

This Newsletter is coming to you by providers for providers. If you have ideas you would like to share with other child care providers, please feel free to e-mail them to [Newsletter@RCFCCA.com](mailto:Newsletter@RCFCCA.com). This seasonal newsletter is offered 4 times a year. The submission deadline for the Winter Newsletter is November 10.

## In This Issue

- Kids Are Safe
- Membership  
New & Renewed
- Legislative Changes
- Did You Know?
- Rule Changes for Cribs
- Membership  
Need to Renew Soon
- Ask the Licensor
- Library Resource
- FREE RCFCCA Trainings  
-Supervision and  
Mandatory Reporting  
-Sleepless in America
- RCFCCA Website
- Spring Training
- Legislative Issues
- Fire Extinguisher Servicing
- Dates to Celebrate
- Trainings/Events
- Conferences
- Writing Lesson Plans
- Peanut Butter Lover's Month
- Facebook
- Networking Contacts
- Board Meetings:  
Sept., Oct., Nov.
- Membership Application
- Baby Safety Month
- Halloween Safety Tips
- Hennepin County Home Tour
- From the Eyes of a Child
- RCFCCA Board
- RCFCCA Newsletter  
Submission Deadlines
- Note From the Editor
- Kid's Spills
- Mission Statement
- Union Point of View
- Outreach Removal

## Kids Are Safe With Family Child Care Providers

The Star Tribune series by Brad Schrade, Jeremy Olson and Glenn Howatt on SIDS deaths ("The day-care threat," May 6, 20 and 30, and July 15) has described the intense pain and devastation of losing a child. After great success in lowering the incidence of SIDS since the mid-1990s, Minnesota is seeing an upward trend in SIDS in homes and care programs in the last five years.

There is not one simple answer. Reactions by the public and legislators must be well-informed. Well-intentioned responses can have unintended negative consequences.

We met with Schrade and Olson at an accredited family child-care home to demonstrate what safe, high-quality environments look like, and to dispel the tone and direction taken against the family child-care profession. We shared possible solutions and points not included in their articles.

The Minnesota Sudden Infant Death Center reports that over the past five years, there were 419 infant deaths -- 47 in

licensed family child care, two in licensed centers, 27 in other nonparental care and 343 in parental care. In the previous five years, there had been 358 infant deaths -- 21 in licensed family child care, one in a licensed center, 22 in other nonparental care and 314 in parental care. These figures reflect an increase in infant deaths in all settings.

While 99 percent of licensed family child-care providers, caring for more



than 100,000 children, have not had a serious incident, the tragedy lies in the small percentage who did. Minnesota has safe-sleep regulations and requires safe-sleep training for licensed providers. Before solutions can be effective, there must be further analysis of individual cases to understand all the contributing factors related to the increase, in

the child's home and in a care setting.

Essential solutions begin with addressing conflicting messages that arise when doctors advise tummy sleep based on a medical need or when parents choose tummy sleep and attempt to direct the provider to do the same. Mixed messages are delivered via marketing companies showing cribs with soft materials and tummy-sleeping babies. Reigniting a "back to sleep" campaign with a clear message is vital.

Solutions that address inadequate funding for high-quality early child care programs are another step. We know that for every dollar spent in the early years, \$17 is saved in later taxpayer expense. We know that the brain is mostly formed by age 5, yet Minnesota spends less than 1 percent of its budget on early care and education. Where are our priorities for children?

Funding for county licensing agencies, which monitor family child-care homes, has been dramatically cut and generally

**Kids Are Safe/see page 2.**



## MEMBERSHIP

### New & Renewed

#### Mounds View

Clarissa Johnston

#### St. Paul

Mary Jo Bjornson  
Donna Holman  
Angie Rein  
Judy Willner

#### Roseville

Sara Nelson

#### White Bear Lake

Cynthia Hering  
Patricia Lee  
Dawn Mayr

Thanks for your  
membership and  
support!

## Kids Are Safe / Continued from page 1

reduces licensing visits to once every two years or upon complaint. Simply adding regulations or mandating lower ratios will have the unintended consequence of putting more children in unregulated and illegal care.

Solutions are found in education initiatives like those offered through the Minnesota Licensed Family Child Care Association. The Parent Aware initiative is excellent, yet it is limited in capacity. The Race to the Top funds sound like a lot of money, but when there are vast numbers of children who need to benefit, it offers only a few hundred dol-

lars per child on a one-time basis.

Solutions that improve access for parents choosing quality child care are important. Minnesota's Child Care Resource and Referral Agencies provide a wealth of support, yet are unknown or underutilized, as is the Department of Human Services daily e-mail report on correction orders made in licensed facilities. To subscribe to this e-mail, visit [licensinglookup.dhs.state.mn.us/Subscribe.aspx](http://licensinglookup.dhs.state.mn.us/Subscribe.aspx).

As difficult as the Star Tribune's articles are for grieving families and the vast majority of quality

providers, the reporters missed the opportunity to look for solutions that support high-quality care.

It is our hope that future reporting will look at the most current pediatric research to understand the long and complex list of what we could be doing to lower infant deaths and how dollars can be reallocated to implement possible solutions. Our association's mission is to support the highest standard of care for children.

Source: Katy Chase is executive director and Jackie Harrington is a board member at the Minnesota Licensed Family Child Care Association.

