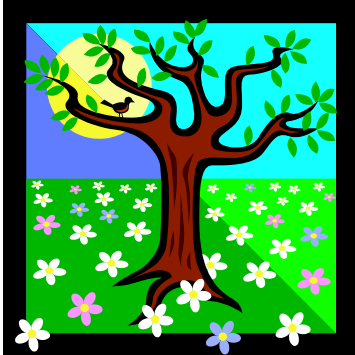


WCFCCA Newsletter

Spring 2012
Volume 5, Issue 1



WCFCCA Board Members

President:

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

Vice President:

Justine Folkestad
Albertville, MN
Justine@wcfcca.org

Secretary:

Shanna Kuehn
Otsego, MN
shanna@wcfcca.org

Treasurer: Open

MLFCCA Rep:

Jo Ellen Franke
Hanover, MN
joellen@wcfcca.org

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



President's Message

Woo hoo. It's not officially Spring yet, but we've certainly been graced with spring temps! This is a perfect time to encourage you to get outside and enjoy nature. Jump in mud puddles, catch (and be gentle with) bugs, talk about how things grow, etc. Studies and statistics show that children today are not exposed to enough outdoor time and are deprived of a connection with nature. Let's be the exception to the statistics and give our children tons of time to explore and play outside. Set up a sensory table, block area, cars, art area, and science center outside...you probably have the room and can use it as an excuse to make more space indoors. Then you can enjoy more time outdoors in the gorgeous Minnesota weather...for the next 6 months. Happy Spring!

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, March 13: Circle Time Fun
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.

Saturday, April 14, 7 a.m.-3:30 p.m.
- **Annual Conference**
Don't miss the early bird rates for our annual conference! The conference will be at the Monticello Community Center. **REGISTRATION INCLUDES:** breakfast, lunch, 6 hours of training, shopping, and raffle. Please reserve your seat now as space is limited and we sell out every year! Registration and information available at www.wcfcca.org/conference.php
Key Note: Denita Dinger "Play Counts"
Cost: \$45 for members, \$60 for non-members, after March 24th: \$55 for members, \$70 for non-members
See page four for more details!

Tuesday, May 15, 6:30-7:00 p.m. (before training) -**Parent Aware Info**
CCR&R will be presenting information on the Race to the Top grant Minnesota recently won and Parent Aware.

Tuesday, May 15: Cooperative Games for All Ages

Come & join us as we discover the many usual and unusual games to get young children moving. Games that can be used indoors and outdoors; games for large and small groups, circle times, and multi-aged games will be covered. There will be new games that you may not have heard of and old games with revised rules. You will see games of high, medium, and low activity level. You'll leave with new ideas and have fun in the process.

Please remember
to RSVP or CANCEL
at least 1 week 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.



WCFCCA Provider of the Year - Tanya Woelfel

Congratulations to Tanya Woelfel - WCFCCA's Provider of the Year for 2012! Tanya was selected out of 41 nominees. Tanya has been a licensed family child care provider for the past 6 ½ years and was nominated by four families and a fellow provider. One parent nominated Tanya because "she is always making the kids laugh and smile and most of the time they don't even want to come home at the end of the day because they are having too much fun." Tanya explains, "I live and breathe (and even dream) about my child care...The children are my joy; they make life interesting and are always full of surprises."

Volunteers

WCFCCA is a volunteer organization. To keep the organization growing and thriving, we need to have more people step forward. You don't have to serve on the board if you don't want to as there are a lot of things we do behind the scenes to make the trainings, banquet, and conference run smoothly. Please help out by donating a little bit of your time and knowledge. We have openings for a Treasurer, Conference Chair, Banquet Chair, Training Coordinator, Provider of the Year Chair, Public Relations Chair (press releases), and anything else you can think of! Plus, we need committee members for the conference, banquet, and Provider of the Year.

