

# WCFCCA Newsletter

Summer 2012  
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## WCFCCA Board Members

### President:

Hollee Saville  
St. Michael, MN  
[hollee@wcfcca.org](mailto:hollee@wcfcca.org)

### Vice President:

Justine Folkestad  
Albertville, MN  
[Justine@wcfcca.org](mailto:Justine@wcfcca.org)

### Secretary:

Shanna Kuehn  
Otsego, MN  
[shanna@wcfcca.org](mailto:shanna@wcfcca.org)

Treasurer: **OPEN**

### MLFCCA Rep:

Jo Ellen Franke  
Hanover, MN  
[joellen@wcfcca.org](mailto:joellen@wcfcca.org)

## Contact Us

Wright County Family Child  
Care Association  
10134 44<sup>th</sup> Court NE  
St. Michael, MN 55376  
Phone: (763) 463-5909  
Email: [info@wcfcca.org](mailto:info@wcfcca.org)  
[www.wcfcca.org](http://www.wcfcca.org)



## President's Message

Provider Appreciation Day has come and gone, but we want you to know we appreciate all the work you do for children and the families of Minnesota. When the Star Tribune seems bent on publishing weekly articles that criticize licensed family child care, it can be tough. However, your families and--most importantly--children surely appreciate the difference you make and know that there's no place like home, whether it's their own home or a second home, like licensed family child care. Remember, you have a voice, so **SPEAK UP**. Write courteous letters to the editors (of your local and state papers), post on Facebook, contact your legislators, and network with your fellow providers. We have and can continue to educate others and make a difference!

## Upcoming Events

*Unless otherwise noted: 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 18, 6:30-9 p.m. -Play Safe Be Safe**

A fascinating and entertaining look into the preschool child's perception of fire, the surprising frequency of children's misuse of fire, practical approaches to teach young children fire safety, and introduction to the award winning Play Safe! Be Safe! kit.

### **Tuesday, October 16, 7p.m. - 101 Snack Time Ideas**

Snack time! The words are magic to a child's ear. But to a child care provider they can present a challenge. Are you looking for new recipes, activities and ideas that support snack time? The ideas and recipes in this class will have you as excited for snack time as the children you care for.

### **Tuesday, November 20, 7:00 p.m. - Teaching Children to Stand Up for Themselves**

The best thing we can do for our kids is to teach them how to help themselves. In this workshop, we will examine why some children get "picked" on & learn strategies to help children be their best advocate!

### **Coming up:**

Dec 18: Understanding Temperament  
Jan 15: Food Allergies  
Feb 19: Take a Stand Against Bullying  
March 19: Go Green Scale  
May 21: Big Body Play

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.*



## WCFCCA Member Benefits

- ✓ **Professionalism:** Being an Association member increases your level of professionalism, something that appeals to prospective childcare families.
- ✓ **Networking:** Attending meetings gives you an opportunity to network with your professional peers. Topics that may be discussed at meetings include how to run a successful business, marketing strategies, creative ideas, resource info, etc.
- ✓ **Quarterly newsletter** that includes such things as current trainings in our area, association news, craft and activity ideas, legislative updates on issues that affect childcare
- ✓ **Training:** As an association member, you will be able to attend training workshops for free or at a reduced cost.
- ✓ **Events:** We have Provider Parties and Tours at member homes, as well as a FABULOUS Spa & Shop Celebration with our Banquet Night each winter. These events are free (or very inexpensive) for our members.
- ✓ **Conference:** The annual Wright County Early Childhood Conference offers 6 hours of training, shopping, food, prizes, massages, and wonderful opportunities for networking...all at an affordable price. Members can attend for a reduced price.

## Opening Membership - feedback requested

We are considering opening membership to anyone who supports our mission. Mission: "The WCFCCA is an independent non-profit organization of licensed family childcare providers committed to further development of childcare programs through cooperative action, further guiding providers to quality care. We provide opportunities for growth, training, networking, and peer support to providers in Wright County. We help members deal with the many issues they face as childcare providers, from licensing regulations to legislative changes, so that they can focus on what they care about most: providing children with the best care possible."

Please voice your opinions about possibly allowing others to join the WCFCCA.

## Car Seat Safety Standards

Check out <http://www.iihs.org/> for information on car seat safety. For more information on child safety, please visit <http://www.nhtsa.gov/>, also check Consumer Reports for information on the safest car seats, and <http://www-odi.nhtsa.dot.gov/cars/problems/recalls/childseat.cfm> for recall info. Booster seats, even high backs, are not as safe as harnesses.

## Summer Sun Safety

Most sun exposure happens before the age of 20. Help children protect their skin by using an SPF 15+ sunscreen even when it is cloudy, reapplying every two hours, and avoiding the sun 10 a.m. - 2 p.m. For a list of SAFE sunscreens, please visit [www.ewg.org](http://www.ewg.org) for the Sunscreen Guide. You'll be amazed at the toxic chemicals in most major brands of sunscreens.