## Legislative Changes

### 2012 Legislative Session Human Services Licensing Related Bills Summary for Family Systems Programs

On August 1, 2012 a number of legislative changes went into effect for licensed family child care. Licensing is waiting for direction from DHS regarding how these new statutes will be interpreted and will post updates on the Family Child Care website at:

<http://www.co.ramsey.mn.us/hs/childcare/Providers.htm>. Click on 2012 HS Legis Fam Lic Summary.pdf to view the legislative changes.

Please click on "Subscribe for Child Care News and Information" to sign up for alerts to any changes on the website. You should also check the website on a regular basis to assure you are utilizing the most current forms for licensed family child care. In addition you may also access statutes on the Office of the Revisor of Statutes website.



**Always remember that your Licensor is available to answer any of your questions or concerns!**

## Did You Know?



Metal winners from the London Olympics get paid from their countries for winning gold, silver and bronze medals.

~Italy pays a gold medal winner \$182,400 which is the highest in the world.

~Russia pays nearly \$135,000 for a gold medal.

~France pays \$65,200 for a gold medal.

~Japan pays \$35,900 for a gold medal

~China pays \$31,400 for a gold medal.

~Canada pays \$20,000 for a gold medal.

~USA pays \$25,000 for gold, \$15,000 for silver and \$10,000 for bronze. These are paid by the US Olympic Committee.

Also attached to these medal winnings, are taxes that need to be paid on their medal winnings and the value of the medal. Gold medal winners could pay as high as \$8,986 per medal, silver medal winners could be \$5,385 and bronze medal winners could be \$3,500. Just think, some of these Olympians are still in high school.

Source: CNBC's Senior International Correspondent, Michelle Caruso-Cabrera

## Rule Changes for Cribs

### New Crib Safety Standard Goes into Effect 12-28-12\*

Beginning December 28, 2012, any wooden crib or wooden/metal porta crib provided by family child care homes must meet new and improved federal safety standards. The new standards took effect for manufacturers, retailers, importers and distributors on June 28, 2011, addressing deadly hazards previously seen with traditional drop-side rails, requiring more durable hardware and parts and mandating more rigorous testing.

**What this CPSC safety standard is telling all licensed providers in the United States is that if you have a wooden crib or wooden/metal porta crib manufactured before June 28, 2011, those cribs or porta cribs will need to be replaced by December 28, 2012. Old cribs will need to be destroyed and replaced with new CPSC compliant cribs. Licensing will be assessing \$200 fines to all providers not in compliance with the new crib safety standard set by the Consumer Product Safety Commission as of January 2013.**



The CPSC term “non-full-size crib” does not include products with mesh/net/screen or other non-rigid construction. Instead, enclosures with mesh or fabric sides are considered to be “play yards” and are not subject to the new crib standards. If you have a variance for a mesh sided play pen,

pack N play, or play yard you can continue using these until the CPSC updates their safety standard for play yards. They are in the process of reevaluating this safety standard and will give licensed child care homes and centers 6 months to comply with the new safety standard on play yards once it is published in the Federal Register.

Think Small is offering Grants for crib replacement. Applications are available September 1, 2012, and are due back by September 25, 2012. This grant money will require 12 to 16 hours of training to comply. You can call the Grant Line at 651-287-6919 and talk to Helen for an application or print one out from their website starting September 1, 2012, at [www.thinksmall.org](http://www.thinksmall.org). If you apply for a grant, you must wait for a grant approval letter dated November 1, 2012, before you can purchase your crib. Look for your neon green postcard from Think Small that details the Child Care Service Grant Application & Guide.

Sources: Consumer Product Safety Commission Website (Child Care Providers ~ Your Guide to New Crib Standards)  
Minnesota Department of Human Services May 3, 2012, Memo  
Think Small Neon Green Grant Postcard

\* RCFCCA recognizes the need to follow safe-sleep practices when sleeping infants in cribs. This image is used solely for the purpose of displaying a visual of a crib.

\*Please be sure to buy your new crib from a reputable source. We are hearing stories from providers about purchasing new cribs that, when delivered, do not meet the new standards.

## MEMBERSHIP

### Members Needing to Renew Soon

#### September

##### **New Brighton**

Rita Iacarella & Helper

##### **St. Paul**

Carol & Jim Behr

Tom Braun

Julie Conrad

Julie Dahl

Nicole Enstad

Shelly Kirchoff

Donielle Olson

Jan & Russ Roe

##### **Roseville**

Mary Lindholm

##### **White Bear Lake**

Marilyn Mork

#### October

##### **Arden Hills**

Joanna Ryals

##### **Maplewood**

Tonya Nickson

##### **Mounds View**

Annette Katzmarek

##### **St. Paul**

Nikole Brothen

Carolyn Campero

Ann Clark

Amy Toby

Angie Wilson

##### **White Bear Lake**

Bev Lewis

Carol Ploeckelmann

Diana Yochum

#### November

##### **Arden Hills**

Nancy Ortloff

##### **Maplewood**

Vicki Walseth

##### **Mounds View**

Theresa Netkow

##### **Roseville**

Mary Woodruff

##### **St. Paul**

Colleen Blomgren

Jean Lane

A Membership Form can be found on page 10 of this newsletter or on our website at [RCFCCA.com](http://RCFCCA.com).



## Ask the Licenser

**Q:** If a prospective family wants to visit during day care hours to observe their children's interactions with the current day care enrollment (prior to their family signing a contract), is that acceptable per our background check requirements? Also, if we have contractors/service/utility people on our property, what is the protocol for these visits?

