit (rub tummy)
Looking for his lunch, (shade eyes like you're searching)
Ate that snowman's nose (pretend to eat)
With a crunch, crunch, crunch! (big bites with each crunch)

Snowmen (A counting fingerplay for winter)

Five little snowmen standing round my door.
This one melted and then there were four.
Four little snowmen beneath a green pine tree.
This one melted and then there were three.
Three little snowmen with caps and mittens blue.
This one melted and then there were two.
Two little snowmen standing in the sun.
This one melted and then there was one.
One little snowman started to run.
But he melted away and then there was none.
From www.preschoolrainbow.org/occasion-rhymes.htm

Icicle Fingerplay

I'm a frozen icicle hanging in the sun. (pretend to hang over while standing)
First I start to melt, then I start to run. (drop body lower like melting)
Drip, drip, drip, drip. (go lower and lower)
Melting can be fun!! (sink or fall to the floor)
From <http://rhythmofthehome.com/archives/winter-2010/winter-stories-fingerplays/>

Let's Get Dressed for Winter (Felt board and song showing kids what clothes to wear for winter to the tune of Did You Ever See a Lassie?)

Did you ever see my _____ (jacket, pink hat, striped scarf, mittens, brown boots)
My _____, my _____?
Did you ever see my _____?
It keeps _____ (me so, my head, my neck, my hands, my feet) warm!
From <http://www.youtube.com/watch?v=CULyz139rIk>

Winter Activities

Snowman Face Snack

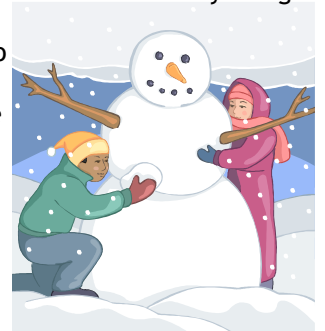
Spread cream cheese on a bagel or rice cake, then make a snowman face with raisins and baby carrots. Inspired by <http://www.everythingpreschool.com/themes/winter/more.htm>

Hot Chocolate Milk

Per child:
1 cup milk
¼ cup chocolate chips
Pinch of salt
Swirl of whipped cream
Sprinkles
Bring milk to a simmer over medium heat. Remove from heat and stir in chocolate chips and salt. Cover and let stand for five minutes. Whisk until smooth. Let kids put their own sprinkles or whipped cream on as desired.
From http://www.nickjr.com/recipes/hot-chocolate.jhtml?path=/recipes/all-shows/seasonal_winter/all-ages/index.jhtml

Snow Globe

Per child:
One small glass jar with lid (baby food jars are great!)
Small figurines (tiny trees, etc. that won't dissolve in water)
Misc small items (buttons, felt, etc)
Food coloring (optional)
Glitter
Ribbon
Hot glue gun
Using hot glue, attach the main piece or pieces to the inside of the lid. Fill the jar with water and add sprinkles and any other floaties or small items you like. You can add food coloring too. Remember not to add too many things or you won't be able to see the main figure! Use hot glue gun to secure the lid to the jar. After it has cooled, flip it over and tie a ribbon around the neck or lid of the jar for a festive look!



Outside Ideas

Snowman
Snow fort
Snow angels

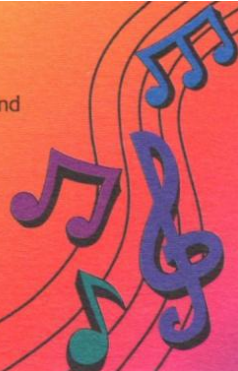

Cinnamon Apple Slices

4 pared and sliced apple(s)
4 tsp. butter or margarine
2 tsp. cinnamon
1/2 tsp. sugar
Place apple slices in buttered baking dish. Spread butter or margarine on apple slices and sprinkle with cinnamon sugar mixture. Bake at 350 degrees for 15 minutes or cover and microwave until soft. Serve warm.

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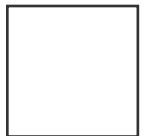
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Wright County Early Childhood Conference
 We need volunteers in order to have a conference and have it run smoothly!
 Please volunteer!