## New Members

We welcome the following new members to WCFCCA:

*Karla Marschel, Howard Lake  
Tammy Belland, Monticello*

*Polly Augustson, Monticello  
Michelle Painschab, Maple Lake*

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

## MLFCCA Report

MLFCCA's Provider of the Year Conference and Banquet will be May 3 & 4, 2013, in Rochester. Save the date!

## Unionization Status

Governor Dayton has publicly stated he will not appeal the ruling against voting on the unionization of childcare providers, although AFSCME still could and may push it through the legislature in the future. Providers and their friends and clients need to call their legislators and express their opinions about it so they understand where we stand. Remember, licensed family child care providers already have the right to INDIVIDUALLY join the unions right now. This fight was about preventing them from forcing all--even a group of--providers to join the union. Thanks for all of your support!

## Be the Change

Do you know how you can be heard? Do you want to make changes in our profession and the rules for providers? You can make a big difference and your thoughts and opinions matter. You can contact your representatives, write letters, make phone calls, and attend hearings to improve the field of childcare for children, families and providers. Watch for news from MLFCCA, sign up for updates from <http://childcareworks.org/>. Here is a training on how to get involved.

### Yes You Can! Be a Voice for Children, Youth and Families

Presented by Sara Benzkofer, MnAEYC-MnSACA Staff

June 27, 2012 | 10:00am - 12:00pm

Think Small: West Metro Office

2021 East Hennepin Ave. Suite 250

Minneapolis 55413

Join us to learn the basics of the legislative process, why advocacy is critical to affecting change and how you can take action for the children, youth and families that you serve. Leave with concrete tools and strategies to be effective advocates for your program.

Members: \$25, Non-Members: \$30

<https://m360.mnsaca.org/event.aspx?eventID=51023>

## The Katie Williams CARE Fellowship

"The CARE Fellowship offers an opportunity for child care providers and family & children services staff to connect the dots between early care public policy and the daily work of caring for and supporting children and families." Free training is provided to a group of 15 participants, once per month (except December) from September to May. Training sessions are currently scheduled on Fridays 9:30 am to 4:00 pm and lunch is provided. To apply for the fellowship, visit [www.childcareworks.org](http://www.childcareworks.org) or email [vicki@childcareworks.org](mailto:vicki@childcareworks.org). The application deadline is July 31<sup>st</sup>.

## April 20, 2013 Early Childhood Conference

We are very fortunate to have Boca Beth as our keynote speaker for next year! She has taken a long leave from training so we are excited to have her at our conference! For next year's conference, the following positions remain unfilled: Conference Chair, Vendor Coordinator, Food Coordinator, St. Michael donations, Buffalo donations, and Corporate donations.



*"People often tell me that motivation doesn't last, and I tell them that bathing doesn't either, that's why I recommend it daily."  
- Zig Ziglar*



*"You must be the change you want to see in the world."  
-Gandhi*



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

R.E.E.T.A.I.N. (*Retaining Early Educators Through Attaining Incentives Now*) is now available. 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 are available online at [www.mnstreams.org](http://www.mnstreams.org) June 1 - July 31, 2012.

## Professional Courtesy - Be Responsible for Your Commitments

If you sign up to attend a training, please know that you are expected to be there. You need to let us know as soon as possible if you cannot make it to a training you have committed to. It affects the trainer's planning for the group when people don't show up.

## Volunteers

WCFCCA is a volunteer organization. To keep the organization growing and thriving, more people need to step forward. You don't have to serve on the board as there are many 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. Board member openings: Treasurer, Web Master, Membership Coordinator, Training Coordinator, Banquet Chair, Provider of the Year Chair, and Conference Chair.

## Focus on SIDS

Every five years we are required to have SIDS training. Any child's death is a tragedy and a nightmare for parents and providers. Please make sure that you and the parents of infants in your care know about SIDS and what to do. SIDS cannot be prevented because we don't know the cause but there are things we can do to reduce the risk. Be sure to place infants on their backs for sleeping and check on them frequently, at least every 15 minutes, per licensing rules. Babies should not sleep on beds or anything bulky like blankets or pillows to minimize suffocation risks. Pacifiers can help lower the risk, too. Use a sleep sack instead of blankets (you can buy them used for fairly cheap at a second hand store). Make sure baby doesn't get too hot. Breastfeeding in any amount helps, the more often the better the protection factor. Keep baby away from cigarette smoke.

The Star Tribune has written several articles lately portraying licensed family child cares in a negative light. Headlines such as "Asleep at day care and in deadly peril: More Minnesota children are dying in day care, mostly at in-home providers" and "State is slipping in child care safety" alarm parents and affect all of us as providers. About 11,500 licensed family childcare providers care for approximately 2/3 of Minnesota children in licensed childcare. Minnesota's 1,600 licensed centers charge more for infant care (\$12,900 a year) than do family childcares (\$7,350 a year). About 1/4 of infants are cared for at centers, 1/4 are cared for by licensed family childcares, and the remaining 1/2 are cared for by unlicensed caregivers such as neighbors or relatives or unlicensed childcare providers. For the period from ten to five years ago, DHS records show only 24 deaths when a doctor's note was required for any sleeping position other than on the back. In the last five years, since allowing parents to request an alternate sleep position instead of requiring a doctor's note, 51 children have died in licensed childcare in Minnesota, most of them infants and all but three of them in family child care homes, according to DHS records. Rep. Patti Fritz, DFL-Faribault, filed a bill about a month ago to again require a doctor's signature for such requests.