**A:** There are a number of things to consider whenever you allow someone into your home during childcare hours. You are mandated to protect the health and safety of the children in your care and therefore must provide direct supervision to assure that a person for whom there is not a cleared background study does not have unsupervised access to any child in care. That said, it is also a liability issue as well as a data privacy issue. You, as the licensed provider, must be diligent in assuring that you are supervising children in any and all situations. Here are some things to consider if a person who doesn't have a cleared background study should be in your home:

- If the person may potentially have access to children, they will need a cleared background study. People who fall into this category include house cleaning or lawn service providers, as it is unreasonable to assume that you, as the licensed provider, can supervise the children at all times.
- If there is reasonable cause to conduct a background study, because you, the license holder, have information that would indicate the person (s) may pose a risk of harm to the health or safety of the children in care.

The question posed also begs consideration regarding whether or not the physical environment where the contractors/service/utility people are working is safe and hazard free. This requires that you, as licensed providers, assure that children do not have access to toxic substances or hazardous materials at any time and are providing the level of supervision required to protect the health and safety of the children in care.

**Always remember that your Licenser is available to answer any of your questions or concerns!**

### We need to hear from YOU!

Send a question you would like answered by a Ramsey County Licenser to:  
Newsletter@RCFCCA.com.

We will publish one question per Newsletter.  
(This will be done anonymously - no names used.)

## Library Resource

### Book Flix

The Saint Paul Public Library has more than 600 children's titles in their E-book collection, including many picture book titles such as, *Duck! Rabbit!* By Amy Krouse Rosenthal. All you need in order to download a title is a registered library card and pin number. Please go to our website at <http://www.sppl.org/ebooks>, to find out more information on how to download books suitable for your device.

Another possibility for using computers to enhance children's literacy is BookFlix, an online collection of classic video picture books paired with nonfiction titles. You can either read the stories to yourself or have the program read aloud. Many titles are available in Spanish. There are over 90 fiction/nonfiction pairs such as *Bark George* by Jules Feiffer and *Pets at the Vet* by Alyse Sweeny. To access BookFlix, please go to <http://www.sppl.org/research/books-and-reading/bookflix> and sign in with your library card and pin number.

Here are some of our favorites for fall!

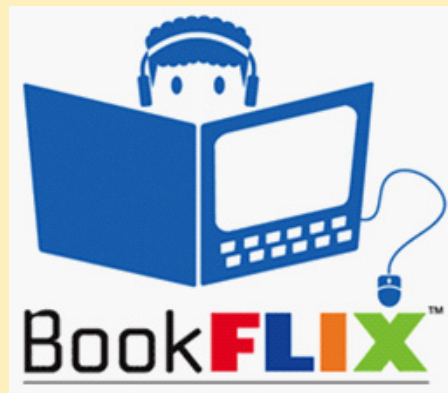
#### Fiction:

- ⇒ *Acorns Everywhere!* by Kevin Sherry. Dial, 2009.
- ⇒ *Apple Farmer Annie* by Monica Wellington. Dutton, 2001.
- ⇒ *The Apple Pie that Papa Baked* by Lauren Thompson, illustrated by Jonathan Bean. Simon & Schuster, 2007.
- ⇒ *The Busy Little Squirrel* by Nancy Tafuri. Simon & Schuster, 2007.
- ⇒ *Leaves Fall!* by Zoe Hall, illustrated by Shari Halpern. Scholastic, 2000.
- ⇒ *Leaves* by David Ezra Stein. G.P. Putnam's Sons, 2007.
- ⇒ *Nuts to You!* by Lois Ehler. Harcourt Brace Jovanovich, 1993.
- ⇒ *Plumply, Dumply, Pumpkin* by Mary Serfozo. Margaret K. McElderry, 2001.
- ⇒ *Time to Sleep* by Denise Fleming. Henry Holt, 1997.

#### Nonfiction:

- ⇒ *A Seed is Sleepy* by Dianna Hutts Aston, illustrated by Sylvia Long. Chronicle, 2007.

Source: St. Paul Library



## FREE RCFCCA Member Trainings

To register for these two FREE classes contact Brenda by e-mail: [hruzahome@comcast.net](mailto:hruzahome@comcast.net), or phone: 763-785-0314. Registration information and training fliers are also available on our website at: [RCFCCA.com](http://RCFCCA.com).

### FREE RCFCCA Membership Training for Providers

\*Training Approved by Ramsey County Licensing Unit\*

If you are a member of RCFCCA, this training is FREE for you.

Membership for 1 year is \$30 (4 FREE classes, 8 hours total) or you can pay \$20 for each class.

#### Fall Class

Tuesday, October 9, 6:30-8:30 pm

**REGISTRATION DUE BY 10-2-12**

#### Supervision and Mandatory Reporting

\*\*Taught by Licensing and Child Protection\*\*

Read more info. on our website at [RCFCCA.com](http://RCFCCA.com)

Think Small (formerly RCC)  
10 Yorkton Court  
St. Paul, MN 55117

Questions?  
Call Brenda at:  
763-785-0314.

### FREE RCFCCA Membership Training for Providers

\*Training Approved by Ramsey County Licensing Unit\*

If you are a member of RCFCCA, this training is FREE for you.

Membership for 1 year is \$30 (4 FREE classes, 8 hours total) or you can pay \$20 for each class.