New Cribs Safety Standards

Be sure your cribs are compliant with new requirements. You have until December 28, 2012, to update your cribs. The new requirements are more than just immobilizing a drop-side crib. For details, visit www.cpsc.gov/businfo/frnotices/fr11/cribfinal.pdf. Basically, cribs must meet stricter safety standards. All new cribs sold after June 28, 2011 meet these new standards.

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

The next round of R.E.E.T.A.I.N. (*Retaining Early Educators Through Attaining Incentives Now*) will be starting in a few months. To be eligible, you must have worked in the same program for at least one year and work with the same group of children 30 hours or more a week, have a CDA or degree, and commit to staying in the same position for a year. Applications will be available at www.mnstreams.org June 1 - July 31, 2012.

New Members

We welcome the following new members to WCFCCA:

Jocelyn Schmatz, Rockford
 Lisa Braegelman, Albertville
 Shawndel Spader, Buffalo
 Tana Crowell, Annandale
 Stacie Woods, Monticello
 Doris Steffens, St. Michael
 Debra Fairfield, Otsego
 Brandi Qualley, Otsego

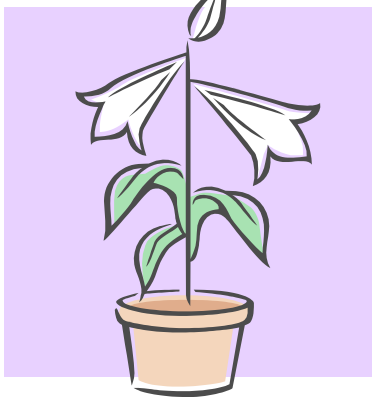
Rebecca Boecker, Buffalo
 Nicole Jensen, Monticello
 Kim Erickson, Buffalo
 Doug Erickson, Buffalo
 Jodi Howell, Buffalo
 Peggy Safar, Monticello
 Patty Thompson, St. Michael

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



*"Good teaching is
one-fourth
preparation and
three-fourths
theater."
~ Gail Godwin*

*"If you have
knowledge, let
others light their
candles at it."
~ Margaret Fuller*



Free Training at Our Conference!

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. If you know any older kids who need community service hours, please let them know that we need help on Friday and Saturday. They not only earn hours, but they'll get free meals!

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>

Race to the Top Early Learning Challenge Grant

Minnesota was one of only nine states to be awarded a federal grant called Race to the Top Early Learning Challenge. Minnesota will receive \$45 million. Much of the funding is dedicated to bringing Parent Aware (a quality rating system - QRS) from selected pilot areas to the entire state. Programs will be assessed and given a rating based on the quality of care.

For more information on Parent Aware, please visit <http://www.parentawareratings.org>.

For more information on the grant, please visit http://www.naccrra.org/sites/default/files/default_site_pages/2012/mn_race_to_the_top_symposium_presentation_handout-pdf.pdf.

Child Care Choices, our local Child Care Resource & Referral (CCR&R) will be hosting an informational session.

Date: May 15

Time: 6:30 - 7:00 p.m.

Location: St. Michael Community Education Center

Provider Appreciation Day - Friday, May 11

For 25 years, at the request of the Minnesota Licensed Family Child Care Association (MLFCCA), the governor of Minnesota has proclaimed the first week of May, Family Child Care Provider Week. There are over 138,000 children cared for in Minnesota's 11,300 licensed family childcare homes.

By applauding the dedication of child care providers on May 11, we remind our communities of the importance of high-quality child care, and let providers everywhere know that we recognize and value their important work," said Linda K. Smith, Executive Director of the National Association of Child Care Resource & Referral Agencies (NACCRRRA), the lead sponsor of Provider Appreciation Day. "It is important that the care a child receives during the first five years of life be of high-quality because 90 percent of brain development occurs during those years."

Early Childhood Conference

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

Includes 6 hours of training, breakfast and lunch, and 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!