### References:

<http://www.sids.org/nprevent.htm>

<http://www.mayoclinic.com/health/sudden-infant-death-syndrome/ds00145/dsection=prevention>

<http://www.startribune.com/lifestyle/health/150303605.html?page=all&prepage=1&c=y#continue>

<http://www.startribune.com/local/north/159188275.html>

<http://www.startribune.com/opinion/editorials/156484285.html>

<http://www.startribune.com/politics/statelocal/150873215.html>

<http://www.startribune.com/lifestyle/health/155522975.html>

<http://www.startribune.com/opinion/commentaries/150242185.html>

<http://www.startribune.com/local/141314823.html>

<http://www.startribune.com/local/150283965.html>

## Ed Rajkowski presents Cooperative Games for all Ages

Ed recently gave a fun training on playing games with children where there aren't winners and losers. We got to play several of the games as a group too! With the focus on cooperation, he talked about how to keep things moving and how to deal with children who aren't joining in or following the guidelines of a game. It takes time to learn to be cooperative and considerate, particularly when other social forces are pulling in another direction. It takes time to develop feelings of trust and acceptance, more time for some kids than others. If you missed his training, you can catch him at the next conference and learn even more fun games! Here are some games for you to try out.

### Cooperative Beginnings Birth-Two Years Old

**Simple Exchanges:** Exchange objects (shakers, bottle, toys, balls, flowers, leaves) between adults and the infant. Little tots enjoy passing games. Begin by passing a teddy bear or a large ball back and forth, around a circle or under some legs, yours or a table's. Roll it back and forth sitting on the floor with them. A sponge ball works well.

**Teddy Bear Cradle:** Lay a towel down on the floor, then place a teddy bear in the center of the towel. Pick up two corners of the towel and hand your child the other two corners. Swing the towel gently back and forth with the teddy bear.

**The Smallest Caterpillar:** Crawl behind your crawlers making noises so they know you are right behind them. Touch the bottoms of their feet from time to time. Take a hold of their ankles and crawl in unison.

**Tandem Walking:** This is played with both pre-walkers and toddlers. With the child in front of you facing forward, lift them so that their feet are on the top of yours. Maintain contact with both hands and feet, slowly walk forward or dance around to slow music.

### Games for Children Three through Seven Years Old

**Cooperative Musical Chairs:** The same as traditional musical chairs only the chairs are removed and the children are allowed to share and they all end up sitting on each other on one chair. Can use hoops instead of chairs.

**Hot Potato:** You can use a bean bag or a ball. The children join hands and sit down to form a potato passing circle. The hot potato is passed around the circle. The potato caller with their back to the group yells "hot potato." The person with the potato then joins the potato caller and decides on the number and counts softly together before yelling "hot potato" in unison. This continues until all but one child has switched circles and all the children have selected a "hot potato" number to count to. There is no feeling of losing because they are always in one circle or the other.

**Sardines:** A game reversal of Hide and Seek. Have one child hide somewhere. Have all the other children look for that person. When someone finds the person that is hiding, they hide with them in the same spot. The next person who finds them hides with them and so on until all of the children are hiding in one place with the last child looking for the whole group.

**Left-Right Beanbag:** Have the children get into groups of two, three, four, or five. Have them sit facing each other sitting cross-legged with their hands on their knees. Place a beanbag or other object on the floor between them an equal distance away from all of the children. Call out the words "left" or "right." They each try to grab the bean bag and pick it up with the correct hand. To add to the excitement, you can add different commands such as "both", "neither" or "stop" to check to see if they are really listening. This game can also be done with one person holding the bean bag about two feet off of the floor and in between two children lying in the sit up position. The children compete to sit up and reach the beanbag first. For stronger children the game can be played in the push up position.

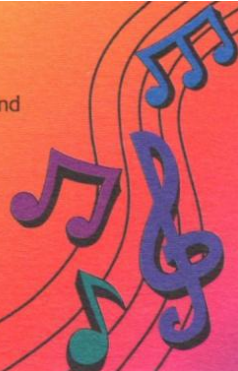
**Toesies:** Kindergarten children giggle all the way through this one. Partners simply lie stretched out on the floor, feet to feet (or big toe to big toe) and attempt to roll across the floor keeping toes touching throughout.

**Three-Legged Ventures:** Tie their inside legs together with a scarf or other band. You can do three-legged races or play soccer. Or they can just pretend to be twins and do everything together.

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tcsargo@yahoo.com  
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Wright County Family Child Care Association  
10134 44<sup>th</sup> Court NE  
St. Michael, MN 55376-8499



**2013 Wright County Early Childhood Conference**  
We need volunteers in order to have a conference and have it run smoothly!  
Please volunteer!