#### Winter Class

Tuesday, February 12, 6:30-8:30 pm

**REGISTRATION DUE BY 2-5-13**

#### Sleepless in America

Trainer ~ Kristen Wheel Highland

Registration info. is posted on our website at [RCFCCA.com](http://RCFCCA.com)

Linwood Recreation Center  
860 St. Clair Ave.  
St. Paul, MN 55105

Questions?  
Call Brenda at:  
763-785-0314.

## RCFCCA Website

### Licensing Resources

Tired of searching the Ramsey County website for licensing information and/or updated forms? You can access all of this information from [RCFCCA.com](http://RCFCCA.com).

Go to:

[RCFCCA.com](http://RCFCCA.com)

- o Click on "Home".
- o Click on "Licensing Resources" (at the top of the RCFCCA home page).
- o Click on the first link on the page that reads, [www.co.ramsey.mn.us/hs/childcare/](http://www.co.ramsey.mn.us/hs/childcare/). This will take you to a page that provides info. regarding licensed child care.
- o Click "Licensed Providers", listed under the picture for children at the top of the page. Scroll to the bottom of the page to view links to enrollment forms. (These are all printable PDF forms.)

## Spring Training

Tuesday, April 2, 2013

6:30 - 8:30

### Children's Anger: Triggers and Solutions for Coping

Has your child had a fit lately, thrown something across the room, or hit a sibling? Odds are that s/he has! Children's anger can be exasperating for parents and caregivers. Come to this class to learn common triggers for a child's anger, solutions for coping, and skills to teach your child so you'll both be less frazzled! Common triggers for a parent's anger and methods for coping will also be covered so you leave with a keep calm plan for the whole family.

Read more about this class in our Winter Newsletter.

# Legislative Issues

## Infant and Toddler Care Improvement Act



## Improving Child Care for MN Infants and Toddlers

The **Infant and Toddler Care Improvement Act** written by Al Franken, included input from numerous child care advocates and organizations. A summary of the bill and all contributing groups are recognized below.

### INFANT AND TODDLER CARE IMPROVEMENT ACT

Senator Al Franken, Author

#### What Does the Infant and Toddler Care Improvement Act Do?

This bill would authorize the existing appropriations to be set aside specifically directed to address the shortage of high-quality infant and toddler care and improve the overall quality of infant and toddler programs. States would have flexibility in choosing one or more proven strategies for improving the quality of infant and toddler care:

- Provide funds for all child care providers for accreditation or advanced rating on the state's child care system.
- Create networks of family child care providers, parents, and other infant-toddler child care providers, including relative caregivers.
- Support providers in the community by funding organizations to establish statewide networks of infant and toddler specialists to train and consult with child care centers, family child care providers, and relative caregivers.
- Support state initiatives to providers of infant and toddler care for basic care training and expand high quality and advanced professional development through scholarships and coordination with colleges and universities child care courses.

#### Who Supports the Infant and Toddler Care Improvement Act?

**Minnesota Groups:** AFSCME/MN CCPT, Children's Defense Fund-Minnesota, MNAEYC, Minnesota Child Care Association, MNCCR&R, Minnesota Chippewa Tribe, Minnesota Community Action Partnership, Minnesota Head Start Association, Minnesota Elementary School Principals Association, Minnesota Licensed Family Child Care Association, Minnesota Minority Education Partnership, Minnesota School Age Care Alliance, New Horizon Academy, Pediatric Home Service, The Family Partnership, SEIU Local 284

**National Groups:** AFSCME, Child Care Aware, Child Care WORKS, CLASP, Early Care and Education Consortium, First Five Years Fund, National Association for the Education of Young Children, National Indian Education Association, National Women's Law Center, SEIU, Zero to Three

Source: Condensed from the summary of the Infant and Toddler Care Improvement Act (see links below).

You can read the letter summarizing the bill at: [http://www.franken.senate.gov/files/letter/120726\\_Infant\\_Toddler\\_Care.pdf](http://www.franken.senate.gov/files/letter/120726_Infant_Toddler_Care.pdf).  
OR read the entire bill at: <http://www.gpo.gov/fdsys/pkg/BILLS-112s3436is/content-detail.html>.

(Cut and paste the web addresses if the link doesn't work.)

August 1, 2012

ST. PAUL, Minn. - Sen. Al Franken, D-Minn., has introduced a bill that aims to improve the overall quality of child-care programs for infants and toddlers. It would allow states to use existing appropriations on strategies that have been shown to improve care.

Lisa Thompson, a child-care provider and president of Minnesota's AFSCME Child Care Providers Together, says the bill would help with training and accreditation programs.

"It would be an enormous help in supporting family child-care providers in the work that we do with children, because these supports can be very expensive, and they can often be endlessly difficult for family child-care providers to access."

Improving care for infants and toddlers is vital, Thompson says, since the majority of a child's brain development happens in his or her first few years.

"Family child-care providers know this. We have children in our homes and in our care for a significant amount of time during those first three years, and the most that we can make of that, the better."

With recent news reports about the number of SIDS deaths in family day-care settings in Minnesota, Thompson says the bill could also help providers stay current on the latest guidelines to prevent such tragedies.

"Everyone wants children to be safe, no matter where they are, and the priority is making sure that all bases are covered - in making sure that we have all the resources we need."

She says the union helped Franken craft the Infant and Toddler Care Improvement Act, which also would allow funding to be used for programs that rate child-care providers and to create networks of family-care providers to help them with technical assistance and administrative support.

More information is online at [gpo.gov](http://gpo.gov).