Hitting, Kicking, Biting and Hair Pulling

By Elizabeth Pantley, author of *The No-Cry Discipline Solution*

Children resort to aggressive behaviors because of a lack of wisdom and self-control. It is not a sign that a child is hateful or mean. Kids are human beings and human beings *will* get angry, we can't prevent that. What we can do is teach our children how to handle their frustration and anger in appropriate ways. If your child uses these physical acts to express her feelings, use some of the following tips to change her behavior.

Intercede before it happens

Watch your child during playtime. When you see her becoming frustrated or angry - intervene. Coach her through the issue. Teach her what to do, or model what to say to her friend. Or if she seems too upset to learn, redirect her attention to another activity until her emotions level out.

Teach and explain

It's one thing to tell a child what *not* to do or to step into an argument and solve it yourself. It's another thing entirely to teach her what *to do* in advance of the next problem. This can be done through role-play, discussion, and reading a few children's books about angry emotions.

Examine hidden causes

Is your child hungry, tired, sick, jealous, frustrated, bored or scared? If you can identify any feelings driving your child's actions you can address those along with the aggressive behavior.

Give more attention to the injured party.

Often the child who hits gets so much attention that the action becomes a way of gaining the spotlight. Instead, give more attention to the child who was hurt. After a brief statement, "*No hitting!*" turn and give attention to the child who was wronged, "*Come here and Mommy will give you a hug and read you a book.*"

Teach positive physical touches.

Show your child how to hold hands during a walk or how to give a back rub or foot massage. Teach a few physical games, like tag or cat's cradle. Under direct supervision, children who are more physical can gain a positive outlet for their physical energy.

Teach the clapping method

Tell a child to clap his hands whenever he feels an urge to hit. This gives him an immediate outlet for his emotions and helps him learn to keep his hands to himself. An alternate is to teach him to put his hands in his pockets when he feels like hitting. Reward with praise anytime you see he's successful.

Give your child a time out

To use Time Out when a child acts out aggressively, immediately and gently take the child by the shoulders, look him in the eye and say, "*No hurting others, time out.*" Guide the child to a chair and tell him, "*You may get up when you can play without hitting.*" By telling him that he can get up when *he's* ready, you let him know that *he* is responsible for controlling his own behavior. If the child gets up and hits again, say, "*You are not ready to get up yet,*" and direct him back to time out.

Avoid play hitting and wrestling

Young children who roughhouse with a parent or sibling during play time might then use these same actions during non-wrestling times. It can be hard for them to draw the line between the two. If you have a child who has trouble controlling his physical acts then avoid this kind of play.

Don't lose control

When you see your child hurting another child it's easy to get angry. This won't teach your child what she needs to learn: how to control her emotions when others are making her mad. You are mad at her, so she'll be watching how you handle your anger.

Don't let your child watch violent TV

Children can become immune to the impact of violence, and they may copy what they see depicted on television. Avoid viewing shows that portray aggression as an appropriate way of handling anger.

Don't assume your child can figure it out

If your child comes to you about a difficult situation, don't send him away for tattling. But don't step in and handle it for him, either. View his call for help as an invitation to teach him important social skills.

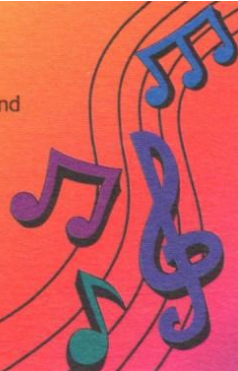
Don't focus on punishment

More than anything your child needs instructions on how to treat other human beings, particularly during moments of anger or frustration.

ABC LITTLE TYKES MUSIC
Fun-filled music classes for children 2-5 yrs.old. Over 20 years experience. B.M. and M.A. in Music. CCR&R trainer
www.abclittletykes.com

Toni Csargo

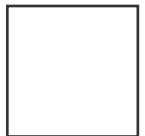
tcsargo@yahoo.com
608 239 4116



YOUR AD HERE
For only \$15/issue, or \$50/year, reach 450 childcare providers!



Wright County Family Child Care Association
10134 44th Court NE
St. Michael, MN 55376-8499



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