Source: John Michaelson,  
Public News Service - MN

## Dates to Celebrate

### September

National Staying Healthy Month

September 3	Skyscraper Day
September 6	Read a Book Day
September 9	Teddy Bear Day
September 15	Make a Hat Day
September 22	First Day of Autumn
September 26	National Pancake Day

#### SEPTEMBER 2012

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### October

	National Clock Month
October 1	Homemade Cookies Day
October 10	Universal Music Day
October 18	National Chocolate Cupcake Day
October 21	Count Your Buttons Day
October 30	National Candy Corn Day
October 31	Halloween

#### OCTOBER 2012

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### November

	Good Nutrition Month
November 3	Sandwich Day
November 7	Magazine Day
November 13	Mom's and Dad's Day
November 17	Homemade Bread Day
November 18	Mickey Mouse's Birthday (1928)
November 27	National Day of Listening

#### NOVEMBER 2012

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Source: Family Crafts  
www.time4felt.com

## Conferences

### September 22, 2012

**Pamper the Provider Conference – Providers Choice**  
St. Cloud River's Edge Convention Center – St. Cloud, MN  
Contact [www.providerschoice.com](http://www.providerschoice.com) for more information.

### September 29, 2012

**Child Care Choices – Renew Early Childhood Conference**  
Hennepin Technical College - Brooklyn Park, MN  
Contact Kimberly or Corinne at [rrinfo@childcarechoices.net](mailto:rrinfo@childcarechoices.net).

### November 10, 2012

**18th Annual Family Child Care Business Seminar**  
Roseville Radisson  
Contact Kathleen Zabinski at:  
[kzabinski@resourcesforchildcare.org](mailto:kzabinski@resourcesforchildcare.org) or 651-366-6787  
for more information.

## Trainings & Events

### September

#### September 15, 8:30 am – 1:30 pm

**Hennepin Licensed Family  
Childcare Assoc. 2012 Home Tour**  
Mt. Hope Lutheran Church of the Redemption  
Bloomington, MN  
For more information call Kris Hartung at 612-825-2008.  
Or print the registration form from page 12 of this newsletter.

### October

#### October 9, 6:30 - 8:30 pm

**Supervision & Mandatory Reporting**  
Think Small (Formerly RCC - East Metro Location)  
10 Yorkton Court, St. Paul, MN 55117.  
**RSVP** by October 2, 2012, to:  
Brenda Hruza at 763-785-0314  
or [hruzahome@comcast.net](mailto:hruzahome@comcast.net)  
Visit [www.rcfcc.com](http://www.rcfcc.com) for a complete training flier.

#### October 11, 2012

**Ramsey County Provider Recognition Dinner**  
DeGidio's  
425 West 7th St.  
St. Paul, MN  
6 pm Happy Hour, 7 pm Dinner.  
\$18.00 per person.

### November

#### November 17, 2012

**RCFCCA Holiday Shopping Extravaganza**  
**10 am - 2 pm**  
Mounds View Community Center  
5394 Edgewood Drive  
Mounds View, MN 55112  
**Seeking Vendors NOW!**

### February

#### Tuesday, February 12th, 2013, 6:30 – 8:30 pm

**Sleepless in America**  
Linwood Recreation Center – St. Paul, MN 55105  
**RSVP** by February 5, 2013 to:  
Brenda Hruza at 763-785-0314  
or [hruzahome@comcast.net](mailto:hruzahome@comcast.net)  
Visit [www.rcfcc.com](http://www.rcfcc.com) for a complete training flier.

### **Not a Member of RCFCCA? You can *join anytime!***

Download a membership form from [RCFCCA.com](http://RCFCCA.com),  
or print a form from page 10 of this newsletter.

Members receive 8 hours of FREE professional training  
per membership year!



**Writing Lesson Plans**

By Lori Castro\*

A great way to start writing Lesson Plans is to make up a template to store your ideas/activities. I use Microsoft Excel and use the borders option to make 8 equal sized boxes. These boxes can be labeled for each area of sorted activities. Some ideas for areas are: Group, Stories/Music, Arts/Crafts, Outside Play, Science/Math, Large Muscle, Manips./Thinking, and Dramatic Play.

Next, think of a theme for each week of the month. When thinking of themes, consider the month you are writing for to come up with your ideas. I put 5 or more activities in each box. One for each day of the week. You can include more activities per area, per day, or less if the kids really like a certain activity for the day. You have the flexibility to change things around when running your own daycare.

Now here's the great thing. Save each lesson plan in a folder on your computer. The following year you can come back to the same lesson plan again and edit it to fit the kids you have at that time.

When Summer comes around, change it up a bit. Incorporate fun "Birthday Type Themes" etc., and use 5 squares in your lesson plan, one per day, to put several special activities in for that Theme of the Week. Then you can go back to your normal schedule when school starts again.

I recently started using Pinterest to get some new GREAT ideas! I put all of my themes into individual boards there. Each time I'm working on a theme I put the ideas I find into those boards. I've even posted my pictures of the activities I've done into these boards as well.

One more bit of information about planning activities is... "Keep it Simple." Your ideas don't have to involve lots of time and work.

I can email you a sample lesson plan if you would like to see what I do. If you would like some more help in lesson planning or anything else, don't hesitate to contact me at loliloli@msn.com.

**Next Issue's Topic - Group/Story Time.**

\* Lori Castro is a family child care provider. She worked in center daycare for 11 years and has been providing family child care for 15 years. During her time in center care, she learned how to write lesson plans and has worked them into her home based child care.

**Health**

**November is National Peanut Butter Lover's Month**

Who doesn't love a good old fashion Peanut Butter and Jelly sandwich! November is National Peanut Butter Lover's Month. What can we do with peanut butter with our child care kids?

- Spread it on pinecones and sprinkle with birdseed for our feathered friends.
- Use it as mouse bait for our not so wanted inside friends.
- Use it to remove gum from hair.
- Make peanut butter cookies.
- Dip our banana in it for a nutritious snack.
- Put it on celery with raisins for ants on a log.

**Facts you Didn't Know about Peanut Butter**

1. The first person to patent peanut butter was Marcus Gilmore of Montreal, Quebec in 1884.
2. Arachibutyrophobia is the fear of getting peanut butter stuck to the roof of your mouth.
3. Women and children tend to prefer creamy peanut butter, while men opt for chunky.
4. There are about 540 peanuts in a 12-ounce jar of peanut butter.
5. Americans eat three pounds of peanut butter per person per year, enough to cover the floor of the Grand Canyon.
6. 25% of a peanut is protein and peanuts are rich in niacin, folate and dietary fiber. Peanuts also contain resveratrol, renowned for its anti-cancer properties.



Sources: [www.timesfreepress.com](http://www.timesfreepress.com), The Food Network, National Peanut Board, [www.chowhound.com](http://www.chowhound.com)

**Facebook**



Find us on Facebook. Search for RCFCCA. Then click "Join Group".



Ramsey County Family Child Care Association (RCFCCA.com)



# Networking

## Neighborhood Contacts

We need your help! In the interest of keeping providers connected, RCFCCA is encouraging every neighborhood listed below to have an area contact person and to work towards an active network with a list of providers in your area. This is a vital part of helping us keep you informed, even if you are not a member of RCFCCA! If you live in an area that does not have a contact person or does not hold regular meetings, please consider taking on the task. Area networks that are active have found the fellowship and support to be as important as training opportunities that can also be offered.

Please contact Brenda Hruza at 763-785-0314 if you or a friend can help to get your area connected today!

### Arden Hills

Contacts: See Mounds View, New Brighton, Shoreview

### Como / Little Canada / Maplewood / North End

Contact: Mary Ksiazek (651) 489-2514

### Dayton's Bluff

Contact: Pat Wester (651) 774-6920

### Eastside Providers

Contact: Lisa Thompson (651) 308-2055

### Frogtown

Contact: Bobbi Gant (651) 489-9130

### Highland Park / Mac-Groveland

Contact: Anne Scheller (651) 690-3848

### Little Canada, Maplewood, North End, Como

Contact: Chris Christofore (651) 484-9077

### Maplewood / Como / Little Canada / North End

Contact: Sue Kraemer (651) 489-2866  
Julie Conrad (651) 487-81606

### Merriam Park

Contact: Lois Walker (651) 646-5376

### Midway

Contact: Beth Jackson (651) 330-8756

### Mounds View / Arden Hills / New Brighton

Contact: Brenda Hruza (763) 785-0314

### New Brighton / Mounds View / Arden Hills

Contact: Jane Carlson (651) 631-1725

### North End / Como / Little Canada / Maplewood

Contact: Amy Toby (651) 489-8452

### North St. Paul / Oakdale

Contact: Ruth Von Wald (651) 779-7718

### Phalen / Duluth & Case

Contact: Kelly Massey (651) 776-4046

### Roseville

Contact: Sally Jenner (651) 636-4293

### Shoreview / Arden Hills / Mounds View

Contact: Nancy Peake (651) 481-0102

### South Maplewood

Contact: Shelly Stadt (651) 739-6371

### St. Anthony Park

Contact: Adella Wiest (651) 644-5516

### Summit - University

Contact: Terry Martin (763) 434-3039

### Vadnais Heights

Contact: Sally Hesse (651) 762-9590

### West 7th Street

Contact: Mary Jo Bjornson (651) 292-8596

### White Bear Lake

Contact: Jill Shaw (651) 426-2636

## Board Meetings

**Board meetings** are held on the 3rd Monday of each month at 6:30 pm.

### Meeting Dates:

September 17, October 15, November 19.

### Meeting Location

Ramsey County Library in Roseville  
NE corner of County Road B and Hamline Avenue.  
We will meet in the Loft of the Dunn Brothers Coffee Shop.

If you would like a reminder e-mail, please contact Mary Ksiazek at 651-489-2514.

### Board Vacancy

**Secretary** - This person attends board meetings and takes minutes. View a full description of this position in our By-laws on the About Us page on our website at RCFCCA.com.

### Get Involved

**Looking to add some professionalism to your resume?** Join us at our monthly board meetings to share your ideas and voice your opinion.

\*\*Anyone who holds an active Board position (75% attendance per year) will earn a FREE RCFCCA yearly membership. This also includes your spouse and/or helpers.\*\*



Dear Child Care Provider,

Your Ramsey County Family Child Care Association (RCFCCA) is where your support strengthens your connections to other providers and advances professionalism in family child care. RCFCCA is made up of a volunteer staff of Family Child Care Providers just like you. We strive to support Family Child Care. We help you stay updated, educated, and connected. Our goal is to keep you informed and help you promote quality child care in a professional manner. We offer electronic updates, a website, yearly educational experiences, and networking to help you achieve this goal. We are happy and proud to represent you and enjoy offering these support services.

**Yearly Membership Benefits Include:**

- **Four FREE training opportunities** (8+ hours) during your membership year\*
- **Additional Trainings** at a **reduced cost**
- **Reduced rate** for the Tour of Homes
- An **electronic newsletter** offering community resources and information emailed to you\*
- **Mentorship** opportunities (providing or receiving)
- Opportunities during the year for **socials** with other Ramsey County Providers
- An open invitation to **attend and be heard** at our monthly **RCFCCA Board meetings**
- **Networking** through the Neighborhood Contacts in your area

RCFCCA will be branching out to capture many providers through an electronic email loop that will keep providers up-to-date with upcoming trainings, changes in legislative issues, recall updates and information that is critical to our jobs as Professional Child Care Providers. Our communication will be largely electronic, so please make sure we can continue to get critical information to you.

Thank you for your continued support,  
Rebecca Skally (Membership Chair)

Brenda Hruza (Training & Outreach Coordinator) 763-785-0314 ~ \*Coordinator for above items

**(Tear on the line & send with your payment or send in your email address to receive the electronic newsletter)**

**RCFCCA Membership Application**

**Name: (print)** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

**Current E-mail:** \_\_\_\_\_

*If you do not have a personal one, please list someone who can get you this information.*

\_\_\_ 1 Year Tax Deductible Membership - \$30.00

\_\_\_ 1 Year Tax Deductible Membership for Spouse and/or helpers - \$20.00

\_\_\_ 2 Year Tax Deductible Membership - \$55.00

**Checks Payable to RCFCCA c/o Brenda Hruza, 7917 Eastwood Road, Mounds View, MN 55112**

## Babies

### September is Baby Safety Month

September is National Baby Safety Month. In honor of this special month and its 30 days, we are providing you with a 30-day plan to tighten up your safety belts in and around the house. Set aside a small amount of time every day, mark it on your calendar, and then follow this plan to a safer environment for your babies.



- September 1 ~ Fix safety items nagging at you.
- September 2 ~ Check the manufacture date on car seat and its installation.
- September 3 ~ Make sure all pools and hot tubs have a 5 foot fence surrounding them.
- September 4 ~ Talk to kids about guns and make sure they are not accessible to any children.
- September 5 ~ Review your fire escape plan with kids.
- September 6 ~ Check all safety equipment.
- September 7 ~ Play stop, drop and roll exercise.
- September 8 ~ Check baby's crib. Is it manufactured before 6-28-11?
- September 9 ~ Check sturdiness and safety of toys.
- September 10 ~ Check children's clothing for loose buttons & strings.
- September 11 ~ Check baby pacifiers for safety issues.
- September 12 ~ Is baby's sleepwear fire retardant?
- September 13 ~ Review safety gates and play yards.
- September 14 ~ Review placement of baby carrier when baby is in it.
- September 15 ~ Do you have a baby walker? Throw it out!
- September 16 ~ Do a stroller check.
- September 17 ~ Review cooking habits, use back burners and put handles in.
- September 18 ~ Talk to children about stove and oven safety.
- September 19 ~ Get rid of old refrigerators and freezers.
- September 20 ~ Check cupboard safety latches.
- September 21 ~ List 12 most common choking hazards.\*
- September 22 ~ Keep your eye on toddlers when they are eating.
- September 23 ~ Get a piggy bank for loose change.
- September 24 ~ Remove expired prescriptions from home.
- September 25 ~ Never leave kids unattended in the bathroom.
- September 26 ~ Survey your yard for unsafe equipment.
- September 27 ~ Check cords on mini blinds and draperies.
- September 28 ~ Bolt bookshelves to wall.
- September 29 ~ Enroll in Infant CPR and First Aid classes.
- September 30 ~ Get on your hands and knees to see things at the level of a baby.

\*Answer to September 21 ~ Common choking foods for children under age 5: Popcorn, hot dogs, chunks of meat, raisins, ice cubes, chunky peanut butter, peanuts (nuts of any kind), hard candy, grapes, raw carrots, potato chips and corn chips.

Source: Lori Marques and Lisa Carter authors of Paranoid Sisters

## Halloween

### Halloween Safety Tips for Kids

#### **Costumes:**

**My costume is short and snug**  
Baggy sleeves, big capes, puffy skirts can trip you up and catch fire if they brush against jack-o-lanterns or candle flames.

#### **My shoes fit**

Big Floppy shoes (clown shoes, adult shoes) that are hard to walk in may make you fall.

#### **My costume props are flexible**

Costume props can hurt you badly if you fall. Make sure swords, knives, etc. are made of flexible plastic or rubber.

#### **The eyeholes in my mask are wide enough**

Make sure if you wear a mask that it fits you properly and the eye-holes allow you to see fully. Don't wear a mask that is too loose; it can slop and block your vision. Even better, paint your face instead of wearing a mask. Make-up is a better option over masks.

#### **Streets:**

##### **Drivers can see my costume in the dark**

Be original with a glow in the dark costume by attaching some reflective tape and stickers. Attach glow sticks to your costume.

##### **I'm trick or treating in a group**

Don't go it alone while trick or treating. Kids, if you're under age 13, make sure you go with an adult. Older kids should always go with buddies.

##### **I cross the streets at crosswalks and intersections**

Stop at street corners. Look left, right and left again before crossing, and don't cross between parked cars! Remember, never step into the street without looking to see if a vehicle is coming.

#### **Treats:**

##### **I make sure my parents check my treats before I eat them**

Pick only wrapped candy when you trick or treat. Ask your parents to check all treats to make sure they are safe.



**BE SAFE  
AND  
HAVE FUN!**



Source: Mounds View Crime Prevention Tip of the Month





# 2012 HOME TOUR

**Register  
by  
9/6/2012**

**Date:** Saturday, September 15, 2012

**Location:** Mt. Hope Lutheran Church of the Redemption  
927 East Old Shakopee Road  
Bloomington, MN 55420

**Registration:** 8:30 a.m.—8:45 a.m.

**Orientation:** 8:45 a.m.—9:15 a.m.

**Depart to First Home:** 9:15 a.m. (carpooling encouraged)

**Home Tours:** 9:30 a.m.—1:30 p.m.

**Cost:** \$30 HLFCA Members  
\$35 Nonmembers

**Objectives:**

1. Providers will be able to observe and compare four different child care environments.
2. Providers will learn how host providers utilize their environment and implement their philosophy and approach to learning.
3. Providers will be able to identify changes and improvements for their child care program.

PLEASE ASK BEFORE TAKING PHOTOS

***Approved for 3 hours of training credits— meets Core Competency Content Area II***

## 2012 HLFCA Home Tour Registration Form

Limit of 60 people. *2011 Tour was Sold Out— register early to reserve your spot.*

**Space is Limited!**  
Register by September 6

<b>Name</b>		
<b>Address</b>		
<b>City, State, Zip</b>		
<b>Phone Number</b>		
<b>Email</b> <small>(To receive timely tour information)</small>		
	<b>\$30 HLFCA Members</b>  <b>\$35 Nonmembers</b>	<b>Enclose your check made payable to HLFCA</b>
I would like to be in a tour group with:		
<b>Mail this completed form with your payment to:</b>	Kris Hartung 4615 Pillsbury Avenue South Minneapolis, MN 55419	
For Questions, call Kris Hartung (612) 825-2008		

**Please Note:** *You must arrive at each home by the start time. No training credits will be received if you are late. Also, no cell phone use will be permitted during tours.*



# From the Eyes of a Child

The more mistakes I make, the smarter I get.

Source: [www.generationterrorists.com/quotes/kids.html](http://www.generationterrorists.com/quotes/kids.html)

## RCFCCA Board

- |  |   |
|--|---|
| <b>Mary Ksiazek</b><br>Association Chair<br>Como                                   | <b>Rebecca Skally</b><br>Membership Chair<br>MacGroveland/Highland        |
| <b>Kate Bridgeman</b><br>Treasurer<br>White Bear Lake                              | <b>Secretary</b><br><b>Vacant Position</b>                                |
| <b>Brenda Hruza</b><br>Training Coordinator<br>Outreach Coordinator<br>Mounds View | <b>Jill Shaw</b><br>Electronic Newsletter<br>Webmaster<br>White Bear Lake |
| <b>Vickie Ries</b><br>Past Chair<br>MacGroveland/Highland                          |   |

RCFCCA is run by volunteers who give their heart and soul to their businesses and this organization. The membership fees collected help fund support services and effective training opportunities for child care providers.

## RCFCCA Seasonal Newsletter

The submission deadlines for upcoming issues are:

- |                     |                        |
|---------------------|------------------------|
| - Spring - March    | Deadline February 10th |
| - Summer - June     | Deadline May 10th      |
| - Fall - September  | Deadline August 10th   |
| - Winter - December | Deadline November 10th |

## Note From the Editor

Dear Reader,  
I'd like to thank the following people for their submissions and contributions to this newsletter:

- |                    |                            |
|--------------------|----------------------------|
| Brenda Hruza       | Family Child Care Provider |
| Lori Castro        | Family Child Care Provider |
| Mary Ksiazek       | Family Child Care Provider |
| Vickie Ries        | Family Child Care Provider |
| Clarissa Johnston  | Family Child Care Provider |
| Becky Ouimet-Lewis | Licensing Worker           |
| Miki Sebasta       | Copy Editor                |

The newsletter would not be the same without different perspectives and ideas. If you have something you would like to contribute to our December issue, feel free to e-mail me at: [Newsletter@RCFCCA.com](mailto:Newsletter@RCFCCA.com).

Jill Shaw  
RCFCCA Newsletter Editor



## Kid's Spills

How do kids handle spills in the car?

- 64% wipe the mess on their clothes
- 36% wipe it on the seat or another soft object
- 33% ask for help
- 6% wipe it on a sibling
- 1% wipe it on the family pet



Source: Viva On-the-Go/Kimberly-Clark

## Mission Statement

RCFCCA is here to provide support services and resources, training and professional development for child care providers and act as advocates for children and families served by licensed family child care while respecting cultural diversity of all.

## Union View Point

RCFCCA neither supports nor opposes any Union, their statements, beliefs, or practices. We, as an organization, are here in support of family child care providers and feel that the decision to join a Union, or not, is a personal and individual decision to be made by each family child care provider.

## Outreach Removal

You are receiving this e-mail loop ELECTRONIC NEWSLETTER because you are already a member of RCFCCA, a past member of RCFCCA or have recently talked to an active RCFCCA member and have agreed to receive this. If you would like to be removed from this e-mail list, please "REPLY" to this e-mail and put "Remove From List" in the Subject Line and we will gladly remove you.